

Miles ISD Local Wellness Policy 200902

The Miles Independent School District is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

WELLNESS GOALS

NUTRITION EDUCATION

1. Child Nutrition Programs comply with federal, state, and local requirements.
2. Child Nutrition Programs are accessible to all children.
3. Nutrition education will be offered in the cafeteria as well as the classroom, with coordination between the food service staff and teachers.
4. Nutrition education will be provided to families via handouts and the school menu will be posted online.
5. School meals will include a variety of healthy choices while accommodating special dietary needs and ethnic, cultural food preferences.
6. All cafeteria staff will be provided training on USDA meal plans/reimbursable meals so they can properly advise students as to the meal components they may/must take, as well as cooking techniques, recipe implementation, sanitation, and food safety.
7. Participation in school meal programs will be promoted.
8. All foods and beverages sold on campus during the school day (including vending, concessions, a la carte, student stores, and fundraising) comply with the districts nutrition standards, as well as all applicable state and federal standards (USDA Smart Snacks in School).

PHYSICAL ACTIVITY

1. All K-8th grade students will receive daily physical education for the entire school year.
2. Physical education classes will regularly emphasize moderate to vigorous activity.
3. The school will conduct an annual Fitnessgram for 3rd-6th graders. Confidential reports will be available upon request.

4. Teachers will be encouraged to incorporate opportunities for physical activity in the classroom whenever possible.
5. All elementary students will have at least 20 minutes a day of supervised recess.
6. The District will encourage students, parents, staff and community members to use the District's recreational facilities that are available outside of the school day.

SCHOOL-BASED ACTIVITIES

1. High school campus will be "closed" meaning that students are not permitted to leave the school grounds during the school day.
2. Students will have access to hand washing/hand sanitizing facilities before meals.
3. The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals.
4. Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day.
5. Wellness for students and their families will be promoted at suitable school activities.

MONITORING

1. The school district will work within the existing school health council to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies.
2. School food service staff will ensure compliance with nutrition policies within school food service areas and will report findings to the appropriate administrator.