

## **Mansfield ISD Wellness Policy and Assessment – Spring 2019**

### **1. INVOLVEMENT**

*The local school health advisory council (SHAC), on behalf of the District, shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law. In the development, implementation, and review of these guidelines and goals, the SHAC shall permit participation by parents, students, representatives of the District's food service provider, physical education teachers, school health professionals, members of the Board, school administrators, and members of the public.*

MISD will post SHAC documents online:

<https://www.mansfieldisd.org/page.cfm?p=4765>

Parents, students and community members are invited to participate in the Student Health Advisory Committee (SHAC) for each school year.

### **2. GOALS AND GUIDELINES**

Mansfield ISD shall maintain wellness goals and nutritional guidelines in consultation with the local school health advisory committee (SHAC) and with representatives of the district's Nutrition Services Department, school administration, school board, students and parents. Each year focal points will be determined by the committee. Objectives and goals for each school year are determined and evaluated by the SHAC and turned into the School Board each year for their annual report.

### **3. MEASURE IMPLEMENTATION**

Mansfield ISD shall follow applicable state and federal nutrition guidelines that advance student health and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities. The District establishes and maintains an infrastructure for management, oversight, implementation and communication for the wellness plan. An annual report is given to the board each year. It provides a list of SHAC recommendations and action steps.

## 4. STANDARDS FOR NUTRITION

### A. Foods and Beverages Sold

*The District's nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rules. [See [CO](#) and [FJ](#)]*

### B. Coordinated Health Program

The district shall implement a coordinated school health program with a nutrition education component. Health curriculum emphasizes the importance of proper nutrition. The district has adopted CATCH as a coordinated health program which includes a nutritional education component.

- Menus and nutritional information are posted online:  
<https://www.mansfieldisd.org/page.cfm?p=4526>
- Programs such as *Chew Chew, I tried Something New!* encourage students to try new healthy dishes such as dragonfruit and zucchini boats in the elementary and intermediate cafeterias.
- The District's food service staff, teachers and other District personnel shall consistently promote healthy nutrition messages in the cafeteria, classrooms and other appropriate settings.
- Currently one campus has a farm to table salad bar with vegetables grown in the school garden.

### C. PHYSICAL ACTIVITY

*The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC]*

The district establishes the following goals for physical activity:

- The district shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.
- MISD shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.
- MISD shall make appropriate before school and after-school physical activity programs available and shall encourage students to participate.
- MISD shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
- MISD meets the current state requirement of 135 minutes of moderate or vigorous structured physical activity per week K-5. For grades 6-8 students have 30 minutes per day or 225 minutes every two weeks.

The district establishes the following goals to create an environment conducive to healthful eating, physical activity and to promote and express a consistent wellness message through other school-based activities:

- MISD shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.
- MISD shall promote wellness for students and their families at suitable district and campus activities. Examples of these activities include: Campus fun runs, Back to School Bash and campus running clubs.
- The District shall promote employee wellness activities and involvement at suitable District/campus activities. Examples of these activities include: the staff health clinic, CPR classes offered to staff, campus specific wellness activities such as staff Yoga classes and the MISD Colors for Caring Run.