

## **Montgomery ISD Local Wellness Policy**

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy. The Healthy Hunger-Free Kids Act of 2010 requires enhancements to the policy.

Montgomery Independent School District Wellness Policy was developed in collaboration with students, parents, community members and health experts. This policy provides guidance that follows state and federal guidelines to advance student health and reduce childhood obesity by providing goals for nutrition practices, nutrition education, physical activity and other school based activities promoting wellness.

### **Nutrition Guidelines**

The District shall continue to promote nutritional guidelines for reimbursable school meals and other foods that are served during the school day that are at least as restrictive as the state and federal guidelines.

The nutrition information for the menu items served by the Child Nutrition Department will be posted on the District website. (\*Food substitutions may occur on a limited occasion when the menu item is unavailable due to an unforeseen circumstance.)

The District will promote that only foods meeting the competitive foods guidelines as well as the time and place guidelines as outlined by the Texas Department of Agriculture be offered during the school day. The District will also follow the Fundraising Guidelines as outlined by the Texas Department of Agriculture. The information will be available on the District website and included in the Student Handbook to better inform students, staff, parents and the community of the guidelines for healthy foods and smart snacks being offered during the school day.

The District is committed to ensuring that all foods and beverages available to students on the school campus, during the school day supports healthy eating.

### **Nutrition Promotion and Education**

Nutrition promotions will support healthy food and beverage choices that positively influence lifelong eating behaviors. Promotions may occur through signage, menu-board messages, give-a-way promotions, taste tests or other activities that support healthy food and beverage choices.

Promotions will consistently promote the consumption of fruits, vegetables, whole grain foods, low-fat and fat-free dairy foods, and water.

### **Nutrition Education**

Montgomery Independent School District has adopted and will continue to use the Coordinated Approach to Child Health (CATCH) in the Pre-K through 8<sup>th</sup> grades to integrate healthy lifestyle choices in the classroom, physical education classes and the school Child Nutrition program. By impacting food selections, level of physical activity, classroom environment and community, CATCH provides helpful teaching and activity resources to aid in preventing obesity.

Health, physical education classes and the child nutrition programs promotes healthy eating choices and physical movement through the classroom teaching modules, activity level and food choices available in the cafeteria in the 7<sup>th</sup>-12<sup>th</sup> grades.

Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies on all levels. Teachers and other staff will be made aware of materials available to them through the Curriculum and Instruction staff.

### **Physical Activity**

Montgomery Independent School District adopts and implements the state standards for physical activity. Schools provide opportunities for students to develop the knowledge and skills for specific physical activities to promote a lifelong desire to be physically active. Activities are designed to maintain and improve physical fitness as well as healthy lifestyles.

The District provides students with age-appropriate, sequential physical education curriculum consistent with the national and state standards. All

students will be provided an equal opportunity to participate in physical education classes.

### **Other School Based Activities**

The District supports community efforts to involve staff, students, parents and the community in physical activities (Example: Fun Run, etc.) that supports a healthy lifestyle.

The District supports staff wellness. The District will identify and disseminate wellness resources to the staff to support staff wellness.

The District offers the availability of professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

### **Monitoring and Evaluation**

The Student Health Advisory Committee will review and evaluate the Wellness Policy. The Texas Department of Agriculture Form FND-105 will be used as a checklist for evaluation of the policy.

The Director of Special Programs or the Superintendent's Designee will ensure compliance of this policy.

The MISD Wellness Policy will be made available on the MISD website.