

Milford Independent School District District Wellness Plan

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Purpose and Goal:

A healthy environment goes beyond school meals in the cafeteria. A healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices and an appropriate amount of physical activity. Schools have a responsibility to help students and staff establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.

All students will be given the opportunity to possess knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, the staff is encouraged to model healthy eating and physical activity as a valuable part of daily life. The Milford Independent School District, along with the local school health advisory council (SHAC), shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make use of school and community resources and equitably serve the needs and interests of all students and staff.

Our Commitment

- Milford ISD shall establish a School Healthy Advisory Committee (SHAC) to address nutrition and physical activity issues and to develop, implement, and evaluate guidelines that support a healthy school nutrition environment.
- Administration will address concerns such as kinds of foods available on campus, sufficient mealtime, nutrition education, and physical activity.
- The school food service staff will participate in making decisions and guidelines that will affect the school nutrition environment.
- The District shall establish guidelines for school sponsored fund-raising activities that involve the sale or service of food.

Nutrition Guidelines

- The SHAC will develop and recommend to the administration guidelines on nutrition standards for food and beverages offered through parties and celebrations.
- Foods or beverages made available to students shall comply with the Texas Public School Nutrition Policy as published by the Texas Department of Agriculture.
- Elementary classrooms may serve one snack per day under the teacher's guidance.
- The withholding of food as punishment for students is prohibited. For example, restricting a child's selection of flavored milk at mealtime due to misbehavior in the classroom.
- The school district will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.
- Organizations using food items as a fundraiser will be considered on an individual basis through the approval of administration.

Nutrition Education

- MISD will follow health education curriculum standards and guidelines as stated by the Texas Education Agency.
- Teachers will be encouraged to integrate nutrition education into core curriculum areas as applicable.
- Staff responsible for nutrition education shall be adequately prepared and shall participate in professional development activities to effectively deliver the program as planned.
- Nutrition messages shall be promoted in the school cafeteria and the classroom with coordination between the foodservice staff, teacher, and other school personnel.

Physical Activity

- The District will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not athletically gifted.
- Physical education classes shall regularly emphasize moderate to vigorous activity. It will be an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- Time allotted for physical activity will be consistent with state standards.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school ground will be safe.
- Teachers shall be encouraged to integrate physical activity into the academic curriculum where appropriate.
- Students shall be encouraged to participate in before-school and after-school physical activity programs.
- Teachers and other school staff will have the opportunity to participate in training to promote enjoyable, life-long physical activity for themselves and students.
- The District shall encourage students, parents, staff, and community members to use the school's available physical activity facilities outside of the school day in accordance with board policy GKD.
- The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

Pleasant Eating Experiences

- School personnel will assist and/or encourage all students in developing the healthy practice of washing hands before eating.
- School personnel will schedule enough time so students do not have to spend too much time waiting in line.
- Adequate time to eat in a pleasant dining environment shall be provided. The minimum eating time for each child after being served will be 10 minutes for breakfast and 20 minutes for lunch.
- Schools will encourage socializing among students, and between students and adults. Adults will properly supervise dining rooms and serve as role models to students demonstrating proper conduct and voice level.

- Parents shall be encouraged to dine with students in the cafeteria.

Food Services and Safety

- The foodservice staff shall be properly qualified according to current professional standards and participate in professional development activities.
- Food safety will be a key part of the school foodservice operation. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- For the safety and security of the food and facility access to the food service operations are limited to Child Nutrition staff and authorized personnel.
- Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the Texas Department of Agriculture, conforming to good menu planning principles, and featuring a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at the proper temperature.
- Students will be given the opportunity to provide input on local, cultural, and ethnic favorites of the students.

Implementation

- The SHAC shall be composed of parents, students, community members, and school district staff. Permanent members of the committee shall include an administrator, the athletic director, and the food service director.
- SHAC members will conduct a review of the district's Wellness Plan in the spring semester of each year and identify areas for improvement. The SHAC will develop a plan of action for improvement and make those recommendations to the Superintendent no later than April of each school year.
- The Superintendent is responsible for overseeing the implementation of the program.