



**CARTHAGE  
INDEPENDENT  
SCHOOL DISTRICT**

***WELLNESS POLICY***

**Carthage Independent School District  
Wellness Policy Committee and Representatives**

Nicole Holcomb - Parent  
Alysha Cockerham – Parent (SHAC Co-Chair)  
Melissa Walters – Parent  
Charlotte Robinson – DSHS Community Representative  
Vicki Lacey – PC Extension Agent Community Representative  
Diana Bonds – SALT Community Representative  
Lloyd Williams – Cafeteria Manager  
Clarinda Collins – CISD Campus Administrator  
Crystal Capps – CISD PE Teacher  
Donna Porter – Assistant Superintendent  
Amanda Deason – CISD Nurse - SHAC Chair

Carthage ISD extends an open invitation to all SHAC meetings and welcomes anyone who would like to participate. For any questions, please contact the CISD Assistant Superintendent at 903-693-3806.

*Carthage Independent School Districts wishes to thank the Wellness Policy Committee for their efforts and commitment during the development of the CISD Wellness Policy.*

## **I. Goals for Nutrition Education**

Students in Carthage ISD grades pre-K-12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.

Nutrition education will be offered in the school dining rooms as well as in the classroom, with coordination between the food service staff and teachers.

Students will receive consistent nutrition messages throughout the schools, classrooms, and cafeterias.

District health education curriculum standards and guidelines will include both nutrition and physical education.

Nutrition will be integrated into the health education or core curricula (e.g., math, science, language arts).

CISD schools will link nutrition education activities with the coordinated school health program.

Staff providing nutrition education will have appropriate training.

CISD schools will be enrolled as Team Nutrition Schools and will conduct nutrition education activities and promotions that involve parents, students, and the community.

## **II. Goals for Physical Activity**

CISD students will be given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.

CISD students will be given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.

CISD schools will work with the community to create ways for students to walk or bike safely to and from school.

CISD schools will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events. CISD schools will provide training to enable teachers and other school staff to promote enjoyable, lifelong physical activity among students.

### **III. Goals for Other School-Based Activities**

#### **Dining Environment**

The school district will provide a clean, safe, enjoyable meal environment for students.

The school district will provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.

The school district will make drinking fountains available in all schools, so that students can get water at meals and throughout the day.

The school district will encourage all students participate in school meals program and protect the identity of students who eat free and reduced price meals.

#### **Time to Eat**

The school district will ensure an adequate time for students to enjoy eating healthy foods with friends in schools.

Breakfast in the classroom will be offered to students at Carthage Primary and Libby Elem.

The school district will schedule lunch time as near the middle of the school day as possible.

The school district will try to schedule recess for elementary schools before lunch so that children will come to lunch less distracted and ready to eat.

#### **Food or Physical Activity as a Reward or Punishment**

The school district will prohibit the use of food as a reward or punishment in schools.

The school district will not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time.

#### **Consistent School Activities and Environment**

The school district will recommend that all schools' fundraising efforts are supportive of healthy eating.

The school district will provide opportunities for on-going professional training and development for food service staff through the district's outsourced company and teachers in the areas of nutrition and physical education.

#### **Consistent School Activities and Environment (continued)**

The school district will encourage parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

The school district will encourage and provide opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas.

The school district will provide requested information about other FNS programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents.

The school district will encourage all students to participate in school meals programs, i.e. the National School Lunch and School Breakfast programs.

#### **IV. Nutritional Guidelines**

*(for all foods available on each school campus during the school day)*

Carthage ISD sets guidelines for foods and beverages in a la carte sales in the food service program on school campuses; foods and beverages sold in vending machines, snack bars, school stores, and concession stands on school campuses; foods and beverages sold as part of school-sponsored fundraising activities; refreshments served at parties, celebrations, and meetings during the school day. The school district makes decisions on these guidelines based on nutrition goals, not on profit making

*Effective August 1, 2004, all Texas public schools participating in the federal child nutrition programs (National School Lunch Program, School Breakfast Program and the After School Snack Program) must comply with the nutrition policies outlined below. These policies are intended to supplement federal policies defined by the U.S. Department of Agriculture's Food and Nutrition Services. Any questions or concerns regarding the Texas Public school Nutrition Policy may be directed to: Texas Department of Agriculture Food and Nutrition Division P.O. Box 12847, Austin, Texas 78711 (888) TEX KIDS or [healthykids@agr.state.tx.us](mailto:healthykids@agr.state.tx.us).*

**Carthage Primary and Libby Elementary** school campuses may not serve or provide access for students to FMNV and all other forms of candy at any time anywhere on school premises until the end of the last scheduled class. For exemptions and a listing of foods and beverages restricted by the FMNV policy, see below.

Such foods and beverages may not be sold or given away to students on school premises by school administrators or staff (principals, coaches, teachers, etc.), students or student groups, parents or parent groups, or any other person, company or organization.

**Baker Koonce Intermediate and Carthage Junior High School** campuses may not serve or provide access for students to FMNV and all other forms of candy at any time anywhere on school premises until after the end of the last lunch period. For exemptions and a listing of foods and beverages restricted by the FMNV policy, see below.

**Carthage High School** may not serve or provide access to FMNV during meal periods in areas where reimbursable meals are served and/or consumed. For exemptions and a listing of foods and beverages restricted by the FMNV policy, see below. New contracts and contract renewals executed after March 3, 2004, must expressly prohibit the sale of sugared, carbonated beverages in containers larger than 12 ounces. It is the Texas Department of Agriculture's goal that, by the 2005-06 school year, no more than 30 percent of the beverages made available through vending machines on high school campuses should be sugared, carbonated soft drinks. Furthermore, it is our goal to limit sugared, carbonated beverages to containers holding no more than 12 ounces.

## DEFINITIONS

**A La Carte:** Refers to individually priced food items provided by the school food service department. These items may or may not be part of the reimbursable meal.

**Competitive Foods:** Foods and beverages sold or made available to students that compete with the school's operation of the National School Lunch Program, School Breakfast Program and/or After School Snack Program. This definition includes, but is not limited to, food and beverages sold or provided in vending machines, in school stores or as part of school fundraisers. School fundraisers include food sold by school administrators or staff (principals, coaches, teachers, etc.), students or student groups, parents or parent groups, or any other person, company or organization.

**FMNV:** Foods of Minimal Nutritional Value refers to the four categories of foods and beverages (soda water, water ices, chewing gum, and certain candies) that are restricted by the U. S. Department of Agriculture under the child nutrition programs.

**Food Service:** Refers to the school's operation of the National School Program and School Breakfast Program and includes all food service operations conducted by the school principally for the benefit of schoolchildren, all of the revenue from which is used solely for the operation or improvement of such food services.

**Fried Foods:** Foods that are cooked by total immersion into hot oil or other fat, commonly referred to as "deep fat frying." This definition does not include foods that are stir-fried or sautéed.

**Fruit or Vegetable Drink:** Beverages labeled as containing fruit or vegetable juice in amounts less than 100 percent

**Fruit or Vegetable Juice:** Beverages labeled as containing 100 percent fruit or vegetable juice.

**School Day:** The school day begins with the start of the first breakfast period and continues until the end of the last instruction period of the day (last bell).

**School Meals:** Meals provided under the National School Lunch Program and School Breakfast Program for which schools receive reimbursement in accordance with all applicable federal regulations, policies, instructions and guidelines.

**Snacks:** Defined as either competitive foods or a la carte (see definitions above), depending on whether or not they are provided by the school food service department.

**Trans Fat:** Occurs in foods when manufacturers use hydrogenation, a process in which hydrogen is added to vegetable oil to turn the oil into a more solid (saturated) fat. Trans fats may be found in such foods as margarine, crackers, candies, cookies, snack foods, fried foods, baked goods, salad dressings and other processed foods.

## NUTRITIONAL STANDARDS

The following specific nutrition standards pertain to all foods and beverages served or made available to students on elementary school campuses. This includes school meals, a la carte and the nutritious classroom snacks.

### **Fats and Fried Foods:**

- a) Schools and other vendors may not serve food items containing more than 28 grams of fat per serving size more than twice per week. The goal is to reduce this to 23 grams of fat per serving size by the start of the 2006-07 school year.
- b) French fries and other fried potato products must not exceed 3 ounces per serving, may not be offered more than once per week, and students may only purchase one serving at a time. (This does not pertain to potato chips, which are mentioned specifically in “Portion Sizes,” below.) We recommend that all such products be baked instead of fried.
- c) Baked potato products (wedges, slices, whole, new potatoes) that are produced from raw potatoes and have not been pre-fried, flashfried or deep fat-fried in any way may be served without restriction.
- d) Schools should eliminate frying as a method of on-site preparation for foods served as part of school meals, a la carte, snack lines and competitive foods. This policy should be implemented by the 2005-06 school year in schools that do not need to make equipment changes or facility modifications to do so. A transition period for implementation is allowed for schools needing to make equipment changes or facility modifications, but all schools must be in compliance by the 2009-10 school year.
- e) Foods that have been flash-fried by the manufacturer may be served but should be baked or heated by another method.
- f) Beginning with the 2005-06 school year, schools should include a request for trans fat information in all product specifications. Beginning with the 2007-08 school year, schools should reduce the purchase of any products containing trans fats. (Federal labeling of trans fats on all food products is required by January 1, 2006.)

### **Competitive Foods and Snacks:**

An elementary school campus may not serve competitive foods (or provide access to them through direct or indirect sales) to students anywhere on school premises throughout the school day until the end of the last scheduled class. Elementary classrooms may allow one nutritious snack per day under the teacher’s supervision. The snack may be in the morning or afternoon but may not be at the same time as the regular meal periods for that class. The snack may be provided by the school food service, the teacher, parents or other groups and should be at no cost to students. The snack must comply with the fat and sugar limits of the Public School Nutrition Policy and may not contain any FMNVs or consist of candy or dessert type items (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts, etc.).

A middle or junior high school campus may not serve competitive foods (or provide access to them through direct or indirect sales) to students anywhere on school premises during meal periods. The competitive foods included in this policy do not include FMNVs, which are not allowed until after the last lunch period.

High schools may not serve or provide access to competitive foods during meal periods in areas where reimbursable meals are served and/or consumed.

This does not pertain to food items made available by the school food service department. All competitive foods sold or provided to students must meet the nutrition standards listed.

**Other:**

- a) Fruit and/or vegetables should be offered daily on all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water or light syrup.
- b) Schools must offer 2 percent, 1 percent or skim milk at all points where milk is served.
- c) It is the goal of this policy that all beverages served in elementary schools would be milk, unflavored water and 100% fruit and/or vegetable juice by the start of the 2006-07 school year.
- d) Schools serving chips should use reduced fat (no more than 5 grams of fat per ounce) or baked varieties whenever possible.

## **ENVIRONMENT**

All CISD school cafeterias and dining areas will endorse healthy nutrition environments. CISD schools which participating in federal child nutrition programs will ensure that all students have daily access to school meals (breakfast and lunch). Each school will not establish policies, class schedules, bus schedules or other barriers that directly or indirectly restrict meal access. Adequate time will be allowed for students to receive and consume meals, and cafeterias will provide a pleasant dining environment. The minimum recommended eating time for each student after being served at each school is at least 10 minutes for breakfast and 20 minutes for lunch.

## **FOODS OF MINIMAL NUTRITIONAL VALUE (FMNV)**

Federal regulations prohibit the sale of certain foods, determined to be of minimal nutritional value, in the foodservice area during meal periods.

**Restricted Foods**

Foods and beverages that are restricted from sale to students are classified in the following four categories:

- 1. Soda Water:** Any carbonated beverage. No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals and protein.
- 2. Water Ices:** Any frozen, sweetened water such as "...sicles" and flavored ice with the exception of products that contain fruit or fruit juice.
- 3. Chewing Gum:** Any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- 4. Certain Candies:** Any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types:
  - a) Hard Candy:** A product made predominantly from sugar (sucrose) and corn syrup that may be flavored and colored, and is characterized by a hard, brittle texture. Hard candy also includes such items as sour balls, lollipops, fruit balls, candy sticks, starlight mints, after dinner mints, jaw breakers, sugar wafers, rock candy, cinnamon candies, breath mints and cough drops.
  - b) Jellies and Gums:** A mixture of carbohydrates that are combined to form a stable gelatinous system of jellylike character and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit-flavored slices.



- c) **Marshmallow Candies:** An aerated confection composed of sugar, corn syrup, invert sugar, 20 percent water, and gelatin or egg white to which flavors and colors may be added.
- d) **Fondant:** A product consisting of microscopic-sized sugar crystals that are separated by a thin film of sugar and/or invert sugar in solution such as candy corn or soft mints.
- e) **Licorice:** A product made predominantly from sugar and corn syrup that is flavored with an extract made from the licorice root.
- f) **Spun Candy:** A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.
- g) **Candy Coated Popcorn:** Popcorn that is coated with a mixture made predominantly from sugar and corn syrup.

*Note: USDA has approved exceptions for certain products included in the above categories.*

## **FMNV and POLICY EXEMPTIONS/EXCEPTIONS**

1. **School Nurses:** This policy does not apply to school nurses using FMNVs during the course of providing health care to individual students.
2. **Accommodating Students with Special Needs:** Special Needs Students whose Individualized Education Program (IEP) plan indicates the use of an FMNV or candy for behavior modification (or other suitable need) may be given FMNV or candy items.
3. **School Events:** Students may be given FMNV, candy items or other restricted foods during the school day for up to three different events each school year to be determined by campus. The exempted events must be approved by a school official. During these events, FMNV may not be given during meal times in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students in accordance with federal regulations.
4. **STAAR Test Days:** Schools and parents may provide one additional nutritious snack per day for students taking the STAAR tests. The snack must comply with the fat and sugar limits of the Public School Nutrition Policy and may not contain any foods of minimal nutritional value or consist of candy, chips or dessert type items (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts, etc.).
5. **Instructional Use of Food in Classroom:** For instructional purposes, teachers may use foods as long as the food items are not considered FMNV or candy. Students may consume food prepared in class for instructional purposes. However, this should be on an occasional basis, and food may not be provided or sold to other students or classes. Food provided for students as part of a class or school cultural heritage event for instructional or enrichment purposes would be exempt from the policy. However, FMNV may not be served during meal periods in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students.
6. **Field Trips:** School-approved field trips are exempt from the nutrition policy. A school official must approve the dates and purposes of the field trips in advance.
7. **Athletic, UIL, Band and Other Competitions:** The nutrition policy does not apply to students who leave campus to travel to athletic, UIL, band or other competitions. The school day is considered to have ended for these students. School activities, athletic functions, etc. that occur after the normal school day are not covered by the policy.

*This policy does not restrict what parents may provide for their own child's lunch or snacks. Parents may provide FMNV or candy items for their own child's consumption, but they may not provide restricted items to other children at school. A school may adopt a more restrictive rule, however, as local policy.*

**Lunch Meal Components**

- **Fruits**
- **Vegetables**
- **Grains**
- **Meat/Meat Alternate**
- **Milk**

**Breakfast Meal Components**

- Fruits**
- Grains**
- Milk**

**Food or Beverage Portion Sizes**

The following maximum portion size restrictions pertain to all food and beverages served or made available to students on school campuses with the exception of school meals, which are governed by USDA regulations. Portions below are shown in a per week amount.

<b>Food Items</b>	<b>Carthage Primary Libby Elementary</b>	<b>Baker Koonce Intermediate Carthage Jr. High</b>	<b>Carthage High School</b>
Fruits Breakfast	5 cups (1*)	5 cups (1*)	5 cups (1*)
Fruits Lunch	2.5 cups (.5*)	2.5 cups (.5*)	5 cups (1*)
Vegetables	3.75 cups (.75*)	3.75 cups (.75*)	5 cups (1*)
Meats/Meat Alternates	8-10 oz (1*)	9-10 oz (1*)	10-12 oz (2*)
Grains Breakfast **	7-10 (1*)	8-10 (1*)	9-10 (1*)
Grains – at least 50% whole grain	8-9 oz (1*)	8-10 (1*)	10-12 (2*)
Fluid Milk Breakfast & Lunch	5 cups (1*)	5 cups (1*)	5 cups (1*)
*minimum per day portion ** Rich Grain at least 50% is whole grain			

*Contracts and contract renewals executed after March 3, 2004, must expressly comply with this policy.*

## **V. Promotion of Student Wellness**

The intent and spirit of the Carthage ISD local wellness policy is designed to promote student wellness. CISD recognizes that children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive. Through the CISD wellness policy the idea of good health fostering student attendance and education will be supported.

## **VI. Assurances**

The Texas Department of Agriculture (TDA) administers the National School Lunch Program, School Breakfast Program and After School Snack Program through its Food and Nutrition Division. Responsibilities include processing claims for reimbursement, providing special marketing projects and procurement assistance to promote more nutritious eating habits, conducting on-site compliance monitoring and coordinating training through the 20 regional Education Service Centers. The Child Nutrition Act addresses guidelines of the same nature. TDA will aggressively enforce and diligently monitor the Texas School Nutrition Policy to ensure compliance. When violations of this policy are noted, TDA will disallow all meal reimbursement for the day and require the school to reimburse the food service account for the lost reimbursement. A documented corrective action plan will be required and will be monitored diligently to ensure continued compliance.

*Carthage Independent School district acknowledges the regulations and guidance of the Child Nutrition Act and the National School Lunch Act and assures that guidelines for reimbursable meals shall not be less restrictive than the regulations and guidance of these Acts.*

## **VII. Measurement of Implementation**

The superintendent or designee will ensure compliance with the established district-wide nutrition and physical activity wellness policy. The principal or designee of each school will ensure operational compliance with the policy in the school and will report on the school's compliance to the school district superintendent or designee.

The school food service director will ensure compliance with the nutrition policy within the school food service areas and will report on this matter to the superintendent.

Each school in the district will conduct an assessment of the school's nutrition and physical activity environments and wellness policy. The results of the assessments will be compiled at the district level to identify and prioritize needs. Assessments will be repeated every three years. The School Health Advisory Committee, as necessary, will review/revise the wellness policies each year and develop work plans to facilitate implementation.

The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based upon input from each school within the district. That report will be available to the school board, SHAC, school principals, and district health director.

# ASSESSMENT OF NUTRITION AND PHYSICAL ACTIVITY ENVIRONMENTS AND WELLNESS POLICY

*Please check the response which best describes the statement.*

## NUTRITION

	None of the time	Some of the time	Most of the time	All of the time
1. Students received nutrition education that was interactive and taught the skills needed to adopt healthy eating behaviors.				
2. Food service staff and teachers coordinated nutrition education in the lunchroom and classroom.				
3. Nutrition messages were evident throughout the school, classrooms, and cafeteria.				
4. District health education curriculum standards and guidelines included both nutrition and physical education.				
5. Nutrition was integrated into the health education/core curricular classes.				
6. Campus linked nutrition education activities to the coordinated school health program.				
7. Staff providing nutrition education had appropriate training.				
8. Parents, students, and the community were encouraged to participate in wellness activities.				
9. Campus is enrolled as a Team Nutrition School.				

## PHYSICAL ACTIVITY

	None of the time	Some of the time	Most of the time	All of the time
1. Students were given opportunities for physical activity during the school day through PE classes, daily recess periods and/or integration of physical activity into the academic curriculum.				
2. Students were given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs. (baseball, soccer, softball, volleyball, tennis etc)				
3. Students could walk or bike to school safely.				
4. Parents and guardians were encouraged to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.				
5. Teachers and staff were provided information/training to promote enjoyable, lifelong physical activity among students.				

## OTHER WELLNESS ACTIVITES

	None of the time	Some of the time	Most of the time	All of the time
1. Campus provided a clean, safe, enjoyable meal environment for students.				
2. Campus provided enough space and serving areas to ensure all students have access to school meals with minimum wait time.				
3. Drinking fountains were made available so that students could get water at meals and throughout the day.				
4. Students were encouraged to participate in the school meals programs.				
5. Identity of students on free and reduced price meals was protected.				
6. Students had adequate time to enjoy eating healthy foods with friends.				
7. Lunch time was scheduled as near the middle of the school day as possible.				
8. Recess of most elementary students was before lunch as the scheduled allowed.				
9. Foods were not used to reward or punish students.				
10. Denial of the participation in recess or other physical activities was not used as a form of discipline or for classroom make-up time.				
11. Campus fundraisings were supportive of healthy eating habits.				
12. Opportunities for training for food service staff/teachers in nutrition and physical education were provided.				
13. All was encouraged to serve as role models in healthy eating and being physically active in & out of school.				
14. Opportunities were provided to practice healthy eating and to serve as role models in the school dining areas.				
15. Requested information about other FNS programs such as Food Stamps and WIC was provided.				
16. Students were encouraged to participate in school meals programs, i.e. the National School Lunch and School Breakfast program.				

**COMMENTS:** \_\_\_\_\_  
**Principal:** \_\_\_\_\_ **Campus** \_\_\_\_\_ **Date** \_\_\_\_\_