

# **Charlotte Local Wellness Policy Information and Plan**

## **Nutrition Goals:**

- CISD, shall follow nutrition requirements for reimbursable school meals. The District guidelines shall follow federal, state and local guidelines that will include; food and beverages, competitive food sale, and snack bar items. CISD will provide access to a variety of nutritious and appealing meals that accommodate healthy and nutritional needs to all students of CISD.
- The CISD has created a SHAC committee with the following members:  
SHAC – Committee: Board Member, Superintendent, Principal, Food Service Director, Athletic Director, P.E. Teacher/Chairperson, District Interventionist/Tuant Officer, 1 High School male student, 1 High School female student, Parent and school Nurse.
- The SHAC Committee will review the nutrition guidelines twice a year to ensure that all meals in the three campuses are prepared and served in accordance with the Texas Public School.
- Teachers will be provided staff development on guidelines, proper nutrition and the use of food as a reward in the classroom.
- Records will be maintained of SHAC meetings and discussions of the Nutritional policies. Records of staff development will be maintained. Lesson plans showing teacher rewards will be maintained.

## **Wellness Goals:**

The district SHAC Committee will develop goals and will provide information to the School Board on healthy eating habits, and the right food and nutrient intake for students. Healthy meals will reduce the risk for many diseases, which include heart disease, cancer, stroke, diabetes, and high cholesterol.

## **Nutrition Education Goals:**

The district will provide menus to help promote healthy eating. The places where healthy food are being served, will be provided with serving line banners for each campus. Elementary campus will have healthy messages on menus, Middle School and High School will send newsletters and nutritional links and child nutrition website.

## **Physical Activity Goals:**

The campuses provide the students and adult family members with opportunities to foster enjoyable fitness activities. A list of activities developed, supervised and promoted by the campuses is included:

- Family Fitness Night (received Family fitness spirit monkey for attending)
- Healthy Snacks station
- Counting up Calories Station
- Exercise Cube (roll for the duration and type of exercise)
- Jumping Rope Station
- Different types of water with fruit (Infused Water) Station (teaching students how to make it and the importance drinking water)
- Family Walk (we marked off a walking trail to be completed as a family)
- Obstacle Course
- Jump Rope for heart - monies to American Heart Association

- Fitness Gram on the students
- Field Day (football field) all types of physical activities; relay races, tug of war etc.
- Water Day

The district is in the process of developing rules on the use of recreational facilities by the general public. The district plans to open the district track and the “old” gymnasium at the high school for community use.

### **School Based Activity Goals:**

The school district has opened up its second cafeteria in order to give students more time to eat and have students eat with students their age.

The facilities are always maintained clean, safe and as comfortable as possible.

### **Updates Required**

The SHAC Committee will review the Local Wellness Policy at least twice a year and make update recommendations to the School Board. The updates will occur at least once in the Fall and once in the Spring on an annual basis. Wellness will continue to be promoted at school activities.

### **Public notification of Local Wellness Policy:**

- The policy will be made available to all district, parents, teachers, School Board and cafeteria.
- Results will be monitored through SHAC meeting discussions, surveys, fitness gram results, participation at various activities, increased healthy food consumption by students and a more fit student body and staff.