

Student Health Advisory Council (SHAC)

SMCISD adopted a wellness plan during the summer of 2006. The CATCH program is to be implemented beginning with the 2006 - 2007 school year. SMCISD has continued to place an emphasis on children's health by offering healthy food choices, including lots of fruit and vegetables. SMCISD has implemented stricter nutritional guidelines than those required by the TDA.

NUTRITION GUIDELINES

The District shall ensure that nutritional guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with the Texas Public School Nutrition Policy.

In addition to legal requirements, the District shall:

- Establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations, one Friday per month for birthday party at discretion of administrator.
- Provide teachers with education and guidelines on the use of food as a reward in the classroom; teachers will not use food as a reward.
- Establish guidelines for school-sponsored fund-raising activities that involve serving or selling food; and not distributed during meal periods.
- Require that healthy food and beverage options be included at concessions at school-related events outside of the school day.
- Meet TDA goals and guidelines for Nutritional Standards that promote dietary guidelines for Americans and meet the new food guide pyramid guidelines
- No FMNV's on campuses except on TDA exemption dates and by parent/grandparent provided birthday foods on designated days, promote water as an affordable option for drinks available on campus, district child nutrition department be involved with making healthy snack and beverage choices to students, no snack or beverage vending choices available to primary students only secondary level students.

NUTRITION EDUCATION

The District shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition.

In addition, the District establishes the following goals for nutrition education:

- Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors. The CATCH curriculum will be incorporated into the district curriculum.
- Nutrition education will be integrated into other areas of the curriculum, as appropriate.
- Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
- The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.
- Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.

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.

In addition, the District establishes the following goals for physical activity:

- The District will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.
- Physical education classes will regularly emphasize moderate to vigorous activity.
- All students will receive the required amounts of physical activity each week.
- Teachers will be encouraged to integrate physical activity into the academic curriculum where appropriate.
- Before-school and after-school physical activity programs will be offered and students will be encouraged to participate.
- Teachers and other school staff will receive training through in-services & training to promote enjoyable, life-long physical activity for themselves and students.
- The District will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
- The District will encourage students, parents, staff and community members to use the District's recreational facilities that are available outside of the school day.
- The district will permit some district facilities to be available after and before school hours for the purpose promoting community physical activity.
- The district will support the implementation of the CATCH Program

Wellness

The District shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education, physical activity, and other school based activities.



School-Based Activities

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

- Sufficient time will be allowed for students to eat meals in the lunchroom facilities that are clean, safe, and comfortable.
- Wellness for students and their families

will be promoted at suitable school activities.

- Employee wellness education and involvement will be promoted at suitable school activities.
- District will communicate to staff and staff to students about making healthy choices for school meals, nutrition education, and the importance of consistent vigorous physi-

cal exercises, i.e. aerobic exercise.

- IMPLEMENTATION: The Director of Academic School Improvement shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.
- For more information: Mike Boone, 393-6940 or Kathy Hutto, 393-6933.



CATCH coordinates four component areas:

- **School Nutrition** - [CATCH Eat Smart](#) guides school cafeterias toward promoting a nutrition rich environment. CATCH Eat Smart Guidelines outline daily menus using child-tested recipes to better prepare foods lower in fat, saturated fat, and sodium.
- **Classroom** - [Go For Health](#), a cartoon and peer-based curriculum, teaches healthy eating, daily physical activity and tobacco avoidance - habits that prevent chronic disease.
- **Physical Education** - [CATCH PE](#) provides standard based physical education lessons to teach lifelong movement skills which blend both fun and fitness.
- **Family** - At home, the health messages children learn in school are reinforced with interactive and enjoyable [Home Team](#) activities. The school community is brought together through school hosted events such as CATCH Family Fun Nights, Wellness Wednesdays, and CATCH Me Healthy promotions.

CATCH COMPONENT	TITLE	GRADE	DESCRIPTION
Classroom	Jump Into Health	K	
Classroom	Everyday Foods For Health	1st	Focus on eating & exercise
Classroom	Celebrate Health	2nd	Focus on eating & exercise
Classroom	Hearty Heart & Friends	3rd	Focus on eating & exercise
Classroom	Taking Off	4th	Focus on eating & exercise
Classroom	P.A.S.T. Diabetes	4th	Diabetes education & prevention
Classroom	Breaking Through Barriers	5th	Focus on eating & exercise
Classroom	F.A.C.T.S.	5th	Tobacco avoidance
School Nutrition Services	Eat Smart	K - 5th	School food service program
Physical Education	CATCH PE	K - 5th	Weekly sessions year round
Family	Home Team	3rd - 5th	Home activities to
Family	Family Fun Nights	K - 5th	Once a year event showcasing

CATCH Supports TEKS & TAKS:

All CATCH curriculum materials have been aligned with Texas Essential Knowledge & Skills performance standards and the [Texas Assessment of Knowledge & Skills](#) objectives. Classroom and physical education lessons follow instructional "best practices" and are developmentally appropriate for each grade level. CATCH blends health topics with day-to-day core academic subjects such as graphing, understanding informational text, quantitative reasoning, and formulating testable hypotheses.