



Cushing Independent School District

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Superintendent Dr. Michael Davis

Principals: Stefani Jackson, Elementary, Shane Smelly JH, Andy Gresham HS

School Nurse: Charity Alvy RN, Food Service Director: Brenda Marshall

Wellness Policy: Cushing ISD

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.

Mission Statement: The mission of Cushing ISD is to promote a healthy lifestyle for students, parents and staff which will lead to lifelong maintenance of healthy habits. This mission will be accomplished by the development and implementation of our district wellness policy which will incorporate nutrition education and standards, physical activity and any other school related activities.

Nutrition Education Goals

Cushing ISD will educate, encourage and support healthy eating by all students of all ages.

Cushing ISD will provide nutrition education to students in grades PK-12 that will be integrated into the science/health curriculum.

Cushing ISD will offer education, marketing and promotions outside the classroom to include school gardens and nutrition posters that encourage healthy food choices.

Cushing ISD will provide teacher training through distribution of literature related to healthy nutritional choices.

Cushing ISD will follow the nutritional guidelines for all foods and beverages available on each campus during the school day.

Physical Education Goals

Cushing ISD will provide opportunities for students to maintain physical fitness.

Cushing ISD will adopt or exceed the state standards for physical activity.

Cushing ISD will provide opportunities for physical activity which may be incorporated into other subject areas, and classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate. Such as Yoga, Sensory Breaks and Brain Breaks. Cushing ISD will complete a Physical Fitness Assessment (Fitness Gram) on students in grades 3-12. Parents can request the results of their child's physical fitness assessment by contacting their child's campus administrator.

Nutrition Standards

Cushing ISD will comply with the current USDA Dietary Guidelines for Americans and the Texas Public Schools Nutrition Policy.

The Texas Public School Nutrition Policy has already provided a very solid base to setting standers.

Cushing ISD will comply with the current USDA Dietary Guidelines for Americans, Texas Public School Nutrition Policy as well as adhere to the following restrictions.

***A SCHOOL MAY OPT TO BE MORE RESTRICTIVE**

- A la carte
- Vending machines
- Fund raisers
- Class parties
- Others

Other School Related Activities

Cushing ISD will create a total school environment that is conducive to being physically active.

Cushing ISD will conduct health screenings to include vision and hearing, screenings to students in grades PK, K, 1, 3, 5 and 7 as well as to all new students to the district. CISD will

conduct spinal screenings to students in grades 5, 7, and 8. Results of the screenings performed by qualified staff at CISD will be provided to parents by request upon completion from the School Nurse.

Cushing ISD has organized a local wellness committee that is comprised of parents, teachers, students, and administrators to plan, implement and improve nutrition and physical activity for CISD.

Nutrition Education Guidelines

Cushing ISD will educate, encourage and support healthy eating all students of all ages.

Guidelines:

- Cushing ISD will promote fruits, vegetables, whole grains, low fat & fat free dairy, healthy food preparation and health enhancing nutrition practices.
- Nutrition Education will be part of not only health education classes, but also classroom instruction in subjects such as Math, Science, Language Arts, Social Studies and elective subjects.
- The school cafeteria serves as a “Learning Lab” to all students to apply critical thinking skills taught in the classroom.
- Nutrition Education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- Cushing ISD will promote enjoyable, developmentally and culturally appropriate participatory activities.
- Cushing ISD will offer nutrition education at each grade level as a part of a sequential, comprehensive, standards based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.

Physical Activity Guidelines

Cushing ISD Schools will provide opportunities for students to regularly participate in physical activity and maintain physical fitness.

Guidelines:

- Children should have several opportunities for physical activity lasting 15 minutes or more approximately every two hours, especially during the daytime hours.
- Schools will implement physical activities from adopted curriculums.
- Schools will encourage classroom teachers to provide short activity breaks between lessons or classes.
- Schools will provide daily recess period for 20 minutes.

Cushing ISD will adopt or exceed the state standards for physical activity.

Guidelines

- Policies ensure state-certified physical education instructors.
- Time allotted consistent with research and standards, 45 minutes per day, for PK-6th grade. Also a 45 min athletic class for 7th -12th grade.
- CISD will provide opportunities for activity through physical education classes, recess and integration in curriculum.

Nutrition Standards Guidelines

Cushing ISD will comply with the current USDA Dietary Guidelines for Americans, Texas Public School Nutrition Policy as well as adhere to the following restrictions.

A la carte

- Food providers will be sensitive to the school environment (logos on campus).
- Nutrition information for products offered is readily available near the point of purchase.

Vending machines

- Nutrition information for products offered is readily available near the point of purchase. Vending Machines are only available in the High School.

Fund raisers

- Food and beverages sold at fundraisers include healthy choices and provide age appropriate selections for all school levels.

Class parties

School events that are exempt from policy regulation are

- Halloween
- Christmas
- Valentine's Day

Others

- Promotional activities to encourage physical activity, academic achievement in compliance with local guidelines.
- Promotional activities connected to healthy lifestyles.

Other School Based Activities Guidelines

Cushing ISD will create a total school environment that is conducive to being physically active.

Cushing ISD Wellness Policy goals are considered in planning all school related activities.

Cushing ISD offers the support for the Health of students as demonstrated by providing vision, hearing and spinal health screenings.

Cushing ISD has an annual Field day for Elementary students. Our Elementary students participate in Jump Rope for Heart, and we have BK day on Fridays that encourages our students to run.

Guidelines:

- After-school programs will encourage physical activity and promote healthy habits.
- CISD will not deny student participation in recess or other physical activity as a form of discipline or classroom make-up time.
- CISD will schedule recess for elementary school every day for 20 minutes.
- CISD will not use excessive physical activity or excessively withhold opportunities for physical activity as punishment.

Tobacco

Cushing ISD is a tobacco-free school district. School policy prohibits smoking or using E-cigarettes at school-related or school-sanctioned activities.

- Smoking is prohibited in buildings on all campuses.
- Smoking is prohibited on all campus property or designated outdoor areas, including parking lots.
- Use of electronic nicotine delivery systems (ENDS) is prohibited on all campuses.
- Use of smokeless tobacco is prohibited on all campuses.

approved by the SHAC committee 11/15/19