

A+ Academy Wellness Policy

Adopted by the Board this 16 day of May 2018.

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.

Guidelines and Goals

The district shall develop nutritional guidelines and wellness goals in consultation with the local school health advisory council and with involvement from representatives of the student body, school food service, school administration, the board, parents and the public.

Nutrition Guidelines

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

In addition to legal requirements, the District shall:

1. Establish age appropriate guidelines for food and beverages at classroom parties or school celebrations.
 - a. All birthday celebrations will be held at 3:00 p.m. on the first school day of the month.
 - b. Teachers must be notified no later than the 15th of the month before the celebration by a parent.
 - c. Treats must be of healthy origin.
 - d. Each class is limited to three parties a year not including birthday parties.
2. Provide teachers with education and guidelines on the use of alternative treats as a reward in the classroom.
 - a. Food and snacks may not be used as a reward in the classroom
 - b. Teachers are to be given a list of alternative treats in place of food.
 - c. Candy may not be given to any child on school property.
 - d. Pre K and Kindergarten classrooms serve one nutritious snack per day after naptime. The parents will provide snacks.
 - e. Elementary teachers have the option to serve snacks to their children.
3. Establish guidelines for school-sponsored fund-raising activities that involve serving or selling food.
 - a. All school sponsored fund-raising activities that involve serving or selling food must be done after 3:30 p.m.
 - b. The District would prefer that any food sold as a school sponsored fundraiser be of nutritious origin.
 - c. Administration should research other methods of school-sponsored fund-raising.
 - d. Schools will encourage fundraising activities that promote physical activities.

4. Require that healthy food and beverage options be included at concessions at school-related events outside of the school day.
 - a. Concessions must offer healthy and nutritious foods and beverages as an alternative to non-nutritious foods or beverages.

Wellness Goals – Nutrition Education

The district shall implement in accordance with the 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:

1. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. Nutrition education will be a district-wide priority and will be integrated into other areas of the curriculum, as appropriate
3. Staffs responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
4. 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.
5. Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.

Wellness Goals – Cafeteria

The District shall implement, in accordance with the law, will offer an array of healthy and nutritious meals to every child and staff member.

In addition, the District establishes the following goals for the cafeteria:

1. A+ will participate in a district-wide universal feeding program providing meals at no charge to all students. Students and staff will be highly encouraged to promote and participate in these programs.
2. School foodservice staff will be properly trained and or qualified to current professional standards and will regularly participate in professional development activities and classes administered by the Child Nutrition Programs.
 - a. All cafeteria personnel working with food will attend various classes to learn the proper ways to handle food.
 - b. By next year all cafeteria personnel working with food will obtain their food handlers certificate from the state of Texas.
3. Food safety will be a key part of the school food service program.
 - a. All cafeteria personnel working with food will be properly trained on how to cook, serve and dispose of food.

- b. Temperature logs will be kept daily (for each food item served) before and after every line goes through.
 - c. Food will be stored properly according to state and federal guidelines.
 - d. Proper cooking methods and cooking utensils will be used when cooking.
 - e. Meals will be served in clean and pleasant settings.
4. Menus will meet the nutrition standards established by the US Department of Agriculture and the Texas Department of Agriculture.
 - a. The cafeteria will conform to good menu planning principles and will feature a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at the proper temperatures and portions.
 - b. Meals served will be appealing and attractive to children,
5. Students, staff members and parents will be given the opportunity to provide input on local, cultural and ethnic favorites of students.
 - a. Surveys will be handed out periodically to gather information on likes and dislikes dealing with the menu for the cafeteria.
 - b. Surveys will be handed out periodically for suggestions on new items that students and staff would like to try.
 - c. New meals will be given out to test their popularity periodically.
6. Foods sold outside of reimbursable school meals will be well planned and nutritious in nature.
 - a. Approved times for food sold outside of reimbursable school meals are as follows: Pre K and Kindergarten will not be allowed access to these items. Elementary, Junior High and High School grades will have access to these after lunch has been served.
 - b. Items sold outside of reimbursable school meals will meet the following nutrition and portion sizes:
Beverages –
 - Allowed: water or seltzer water without added caloric sweeteners fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by the USDA)
 - Not allowed: soft drinks containing caloric sweeteners; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low fat or fat-free chocolate milk (which contain trivial amounts of caffeine).
Foods–
 - Will have no more than 35% of its calories from fat and 10% of its calories from saturate and trans fat combined.
 - Will have no more than 35% of its weight from added sugars.
 - Will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.

Wellness Goals – Physical Activity

The District shall implement, in accordance with the 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:

1. 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.
 - a. The school will ensure that physical activity is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
 - b. All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors.
 - c. Schools will discourage extended periods of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.
 - d. Teachers and other school and community personnel will not use physical activity (e.g., recess, physical education) as punishment.
2. Physical education classes will regularly emphasize moderate to vigorous activity.
 - a. Physical education classes will promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods and health enhancing nutrition practices.
 - b. Physical education classes will emphasize caloric balance between food intake and energy expenditure (physical activity/exercise)
 - c. Teachers will be trained on the emphasis of healthy eating and exercise.
3. The district will encourage teachers to integrate physical activity into the academic curriculum where appropriate.
 - a. Schools will ensure that nutrition education is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects.
 - b. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television.
 - c. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
4. Teachers and other school staff will receive training to promote enjoyable, life-long physical activity for themselves and students.
5. The District will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

- a. The school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' effort to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events or physical education homework.
6. The District will encourage students, parents, staff and community members to use the District's outdoor recreational facilities that are available outside of the school day.
 - a. School spaces and facilities should be available to students, staff and community members before and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs.
 - b. School policies concerning safety will apply at all times.

Wellness Goals – 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.

1. Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean and safe and comfortable.
2. Wellness for students and their families will be promoted at suitable school activities.
3. Employee wellness education and involvement will be promoted at suitable school activities.

Implementation

The School Health Advisory Committee shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.