



September 1, 2016

TEXANS CAN! ACADEMIES Wellness Policy

Texans Can Academies, shall implement a Wellness Policy to improve the general health of children by instituting practices that lead to a healthy weight and reduce the risk of being overweight due to over eating and poor diet. This will be accomplished by promoting the development of positive healthy behavior regarding nutrition, physical activity, and stress management. In order to effectively administer the wellness policy, the involvement of students, faculty, staff, administrators, community partners, and parent groups is necessary to advance the general wellness of all students through a healthy school nutrition environment, health education, physical education, and safe and drug free schools.

The Can! Wellness Policy establishes requirements that improve the nutrition and physical fitness of all students. The intent is to reduce obesity and result in the improvement in the overall wellness of our children as required for public schools participating in the National School Lunch Program.

The Can! Wellness Policy may be reviewed and updated annually by the representatives of Board of Trustees, Superintendent, Executive Director of Student Nutrition Services (SNS), Student Nutrition Services, and Campus Principals.

NUTRITION EDUCATION

Texans Can Academies shall establish the following goals for nutrition education:

1. All students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors;
2. Nutrition education will be posted on bulletin boards and prominently displayed in each campus lunchroom area.
3. Teachers and staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the scientific-based nutrition information;
4. The food service staff, teachers, Student Advisors, physical educators, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings throughout the school community;
5. The SNS department will provide nutrition information that will be shared with families and the school community to positively influence the health of students and community members. Nutrition information will incorporate cooking techniques and guidelines on healthy eating.

PHYSICAL ACTIVITY

Texans Can shall implement, to the extent possible, in accordance with applicable law, a coordinated health program with physical activity components and shall offer at least the required amount of physical activity.

1. Texans Can Academy will recommend time management strategies and age-appropriate sleeping requirements;
2. Texans Can Academies will promote assistance/resources in stress reduction and/or stress management.

NUTRITION GUIDELINES

FOODS ON CAMPUS

The goal is to create a healthy school environment that shall not be dependent on revenue from high fat, low-nutrient dense foods to support school programs. Healthy foods will be provided for:

1. Classroom activities and celebrations
2. Rewards and incentives
3. Fundraising activities (food and beverage)
4. After school activities

The SNS department will provide teachers and parents with nutrition education information and guidelines on healthy eating that follow Dietary Guidelines that adhere to United States Department of Agriculture (USDA) and local Health Department regulations.

No food shall be served or sold in competition with the school meals program during the school day. Foods other than those provided by the National School Lunch Program are prohibited during the meal period.

1. CLASSROOM ACTIVITIES & CELEBRATIONS

Classroom Activities (Instructional Use of Food)

For instructional purposes, teachers may use foods as long as the food items are not considered Foods of Minimal Nutritional Value (FMNV) or candy or that does not compete with breakfast or lunch meals. Students may consume food prepared in class for instructional purposes. Teachers may also use foods not prepared in class for instructional purposes as long as they are not FMNV or consist of candy type items. 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 allowed 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.

Competitive food, FMNV or candy type items are not provided. It is recommended that such parties be scheduled after the end of the lunch period for the class, so that these celebrations will not replace a nutritious lunch. Federal regulations do not permit foods of minimal nutritional value to be served in the food service area during meal periods. Questions concerning permissible foods to be served in a classroom should be discussed with the Executive Director, SNS.

2. Rewards & Incentives

All school-based activities shall be consistent with local wellness policy goals. Foods and beverages shall not be used as a behavior management tool by offering as a reward or withholding as punishment. Staff are **encouraged** to model healthy eating by offering healthier choices at school meetings and to eliminate using food and beverages as rewards to students.

3. Fundraising Activities (Food and Beverage Sales)

School campuses shall not be dependent on revenue from high fat, low-nutrient dense foods to support school programs.

4. TAKS Test Days

Schools may distribute nutritious snacks for students taking the TAKS tests. The snack must comply with the fat and sugar limits of the Texas Public School Nutrition Policy.

SCHOOL MEALS

The SNS department will provide school meals (breakfast and lunch) to students each day that school is in session including early dismissal days, as well as a la carte items consistent with the Federal and State regulations. Texans Can Academies, through the SNS Department shall ensure that Nutrition Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture and are in accordance with the Texas Public School Nutrition Policy.

In addition to legal requirements, Texans Can Academies shall provide school meals that:

1. Adhere to and or exceed requirements for increasing fiber and whole grains, reducing sodium, and sugar. Offering a greater variety of fresh fruits and vegetables as a daily menu choice;
2. Promote balanced food choices through visual cues such as signage, graphics, sample trays, etc. to demonstrate a balanced meal;
3. Continue to disallow frying as a preparation method on all campuses;
4. Continue the practice of not providing salt in serving areas;
5. Offer daily a variety of 100% juice with no artificial color;
6. Adhere to Texas Public School Nutrition Policy.
7. Adhere to USDA Food Security Guidelines.

FOOD SAFETY AND SECURITY

1. Schools are encouraged to consider wellness issues and student allergies when planning incentive and promotional activities.
2. The SNS department shall follow the USDA Guidelines for School Foodservice that assures the safety and security of the food and facilities. **Access to the food service facilities shall be limited to authorized personnel.** To help ensure the health and safety of the students and staff in our schools the following procedures shall be implemented:
 - All foods made available on school campus or through school sponsored activities on school campus shall comply with state and local food, safety, and sanitation regulations.
 - Hazard Analysis and Critical Control Points (HACCP) plans and guidelines shall be implemented to prevent food borne illness.

individually packaged or commercial prepared items, from approved vendors, are recommended to minimize opportunities for food borne illnesses.

To ensure healthy eating, food served shall meet the requirements established by State and Local guidelines. Beverages sold shall include:

- Non-carbonated, unflavored water
- 100% fruit juice
- Milk, unflavored

Low Fat Grain Foods served shall include:

- Animal crackers
- Graham crackers
- Wheat crackers
- English muffins (whole wheat)
- Baked tortilla chips with salsa
- Fruit or grain muffin (low fat)
- Dry cereal (individual serving)
- Bagels (half)
- Vanilla wafers

Fresh Fruits and Vegetables shall include:

- Fresh seasonal fruit
- Carrots and broccoli with low fat dip or salad dressing

Additional Items include:

- Fruit snacks
- Fruit grain bars
- Fat free popcorn (94% fat free)
- Peanut butter cracker
- Low fat string cheese
- Fruit, nut and/or grain trail mixes

Establishment of Food Service Committee

A Food Service Committee will be established at each Campus consisting of the following members:

Principal or Designee

Food Service Employee (**Named by Executive Director, SNS**)

Students (2) Appointed by Campus Principal

The Committee shall meet each March, May, August, October, and January to discuss improvements to the Food Service Operation, improving healthy eating habits for students, and making suggestions to improve student participation in the School Lunch and Breakfast Program. **A report detailing each meeting and any recommendations is to be sent to the Executive Director, SNS within 2 weeks of the meeting. Recommendations may not be implemented without the approval of the Executive Director, SNS after consultation with the Vice President, Education.**

The purpose of this policy is to ensure students are provided with the necessary information to make wise choices leading to healthy and productive lives.

Edna Faulkner
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Richard Marquez
Superintendent