



August 19, 2020

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 Breakfast (NSB) and the National School Lunch Program (NSLP).

Texans Can Wellness Policy may be reviewed and updated annually by the representatives of Board of Trustees, Superintendent, Chief Financial Officer, Director(s) of Student Nutrition Services (SNS), Food Service Committee, 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.
3. Texans Can Academies partners with ACE program (Afterschool Centers of Education) which teaches students food nutrition and food education as well incorporating physical activities such as basketball, golfing, etc.

NUTRITION GUIDELINES

FOODS ON CAMPUS

The goal is to create a healthy school environment that shall not be dependent on revenue from Non Smart Snack Compliant foods to support school programs. Healthy foods will be provided for:

1. Classroom activities and celebrations
2. Rewards and incentives
3. After school activities (City Square Meals)

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) / Texas Department of Agriculture (TDA). The SNS Wellness Policy is also available to the Public via website Texans Can Academies/SNS.

No food shall be served or sold in competition with the school meals program during the school day with the exception of scheduled fundraisers. Foods other than those provided by the National School Breakfast/ Lunch Program are prohibited during the entire School Day defined by TDA as being between the hours of 12am to the end of school day.

1. CLASSROOM ACTIVITIES & CELEBRATIONS

Classroom Activities (Instructional Use of Food)

For instructional purposes teachers may use foods as long as the food items are Smart Snack Complaint Foods 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 Smart Snack compliant 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. Non Smart Snack Compliant foods 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.

Classroom Celebrations- 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 that are not part of the NSB and/or NSLP 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 Director of 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 are allowed to hold up to 6 Fundraisers per School Year. The fundraiser dates must be planned and shown on campus calendar. The Campuses Principal/Designee will provide dates of fundraisers to SNS for records retention.

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 Federal and State guidelines. 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 USDA and the competitive foods policy, aka Smart Snacks.

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;

Establishment of Food Service Committee

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

Principal or Designee
Food Service Employee (**Named by Director, SNS**)
Students (2) Appointed by Campus Principal

The FSC will oversee the Assessment of any Updates to the Wellness Policy (WP). Then it will be presented to board for approval. The FSC and District will meet and access WP every 3 years. FSC/District shall retain all the required records associated with the WP, in accordance with law and Districts.

The Committee shall meet throughout the current school year 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, and Local Wellness Policy. **Recommendations may not be implemented without the approval of the SNS Director(s). SNS will consult with the Principals and Chief Financial Officer before changes are implemented.**

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.

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