



# IDEA Public Schools Wellness Policy

Updated June 5, 2019

## I. Wellness Policy Implementation

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The District has chosen to use the local school health advisory council (SHAC) to work on behalf of the District to review and consider evidence-based strategies and techniques in order to develop and implement nutrition guidelines and wellness goals as required by federal law. The SHAC will permit the following persons to work with the SHAC on the District's wellness policy and plan: parents, students, the District's food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public. The SHAC will solicit involvement and input of these other interested persons by:

- 1) Heather Pardo
- 2) Eva Rodriguez
- 3) Fernando Aguilar
- 4) Megan Heron
- 5) Eren Kirksey

All schools will implement IDEA Public School's Wellness Policy. Schools can choose to implement a more restrictive local policy, but must, at a minimum, meet these standards.

Every year, the District will measure and make available to the public the results of an assessment of the implementation of the District's wellness policy, the extent to which each campus is compliant with the wellness policy, a description of the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy compares with any state- or federally designated model wellness policies. The District will use measures aligned with HUSSC's Gold Award of Distinction and Alliance for a Healthier Generation's Gold Award to track schools' compliance and progress.

## II. Nutritional Quality of Foods and Beverages Served on Campus

### School Meals

Meals served through the National School Lunch Program, School Breakfast Program, After School Care Program and Summer Feeding Program, or any additional feeding programs added will:

- Be served in clean and pleasant settings
- Exceed USDA nutritional standards
- Offer a variety of *fresh* fruits and vegetables

**Breakfast.** To ensure that all children have breakfast in order to meet their nutritional needs and enhance their ability to learn:

- Schools will operate universal breakfast
- Schools will, to the extent possible, utilize methods to serve school breakfasts that maximize participation, including serving breakfast in the classroom, "grab-and-go" breakfast, or breakfast during morning break or recess.

**Meal Times and Scheduling.** To ensure that all children have meals with adequate and reasonable time to consume them:

- Schools will provide students with at least 10 minutes to eat after sitting down with their food in front of them for breakfast and 20 minutes after sitting down with their food in front of them for lunch<sup>1</sup>
- Schools will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities
- School meals will not be withheld as punishment
- Schools will provide students access to hand washing stations and will advocate for hand washing before they eat meals or snacks<sup>2</sup>
- Schools will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk)

**Sharing of Foods and Beverages.** To ensure the health and safety of children with food allergies, intolerances and special diets schools will prohibit students from sharing their foods or beverages with one another during meal or snack times

### III. Nutritional Quality of Foods and Beverages Sold on Campus

**Smart Snacks.** To ensure that snacks make a positive contribution to children's diets and health, all schools will emphasize serving fresh fruits and vegetables as the primary snack and water as the primary beverage.

All snacks sold must follow Smart Snacks rules<sup>3</sup> and should meet the following Smart Snacks standards:

#### **Foods**

- Be a "whole grain-rich" grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).
  - Calories: <200kcal for snack items
  - Sodium: <230mg
  - Total fat: <35% of calories
  - Saturated fat: <10% of calories
  - Trans fat: 0g
  - Sugars: ≤ 35% of weight from total sugars in foods

#### **Beverages**

- Allowed: Plain water (with or without carbonation), unflavored low fat milk, unflavored or flavored fat free milk and milk alternatives, 100% fruit or vegetable juice, 100% fruit or vegetable juice diluted with water and no added sweeteners.
- Not allowed: soft drinks containing caloric sweeteners or artificial sweeteners; sports drinks; iced teas; fruit-based drinks or any that contain additional caloric sweeteners; beverages containing caffeine.

#### **Smart Snacks Calculator**

- To find out if your snack meets the smart snacks requirements visit <https://foodplanner.healthiergeneration.org/calculator/>

## **Portion Sizes**

Limit portion sizes of foods and beverages sold individually to:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky
- One ounce for cookie
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream
- Eight ounces for non-frozen yogurt
- Twelve fluid ounces for beverages, excluding water

The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion size limits.

**Fundraising Activities.** To support children’s health and school nutrition education efforts, school fundraising activities will not involve food. Schools will encourage fundraising activities that promote physical activity.

In order to support this initiative, the District will provide schools with a fundraiser toolkit. This toolkit will include a list of compliant fundraising ideas, and steps to execute such events. Schools are encouraged to use this toolkit as a list of suggestions, and should not feel limited to the ideas provided.

## **IV. Rewards, Celebrations, and Events**

**Food as reward.** Schools will not use foods or beverages as reward<sup>4</sup>. Behavior plans that use food as reward will need to be approved by the respective VP of Schools and District SHAC Coordinator.

**Food as punishment.** Schools will not withhold food or beverages as punishment.

**Celebrations during the school day.** There will be no nutrition exemptions for special events. Schools are encouraged to be creative in putting on celebrations without food, or solely involving foods that meet the Smart Snacks standards (see Section III). It is suggested that schools leverage some of the ideas in the fundraiser toolkit for school celebrations as well.

**School-sponsored Events.** Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards enumerated in Smart Snacks (See section III).

## **V. Nutrition and Physical Activity Promotion and Food Marketing**

**Nutrition Education and Promotion.** IDEA Public Schools aims to teach, encourage, and support healthy eating. Schools should provide nutrition education and engage in nutrition promotion that:

- Offers each grade level a nutrition program which promotes and protects their health
- Includes but is not limited to contests, promotions, taste testing, farm visits, and school gardens;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (moderate to vigorous physical activity/exercise);
- Connects school meal programs with nutrition-related community services;

Additionally, all food service staff, teachers, and other school personnel shall consistently promote healthy nutrition messages in cafeteria, classrooms, and other appropriate settings.

**Communication with Parents.** The school will support and encourage parents' efforts to provide a healthy diet and daily physical activity for their children.

- The school will provide information about physical education and other school-based physical activity opportunities available before, during, and after the school day;
- The school will share results of FitnessGram<sup>5</sup> twice a year, pretest and posttest, with parents
- The school will share its individual wellness policy allowing that the school can create a policy that is more strict than the District Wellness Policy but not more lenient.

Additionally, the school shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

**Food Marketing in Schools.** School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually that meet Smart Snacks standards (See section III).

## **VI. Physical Education and Health Education**

**Physical Education (P.E.) K-12.** To ensure the health and wellness of our students and compliance with TEA physical education requirements<sup>6</sup>

- All students in PE grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive an average of 135 minutes/week of physical education for Academy students and 225 minutes/ 2 weeks for College Preparatory students.
- Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.
- All students taking PE will be evaluated twice a year using FitnessGram to evaluate for performing in the Healthy Fitness Zone. (Pretest and Posttest)

**Space.** To ensure that students participate in school physical education class, the campus will, to the extent possible, provide an environment that is safe, enjoyable, and developmentally appropriate for all students, whether or not they are participating in the physical activity taking place during physical education.

**Clothing.** To ensure that students participate in physical activity during physical education class and that students' hygiene is maintained during the school day, student will to the extent possible be provided with a space to change clothing.

**Health Education.** To meet the coordinated health program component of the TEA nutrition education requirement

- Schools will deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
- Schools will make nutrition education a priority and shall integrate it into other areas of the curriculum as appropriate.
- The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

## **VII. Physical Activity Opportunities**

**Recess.** All Academy school students will have at least 30 minutes a day of supervised recess, preferably outdoors, during which schools will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

**Physical Activity Opportunities Before and After School.** All schools will offer extracurricular physical activity programs, such as physical activity clubs and/or intramural programs.

**Physical Activity and Punishment.** Teachers and other school and community personnel will not use physical activity or withhold opportunities for physical activity as punishment.

**Safe Routes to School.** The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school.

**Additional Physical Activity Opportunities.** School teachers and staff are also encouraged to integrate physical activity into the academic curriculum where appropriate. Additionally, the District will offer appropriate training and other activities to District employees to promote enjoyable, lifelong physical activity for District employees and students; schools shall do the same.

**Communication with Parents.** The school will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events. Additionally, schools shall include parents in before- and after-school programs involving physical activity, when appropriate.

Moreover, schools shall encourage all students, parents, staff, and community members to use their recreational facilities (such as tracks, playgrounds, fields, etc.) that are available outside of school hours.

## **VIII. Health Services**

**Clinic Responsibilities.** To respect the privacy of students and make health aides available to respond to emergencies, should any arise at the campus:

- School clinics will be used primarily for the medical attention of students.
- School clinics will remain open during the entirety of the school day with a trained adult available at the clinic at all times.
- School clinic personnel will not administer any over the counter medication without written permission from parents and/or a physician (the student's personal physician).
- School clinics will not provide or administer the treatment for pediculosis capitis, head lice.

## **IX. Monitoring and Policy Review**

**Monitoring.** The district designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the campus designee or Principal will ensure compliance with those policies in their school and will report on the school's compliance to the school district designee.

The district designee will develop a summary report every three years on district-wide compliance with the district's established wellness policies based on input from schools within the district. That report will be provided to the school board and also distributed to school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

**Policy Review.** Assessments of existing wellness policies will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

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<sup>1</sup> <http://www.kleinisd.net/users/0056/docs/TxSchoolNutritionPolicy.pdf>

<sup>2</sup> <http://itsasnap.org/>

<sup>3</sup> [http://www.fns.usda.gov/sites/default/files/allfoods\\_flyer.pdf](http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf)

<sup>4</sup> <http://www.squaremeals.org/Portals/8/files/publications/Non%20Food%20Ways%20to%20Reward.pdf>

<sup>5</sup> [http://tea.texas.gov/About\\_TEA/News\\_and\\_Multimedia/Correspondence/TAA\\_Letters/Required\\_Physical\\_Fitness\\_Assessment\\_2014/](http://tea.texas.gov/About_TEA/News_and_Multimedia/Correspondence/TAA_Letters/Required_Physical_Fitness_Assessment_2014/)

<sup>6</sup> [http://tea.texas.gov/Curriculum\\_and\\_Instructional\\_Programs/Subject\\_Areas/Health\\_and\\_Physical\\_Education/Physical\\_Education/](http://tea.texas.gov/Curriculum_and_Instructional_Programs/Subject_Areas/Health_and_Physical_Education/Physical_Education/)