

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

WELLNESS PLAN	<p>This document, referred to as the “wellness plan” (the plan), is intended to implement policy which has been adopted by the Board to comply with the requirements for a school wellness policy. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b; 7 C.F.R. Part 210]</p>
STRATEGIES TO SOLICIT INVOLVEMENT	<p>Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The charter school has chosen to use the local school health advisory council (SHAC) to work on behalf of the charter school 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 charter school’s wellness policy and plan: parents, students, the charter school’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:</p> <ol style="list-style-type: none">1. Recruiting volunteers from the school staff.2. Advertising on the school website.3. Recruiting volunteers from the PTA and the neighborhood.
IMPLEMENTATION	<p>Each campus principal is responsible for the implementation of this wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation.</p> <p>The <u>Assistant Superintendent in charge of Compliance</u> is the charter school official responsible for the overall implementation including the development of this wellness plan and any other appropriate administrative procedures ensuring that each campus complies with the policy and plan.</p>
EVALUATION	<p>At least every three years, as required by law, the charter school will measure and make available to the public the results of an assessment of the implementation of the charter school’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. This will be referred to as the “triennial assessment.”</p>

Annually, the charter school will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials.

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The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes. The SHAC may use any of the following tools for this analysis:

- Smarter Lunchrooms' website
(<https://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms>)
- TX UNPS Square Meals
(<http://www.squaremeals.org/fandnresources/txunpsprogramresources.aspx>)
- TDA F&N Program Handbooks
<http://www.squaremeals.org/Publications/Handbooks.aspx>

To comply with the legal requirement to annually inform and update the public about the content and implementation of the local wellness policy, the charter school will create a wellness page on its website by June 2017 to document information and activity related to the school wellness policy, including:

1. A copy of the wellness policy;
2. A copy of this wellness plan, with dated revisions;
3. Notice of any Board revisions to policy;
4. The name, position, and contact information of the charter school official responsible for the oversight of the wellness policy and implementation of this plan;
5. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
6. The SHAC's triennial assessment; and
7. Any other relevant information.

The charter school will also publish the above information in appropriate charter school or campus publications.

RECORDS
RETENTION

Records regarding the charter school's wellness policy will be retained in accordance with law and the charter school's records management program. Questions may be directed to the cafeteria manager, the charter school's designated records management officer.

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GUIDELINES AND GOALS The following provisions describe the charter school's nutrition guidelines and activities and objectives chosen by the SHAC to implement the Board-adopted wellness goals in policy CHARTER SCHOOL.

NUTRITION GUIDELINES All charter school campuses participate in the U.S. Department of Agriculture's (USDA's) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Federal law requires that the charter school establish nutrition guidelines for foods and beverages sold to students during the school day on each campus that promote student health and reduce childhood obesity.

The charter school's nutrition guidelines are to ensure all foods and beverages sold during the school day adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

FOODS AND BEVERAGES SOLD

- The charter school does not sell foods for as fund raisers nor does the charter school allow vending machines.

FOODS AND BEVERAGES PROVIDED There are no federal or state restrictions for foods or beverages provided, but not sold, to students during the school day. However, each school charter school must set its own standards. The charter school will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person's child or grandchild on the occasion of the student's birthday or to children at a school-designated function.

In addition, the charter school has established the following local standards for foods and beverages made available to students:

Elementary school: Parents are strongly encouraged to avoid food products that contain sugar. Lists of healthy snacks are provided such as fruit and vegetable platters.

Middle/junior high school: Parents are strongly encouraged to avoid food products that contain sugar. Lists of healthy snacks are provided such as fruit and vegetable platters.

MEASURING COMPLIANCE The charter school will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to the TDA, reviewing foods and beverages that are sold in competition with the regular school meals (not at this time), reviewing items sold as part of approved charter school fundraisers (not at this time), and monitoring the types of

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foods and beverages made available to students during the school day.

NUTRITION
PROMOTION

Federal law requires that the charter school establish goals for nutrition promotion in its wellness policy. The charter school's nutrition promotion activities will encourage participation in the National School Lunch Program, the School Breakfast Program, and any supplemental food and nutrition programs offered by the charter school.

The charter school will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards.

The SHAC will monitor this by:

1. Review all written communication.
2. Review website publications.

Although the charter school is not required to immediately remove or replace food and beverage advertisements on items such as menu boards or other food service equipment, or on scoreboards or gymnasiums, the SHAC will periodically monitor these and make recommendations when replacements or new contracts are considered.

The charter school has established the following goal(s) for nutrition promotion.

GOAL: The charter school's food service staff, teachers, and other charter school personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.	
Objective 1: To provide nutrition education experiences that support the instructional component to improve students' eating behaviors and help develop healthy lifestyle practices. To encourage and support nutritious eating by students and adults.	
Action Steps	Methods for Measuring Implementation
Collaborate with other school and community groups to conduct nutrition education activities such as health fairs, career days, health/nutrition professional presentations, etc. <ul style="list-style-type: none"> • School wellness committee 	Baseline or benchmark data points: <ul style="list-style-type: none"> • Number of activities conducted Resources needed: <ul style="list-style-type: none"> • Time

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<ul style="list-style-type: none"> • PTO and other parent volunteer’s organizations • Local health departments • Nonprofit health and community organizations 	<ul style="list-style-type: none"> • Volunteers • Training Resources • Food vendor support <p>Obstacles:</p> <ul style="list-style-type: none"> • Staff availability
<p>Objective 2: To provide activities that promote and reinforce healthy school nutrition environments that include students, staff and community.</p>	
Action Steps	Methods for Measuring Implementation
<p>The cafeteria manager will develop an annual promotions calendar which can be reviewed and used to reinforce the promotions held in the cafeteria/school. For example:</p> <ul style="list-style-type: none"> • August—Back-To-School Promotion • September—National Five-A-Day Month • October—National School Lunch Week • February—American Heart Week • March—National School Breakfast Week • Staff coordinate school nutrition programs with classroom lessons and allows students to apply critical thinking skills taught in the classroom. • Visit classrooms and explain how the school nutrition program ensures that meals served meet U.S. Department of Agriculture (USDA) nutrition standards and the Dietary Guidelines for Americans. • Offer foods that reinforce classroom lessons, such as whole grain rolls to reinforce a lesson on dietary fiber. • Display nutrition posters in the cafeteria and distribute nutrition information 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of activities conducted <p>Resources needed:</p> <ul style="list-style-type: none"> • Time • Volunteers • Training Resources • Food vendor support • Posters <p>Obstacles:</p> <ul style="list-style-type: none"> • Staff availability

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<ul style="list-style-type: none"> • Invite Cafeteria services staff to conduct training sessions, presentations and/or information about the School Nutrition Program for students, staff and parents. • Healthy foods taste good and are good for you. • Fitness is fun. • Healthier students are smarter students. • Allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable. 	
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GOAL: The charter school shall ensure that food and beverage advertisements accessible to students outside of school hours on charter school property contain only products that meet the federal guidelines for competitive foods.

Objective 1: To ensure that snacks served during the school day will make a positive contribution to a student's diet.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • A recommended list of healthy snack choices for service and consumption by students will be developed as a resource for school staff, parents and administrators. • This includes classroom snacks/instructional use of food, snacks offered during student meetings during the school day, and student celebrations and recognition. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Completion of healthy snack resource manual • List of snacks provided to students <p>Resources needed:</p> <ul style="list-style-type: none"> • Time • Staff • Websites <p>Obstacles:</p> <ul style="list-style-type: none"> •

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Objective 2: To monitor foods sold in school that must adhere to federal, state, and local regulations and guidance as issued by the Secretary of Agriculture under the U.S. Department of Agriculture (USDA) using Smart Snacks Guidelines.

Action Steps	Methods for Measuring Implementation
<p>Note: At present no foods are sold at the school and no vending machines for students are allowed.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Monitor fundraisers • Inform staff <p>Resources needed:</p> <ul style="list-style-type: none"> • Staff • Time <p>Obstacles:</p> <ul style="list-style-type: none"> • Provided information from staff

NUTRITION
EDUCATION

Federal law requires that the charter school establish goals for nutrition education in its wellness policy. State law also requires that the charter school implement a coordinated health program with a nutrition services and health education component at the elementary and middle school levels.

The charter school has established the following goal(s) for nutrition education.

GOAL: The charter school shall make nutrition education a charter school-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

Objective 1: To encourage student and staff members to improve their health and wellness through promotions and programs.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Introduce wellness programs to staff members • Health screenings • Physical activity and fitness • Nutrition education • Weight management • Tobacco Prevention programs • Influenza vaccinations • Stress management in-services/activities 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of participants <p>Resources needed:</p> <ul style="list-style-type: none"> • Staff • Insurance company support <p>Obstacles:</p> <ul style="list-style-type: none"> • Time • Volunteers

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<ul style="list-style-type: none"> • Present health and wellness information at regular staff meetings. • Promote employee wellness activities and involvement at suitable charter school and campus activities. 	
<p>Objective 2: To promote a clean, healthy, safe environment conducive to maximizing instructional focus. A healthy, clean and safe environment will promote a positive effect on students and the school staff.</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Food Services staff will ensure that school meals are served in a clean and pleasant setting. • Dining areas will be attractive and have sufficient space for seating. • School staff will provide appropriate supervision in school cafeteria areas and serve as role models to students. • Schools will provide safe, clean, and hygienic-supported restrooms. Hand-washing equipment, soap, and supplies will be placed in convenient places so that students and staff can wash their hands before eating and other appropriate times. Students will have the opportunity to wash hands or have access to hand sanitizing before they eat meals or snacks and at other appropriate times. • Water fountains will be available for students to get water throughout the day. • School classrooms will be kept clean and neat. • Schools will have appropriate required safety plans. • Schools will meet the district policy on staff being trained in CPR and AED equipment. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of positive comments/complaints <p>Resources needed:</p> <ul style="list-style-type: none"> • Food Staff services inspection log • Appropriate cleaning agents • Janitorial Staff training <p>Obstacles:</p> <ul style="list-style-type: none"> • Maintaining a fragrance-free environment • Choices regarding safe cleaning agents

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PHYSICAL ACTIVITY The charter school will implement, in accordance with law, a coordinated health program with physical education and physical activity components and will offer at least the required amount of physical activity for all grades.

The following addresses how the charter school meets the required amount of physical activity:

- Elementary School: 30 minutes daily recess
- Middle School: 45 minutes daily Physical Education

Federal law requires that the charter school establish goals for physical activity in its wellness policy.

The charter school has established the following goal(s) for physical activity.

GOAL: The charter school shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.

Objective 1: To provide sequential, standards-based, physical education instruction to include health related fitness components are available for students in grades K-8. (Health-related fitness focuses on activities which promote a healthy lifestyle).

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Daily physical activity will be available for students in grades K-8 through recess or PE. • A trained professional will provide fitness activities. • Structured and unstructured physical activities are encouraged. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of students enrolled • Number of students that are tested that are at risk for diabetes/high blood pressure <p>Resources needed:</p> <ul style="list-style-type: none"> • Medical devises and scales <p>Obstacles:</p> <ul style="list-style-type: none"> • Parent information

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Objective 2: To encourage staff and parents to support their students/children’s participation, to be active role models, and to include physical activity in family events.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Extended periods of inactivity should be discouraged. When there are activities that make it necessary for students to be sitting for long periods of time, such as school-wide testing, students should have periodic “brain breaks,” where they are encouraged to stand up and be moderately active. • Students use the stairs when changing activities (e.g. lunch, recess, special classes, etc.) • Physical activity is neither used as punishment nor withheld as a punishment. <p>The following activities will be encouraged by the charter school:</p> <ul style="list-style-type: none"> • Walk Your Child to School days • PTO/parent activity nights. • School, charity and foundation fun runs, walks, fund raisers. • Share community information about local active events and/or education, through the website or take-home materials. • Assign homework that prompts family discussion on healthy habits. • “Fitness is fun message” to be encouraged. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Number of students enrolled • Number of students that are tested that are at risk for diabetes/high blood pressure <p>Resources needed:</p> <ul style="list-style-type: none"> • Medical devises and scales <p>Obstacles:</p> <ul style="list-style-type: none"> • Parent information

SCHOOL-BASED
ACTIVITIES

Federal law requires that the charter school establish goals for other school-based activities in its wellness policy to promote student wellness.

Note: The activities that promote wellness are included in the prior goals, objectives, and actions steps.