

# SER-Niños Charter School Local Wellness Policy

## **Purpose:**

This policy is to address nutrition education goals, physical activity goals, nutrition standards for all foods available on school campus during the school day, and other school-based activity goals designed to promote student wellness.

## **Policy Statement:**

SER-Niños Charter School is committed to providing a school environment that enhances the learning and the development of lifelong wellness practices. We recognize that good health fosters student attendance and education. We recognize that time spent at school plays an important role in influencing and promoting wellness. A healthy school environment goes beyond nutritious school meals in the cafeteria, and engages staff and community in the health and well being of the students. The SER-Niños policy is written to encourage the school community to promote health and wellness.

## **Nutrition and Wellness Policy:**

SER-Niños Charter School will comply with Section 204 of the Federal Child Nutrition, WIC Reauthorization Act of 2004 and the Texas Nutrition Policy.

## **Nutrition Education Goal:**

SER-Niños Charter School will maintain a School Health Committee as mandated by Child Nutrition and WIC Reauthorization Act of 2004, Section 204 of Public Law 108-265. In addition to its other duties, the School Health Committee will monitor, review, and, as necessary, recommend revision of the school nutrition and wellness policy to the Board of Directors. The committee will serve as a resource to SER-Niños Charter School in the implementation of this policy.

The School Health Committee will consist of individuals representing the school and community, and should include parents, students, representatives of the school food services department, parent liaison, representative of the physical education department, school administrators and members of the general public.

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The exact composition of this committee will be determined by the Chair of the School Health Committee.

The School Health Committee will be headed by the Director's designee.

## **Nutrition Standards for Food and Beverages**

Foods would begin with whole grain-rich products 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.

### **Nutrition Standards:**

Schools will comply with the current United States Department of Agriculture Dietary Guidelines for Americans and the Texas Public Schools Nutrition Policy. Noncompliance may result in monetary fines for campuses. SER-Niños will ensure that all snacks and beverage items sold or served anywhere on the school property during the school day, including items sold in a la carte lines, vending machines, snack bars, school stores and fundraising shall meet the following standards.

1. Meals served through the National School Lunch and Breakfast Programs will:

- a.) be appealing and attractive to children;
- b.) be served in clean and pleasant settings;
- c.) meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.
- d.) offer a variety of fruits and vegetables;
- e.) PK-3 and PK 4 students will be offered unflavored low-fat (1%) and fat-free milk. According to the Texas Department of Agriculture Food and Nutrition Division. Unflavored or flavored fat free milk and milk alternatives for K-8 permitted by NSLP

### ***Any food sold in schools must:***

- 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 ¼cup of fruit and/or vegetable; or

### ***Foods must also meet several nutrient requirements:***

- Calorie limits:
- Snack items: ≤ 200 calories

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Entrée items: ≤ 350 calories

Sodium limits:

Snack items: ≤ 200 mg

Entrée items: ≤ 480 mg

Fat limits:

Total fat: ≤35% of calories

Saturated fat: < 10% of calories

Trans fat: zero grams

Sugar limit:

≤ 35% of weight from total sugars in

### **Nutrition Standards for Beverages**

All schools may sell:

Plain water (with or without carbonation)

Unflavored low fat milk

Unflavored or flavored fat free milk and milk alternatives permitted

by NSLP/SBP

100% fruit or vegetable juice and 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

2. The school will continue to make every effort to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced-price school meals. The school will use electronic identification and such other methods and strategies as practical to promote this end.
3. The school will provide students with adequate time to eat after sitting down for breakfast and/or lunch.
4. The school will not schedule tutoring, club, detention, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
5. The school will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
6. Fundraising activities supported by the school will contribute to meet the children's health and school nutrition-education efforts. The school will encourage fundraising activities that promote physical activity.

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7. Snacks served during the school day or in enrichment programs will make a positive contribution to children’s diets and health, with an emphasis on serving fruits and vegetables as the primary snack and water as the primary beverage. The school will assess if \_\_\_\_\_ and when to offer snacks based on timing of school meals, children’s nutritional needs, children’s ages, and other considerations.

Smart Snacks, Fundraisers, Giveaways, and Birthday celebrations shall adhere to the following:

- Food items that do not meet the USDA Smart Snacks guidelines must be sold outside of the school day which is defined as midnight the night before to 30 minutes after the school day ends.
- Elementary and middle school campuses will not allow foods to be sold during the school day except for those food items made available by the school food service department. They will be allowed two days per semester for incentive events on their campuses. Foods given away on these days they do not have to meet the guidelines. No food should be sold for these events.
- All foods sold must meet USDA/TDA Smart Snacks Guidelines except on the six exemption days (see exemption rule below).
- Foods shall not be given away as rewards in the classroom.
- Birthday celebrations cannot be held in the campus cafeteria areas.
- Food shall not be withheld as a punishment on any campus.

### **Nutrition Education Goals**

Schools will provide nutrition education for all students. Guidelines include:

- Using TEKS-based curriculum to support nutrition education in grades K-12. Teachers will follow curriculum outlines accordance with state laws for coordinated school health.
- Health education teachers working closely with the campus food service department to help students apply skills taught in the classroom. Students will analyze the menus and learn to make healthy choices.
- Promoting a healthy eating environment in all school cafeterias. This includes posters that encourage healthy eating and other nutrition education displays.
- Nutrition education will not be limited to the health and physical education classrooms. Guidelines include:
  - Sharing nutrition education information with families to positively impact students and the health of the community.
  - Providing nutrition education for teachers and other staff.

### **Physical Activity Goal:**

Health education in the form of the health curriculum will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active

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lifestyle and to reduce time spent on sedentary activities.

Making movement a part of daily music classes to ensure that time allotted for physical activity will be consistent with the state standards listed above.

To the extent possible, the school will provide all children with quality physical education experiences that help to develop the knowledge, attitudes, skills, behaviors and confidence needed to be physically active for life.

### **Physical Education Goals**

- SER- Ninos shall implement, in accordance with the law, a coordinated school health program with physical education and physical activity components and shall implement all state standards and state laws. Physical education will be TEKS based, sequential, and developmentally appropriate. Guidelines include:
- Allotting time for physical activity that is consistent with research and state standards of 30 minutes of structured daily physical activity or 135 minutes a week in grades K-5 and 4 semesters of structured daily physical activity in
- Integrating physical activity across curricula and throughout the school day. This will be in addition to regular PE and recess time.
- Making movement a part of daily music classes to ensure that time allotted for physical activity will be consistent with the state standards listed above.
- Ensuring that students are not removed from physical activity as punishment.
- Not using exercise to punish students who misbehave.
- Providing movement daily.
- Schools will provide opportunities to connect and promote brain-based physical activities in all campus classrooms. Guidelines include:
- Providing training for schools to assist teachers and other school staff on how to incorporate daily opportunities for physical activity among all students.
- Giving students opportunities for physical activity through a range of before and/or after school programs, including morning campus wide activities, athletics, and physical activity club.
- Not removing students from physical activity classes for tutoring or disciplinary action without a written plan in place to address how the state requirement for physical activity will be fulfilled.
- Identifying the manner in which the safety of students will be maintained if the student teacher ratio exceeds 45 to 1. This is required by state law

### **Other School-Based Activity Goals:**

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1. School-based marketing for food products will be consistent with nutrition education and health goals where practical.
2. Teachers and other school/coaching personnel should not use physical activity (e.g., running laps, pushups) nor should they withhold opportunities for physical activity (e.g., recess, physical education) as punishment for failure to learn what is being taught.
3. The school will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.
4. The school will offer, to the extent practical and possible, optional physical activities for students before and/or after the school day
5. Coordinating and holding a health fair once a year, while encouraging community partnerships to help promote and educate the school and community.
6. Including information about healthy eating the benefits of physical activity in each school's newsletter.
7. Encouraging students, teachers, and community volunteers to practice healthy eating habits and serve as role models in school dining areas.

K-8 schools will create goals and objectives for coordinated school health which combine education with practice to create healthful school environments and encourage healthy behavior. These goals will be included in campus action plans.

Each campus will have a wellness team composed of a campus administrator, physical education teacher, classroom teacher, and food service manager. Campuses should be encouraged to also include the nurse, counselor, parent, and community member. The wellness team will promote coordinated school health.

Each campus wellness team will evaluate the coordinated school health program by using the CDC's School Health Index (or other approved evaluation programs) once every two years. Evaluation will be used to help campuses develop action steps for areas in need of improvement

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## **Monitoring the Nutrition and Wellness Program**

The Director and Assistant Director will ensure compliance with this policy.

The Food Service Coordinator will ensure compliance with nutrition requirements within school food service areas and will report regularly on this matter to the Director.

The Physical Education Teacher will ensure compliance with the physical activity goals set in this policy and will report regularly on this matter to the Director.

## **Delegation of Authority:**

The Director has the responsibility for enforcing this policy by communicating it to all relevant parties and by providing necessary instructions and/or administrative procedures as appropriate to all staff members.

## **Exceptions:**

There are no exceptions to this policy. However, the Board of Directors, by majority vote, may temporarily suspend all or part of this policy. Suspension of all or part of this policy, however, in no way relieves the Board of its obligation to comply with the pertinent sections of Child Nutrition, WIC Reauthorization Act of 2004, Section 204 of Public Law 108-265 and Texas Nutrition Policy.

## **Expiration/Review:**

This policy will be reviewed as needed, if approved by majority vote of the Board of Directors in public session. Any changes in this policy are subject to all related state and federal laws and the rules and regulations of the Texas State Board of Education and the Texas State Department of Education.

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### **Food and Beverages Sold**

SER- Niños will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, SER- Niños will comply with the federal requirements for competitive foods. Competitive foods and beverages are not part of the regular meal programs and occur through sales such as a la carte options or vending machines. For purposes of this plan, these requirements will be referred to as “Smart Snacks” standards or requirements.

The following websites have information regarding meal and Smart Snacks requirements:

- <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
- <https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>
- <http://www.squaremeals.org/Publications/Handbooks.aspx>

Potable water is available to students at no charge in cafeterias during meal service (breakfast and lunch).

### **Exceptions for Fundraising**

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six days per year per campus when a food or beverage is sold as part of a fundraiser.

The director of campus operations must get approval in advance from the Child Nutrition Director to conduct a fundraiser.

### **Public Involvement**



## SER-Niños Charter School Local Wellness Policy

SER-Niños Wellness Policy encourages public involvement in our Local Wellness Policy development and implementation. SER-Niños shall invite a variety of stakeholders from the general public to participate in Local Wellness Policy processes. The wellness policy website will be utilized to notify the general public of the opportunity to participate in these processes. SER-Niños will ensure public involvement in the Local Wellness Policy process to promote transparency and inclusion. SER-Niños encourages participation by members of the school community, including teachers, food service professionals, administrators, health professionals, students and school board members.

Responsibilities of Wellness Policy Committee members may include policy development, implementation, and review. To participate call 713 667 6145.

### **Records Retention**

Records regarding the SER-Niños Wellness Policy will be retained in accordance with the law and the records management program. Questions may be directed to the Child Nutrition Director.