

STUDENT NUTRITION/WELLNESS PLAN

Student Alternatives Program, Inc.
dba
Gateway Academy Charter District
MidValley Academy Charter District
Paso Del Norte Academy Charter District
South Plains Academy Charter District

School Health Advisory Committee (SHAC)

Superintendent
Academy Directors
Counselors
Pregnancy Related Services Teachers
Special Education Program Teachers
Physical Fitness Teachers
Science Teachers
CIS Representatives
Business/Community/LMAB Members



Charter District

Student Nutrition/Wellness Plan

Purpose and Goal

The link between nutrition and learning is well documented. Healthy eating habits are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and the development of many chronic diseases as adults. Schools have a responsibility to help students and staff establish and maintain lifelong, healthy eating habits. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff members are encouraged to model healthy eating and physical activity as a valuable part of daily life. The Charter District shall prepare, adopt and implement a comprehensive student nutrition and wellness plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

Component 1: A Commitment to Nutrition and Physical Activity

- A. The Charter District's Board of Trustees shall appoint a School Health Advisory Committee (SHAC). The mission of the SHAC is to address nutrition and physical activity issues and develop, implement, and evaluate guidelines that support a healthy school nutrition environment. The SHAC shall offer revisions to these guidelines annually or as often as necessary.
- B. Charter District administration will address concerns such as the kinds of foods available at each of the campuses; ensure the availability of sufficient mealtime, nutrition education, and physical activity.
- C. Nutrition education shall be integrated across the curriculum and physical activity will be encouraged daily.
- D. The Charter District and the selected food service vendor will collaborate in establishing guidelines and making decisions that will positively affect the school nutrition program environment.

Component 2: Quality School Meals

- A. The Charter District will offer a "Breakfast in the Classroom" program and will participate in a district-wide universal feeding program providing breakfast in the classroom to all students. Students and staff are highly encouraged to promote and participate in this program.
- B. Designated school foodservice staff, who are properly qualified and trained according to current professional standards and who regularly participate in professional development activities, will administer Charter District's Child Nutrition Program.
- C. Food safety will be a key part of the school foodservice operation.



- D. Menus, prepared by the selected foodservice vendor will meet the nutrition standards established by the U.S. Department of Agriculture and the Texas Department of Agriculture, conforming to good menu planning principles, and featuring a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at the proper temperature.
- E. Students will be given the opportunity to provide input on local, cultural, and ethnic favorites of the students.

Component 3: Other Healthy Food Options

- A. The SHAC will develop and recommend to the administration guidelines on nutrition standards for food and beverages offered through parties, celebrations, social events, and any school functions (including concession stands at school sponsored events-See Attachment A).
- B. Students in possession of foods or beverages of minimal nutritional value will be asked to surrender such items to school staff members, who will in turn follow campus procedures as to their disposal or their return to the students (See Attachment B).
- C. No foods or beverages other than those provided through the school foodservice vendor may be made available to students at anytime. Students may be served one nutritious snack per day in the morning or afternoon (not during breakfast time) under the teacher's guidance. The snack may be provided by the school foodservice vendor, the teacher, parents or other groups and should be at no cost to the students. Foods and beverages, other than those provided through the school foodservice vendor, may not be made available to high school students until after the end of the breakfast period (See Attachment A for serving size restrictions).
- D. School staff shall not use food as a reward for student accomplishment. The withholding of food as punishment for students is prohibited. For example, restricting a student's selection of flavored milk at breakfast due to misbehavior in the classroom is prohibited.
- E. The Charter District will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.
- F. Campus organizations shall only use non-food items or foods designed for delivery and consumption after delivery of breakfast as fund-raisers, so as not to compete with the Child Nutrition Program. For example, barbecue plate sales after school hours would be acceptable. The sale of individually wrapped candy (i.e., candy bars) as fundraisers is prohibited; however, packaged candy gift items are allowed provided that they are only part of a fundraising project that includes other gift items (i.e., nuts, candles, jewelry) as well.

Component 4: Pleasant Eating Experiences

- A. Facility design will be given priority in renovations and new construction.
- B. Drinking fountains will be available for students to get water at breakfast and throughout the day.



- C. School personnel will assist all students in developing the healthy practice of washing hands before eating.
- D. School personnel will provide breakfast in the classroom to assure that all students participate in the program.
- E. The school should not schedule tutoring, prep rallies, assemblies, club/organization meetings, or other activities during breakfast.
- F. Adequate time to eat in a pleasant classroom dining environment should be provided. The minimum eating time for each student, after being served, will be 10 minutes for breakfast.
- G. Schools will encourage socializing among students, and between students and adults. Adults will properly supervise classrooms and serve as role models to students by demonstrating proper conduct and voice level, and by eating with the students.
- H. Creative, innovative methods will be used to keep noise at appropriate levels.

Component 5: Nutrition Education

- A. The Charter District will follow health education curriculum standards and guidelines as stated by the Texas Education Agency. Schools will link nutrition education activities with the coordinated school health program.
- B. The Charter District students will receive nutrition education that is interactive and that teaches the skills needed to adopt healthy eating behaviors. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, language arts, and elective courses as applicable.
- C. Nutrition education will be offered in the designated breakfast pick-up area and in the classroom with coordination between school foodservice staff and teachers. Teachers can display posters, videos, websites, etc., on nutrition topics.
- D. The Charter District campus(es) will participate in USDA nutrition programs such as "Team Nutrition" and conduct nutrition education activities and promotions that involve students, parents, and the community. The school nutrition team responsible for these activities will be composed of Child Nutrition Services staff, health teacher(s), personal family development teacher(s) and physical education coach(es).

Component 6: Marketing

- A. Students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.
- B. The Charter District will consider student need in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments.



- C. The Charter District will promote healthy food choices and will not allow advertising that promotes less nutritious food choices.
- D. Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at registration, parent meetings, Open House, Health Fairs, at teacher in-services, etc.
- E. The Charter District will work with a variety of media to spread the word to the community about a healthy school nutrition environment such as local newspaper and television stations.

Component 7: Implementation

- A. The SHAC shall be composed of parents and school district staff. The Assistant Superintendent, as the Authorized Representative/CNP Director, with the assistance of campus directors, shall select parents, teachers, counselor, students, and business/community members. Permanent members of the SHAC shall include the Assistant Superintendent, as the Authorized Representative/CNP Director, Campus Directors and a representative from the foodservice vendor.
- B. The SHAC members will conduct a review of each campus in the Fall semester of each year to identify areas for improvement. This group will report their findings to the Assistant Superintendent, as the Authorized Representative/CNP Director and jointly develop an action plan for improvement.
- C. The SHAC will review the Child Nutrition Program as implemented in each campus. Before the end of each school year, the committee will recommend to the Superintendent any revisions to the Student Nutrition/Wellness Plan deemed necessary.
- D. The SHAC, via the Assistant Superintendent, as the Authorized Representative/CNP Director, will report quarterly to the Superintendent the progress of the committee and the status of compliance of each campus in the district.



Attachment A

Charter District

Student Nutrition/Wellness Plan

Guidelines for Food and Beverages Offered to Students at School and School Functions

All foods and beverages, other than school meals, made available to students during allowable times must meet the following nutrition standards.

FOOD AT SCHOOL

<u>ITEM</u>	<u>NUTRITIONAL POLICY</u>
Competitive Foods (any food and beverages that are not provided by the foodservice vendor).	The Charter District may not allow competitive foods during the breakfast period in areas where the school breakfast is served and consumed.
Fried Potato Products	Servings cannot exceed 3oz. and may only be purchased one serving at a time.
Carbonated Beverages	Sugared, carbonated beverages cannot be sold during the breakfast period in areas where school meals are served and consumed.

EXEMPTIONS OUTSIDE THE CLASSROOM

<u>WHEN & WHERE</u>	<u>NUTRITION POLICY EXEMPTION</u>
Outside the class:	
Field Trips	School-approved field-trips are exempt from the nutrition policy.
School Sponsored Events	The nutrition policy does not apply to students who leave campus to travel to school sponsored activities. The school day is considered to have ended for these students. School activities that occur after the normal school day are not covered by the policy.

At any school function (i.e., parties, celebrations, receptions, festivals, etc.) healthy food choice options should be available to students. Some suggested foods are listed below to include on refreshment tables, price lists, etc.

Suggested Foods:

Raw vegetable sticks/slices with low-fat dressing or yogurt dip

Fresh fruit and 100% fruit juices

Frozen fruit juice pops

Dried fruit (raisins, banana chips, etc.)



Effective November 2016

Charter District Student Nutrition/Wellness Policy

Trail Mix (dried fruits and nuts)
Dry roasted peanuts, tree nuts, and soy nuts (not coconut or palm nuts)
Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)
Party Mix (variety of cereals, nuts, pretzels, etc.)
Low-sodium crackers
Baked corn chips & fat-free potato chips with salsa and low-fat dip (Ranch, French onion, Bean, etc.)
Low-fat muffins, granola bars, and cookies
Angel food and sponge cakes
Flavored yogurt & fruit parfaits
Jell-O and low-fat pudding cups
Low-fat ice creams, frozen yogurt, sherbet
Low-fat and skim milk products
Pure ice cold water

FOODS TO AVOID:

***Consume only occasionally (recommended no more than once per month)**

- Carbonated and caffeinated beverages (soft drinks, tea, & coffee)
- High sugar content candies and desserts
- High fat foods (fried foods like French fries, fatty meats, most cheeses, buttery popcorn)
- High sodium foods (luncheon meats, cheeses, chips, salty popcorn, pickles)

1. In selecting food items to offer, keep in mind the numerous students and adults who are on special diets and their consumption of sugar, fat, sodium, etc., is restricted.
2. The use of foods of minimal nutritional value (See Attachment B) as learning incentives should not be practiced, and healthy food choices or non-food items should be substituted.
3. Campus organizations operating concessions at school functions should include at some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

***Approved Times for the Availability of Foods and Beverages Other than School Meal at High School-After the end of the breakfast period.**

