



## **I. Wellness Policy Implementation**

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.

## **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



## IDEA Public Schools Wellness Policy

Revised June 2015

- 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 or will use only foods that meet the above Smart Snacks Rule and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity.

## 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.

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

**Celebrations during the school day.** IDEA Public Schools will allow nutrition exemptions for up to four special event days per year. These events must be pre-approved by the principal and submitted to the CNP. Dates will be posted on the CNP website and made available to the campus community.



## IDEA Public Schools Wellness Policy

Revised June 2015

**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 at 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;

**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.

**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

**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 space for 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.



## 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.

## 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 and staff.
- 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 (IDEA's medical director or the student's personal physician). This includes 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.

<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/)