

# **Wellness Policy: Great Hearts Texas**

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

**Mission Statement:** The mission of Great Hearts Texas is to promote a healthy lifestyle for students, parents and staff which will lead to lifelong maintenance of healthy habits. This mission will be accomplished by the development and implementation of our district wellness policy which will incorporate nutrition education and standards, physical activity and any other school related activities.

## **Nutrition Education Goals**

Goal #1 Schools will educate, encourage and support healthy eating by all students of all ages.

## **Physical Education Goals**

Goal #1 Schools will provide opportunities for students to maintain physical fitness.

Goal #2 Schools will adopt or exceed the state standards for physical activity.

## **Nutrition Standards**

Goal #1 Schools will comply with the current USDA Dietary Guidelines for Americans and the Texas Public Schools Nutrition Policy.

Goal #2 Schools will comply with the current USDA Dietary Guidelines for Americans, Texas Public School Nutrition Policy as well as adhere to the following restrictions.

## **Other School Related Activities**

Goal #1 Schools will create a total school environment that is conducive to being physically active.

## **Nutrition Education Guidelines**

Goal #1 Schools will educate, encourage and support healthy eating among all students of all ages.

#### Guidelines:

- Faculty and Staff will promote fruits, vegetables, whole grains, low fat & fat free dairy, healthy food preparation and health enhancing nutrition practices.
- School will share nutrition information with families and the broader community to positively impact students and the health of the community.
  - Nutrition Guidelines
- Nutrition is promoted through breakfast/lunch menus, posters in the cafeteria, a weekly newsletter to parents.
  
- Parents will be provided the opportunity to give feedback on wellness goals through e- mail and family engagement events. As well as getting the opportunity of being part of Great Hearts Texas' SHAC (School Health Advisory Council).
  
- School will promote enjoyable, developmentally and culturally appropriate participatory activities.
  - Great Hearts Healthy Hearts- Great Hearts Irving
  
- Nutrition education is taught to all grade levels as part of the Physical Education Curriculum. Students receive the skills necessary to make nutritious choices.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.

#### **Physical Activity Guidelines**

Goal #1 Schools will provide opportunities for students to regularly participate in physical activity and maintain physical fitness.

#### Guidelines:

- The Physical Education program provides adequate space and equipment and conforms to all applicable safety standards.
- Students are given daily time for supervised physical activity.
- Physical Education instructors receive professional development and training.
- Classroom physical activity opportunities will be offered daily during the school day.
- Clubs with instruction on specific elements of physical activity are offered weekly (Tennis, Cross Country, Health/Fitness, Volleyball, Football, Basketball, Soccer, Ballet etc...)
- An athletic field day is offered for the entire student body on a yearly basis.
- Schools will implement physical activities from adopted curriculums that are aligned with Texas Essential Knowledge and Skills for Physical Education.

Goal #2 Schools will adopt or exceed the state standards for physical activity.

#### Guidelines

- Students in grades K-5 receive 135 minutes of Physical Education Instruction per week.
- Students in grades 6-8 receive 225 minutes of Physical Education Instruction every 2 weeks.
- Students in grades 9-12 must earn at least 1.0 PE credit to satisfy graduation requirements. The TAC §74.12(b)(6)(F) and §74.73(b)(6)(E) limits the total number of PE credits that can be earned at 4.0 credits.
- Physical Education classes have a 30:1 student/teacher ratio.

### **Nutrition Standards Guidelines**

Goal #1 Schools will comply with the current USDA Dietary Guidelines for Americans and the Texas Public Schools Nutrition Policy.

- Our reimbursable meals will follow the dietary guidelines defined by the Department of Texas Agriculture.
- School meals are made attractive to students and schedules are designed to encourage participation in school meal programs
- Soda will not be available on school grounds
- No competitive meals will be served (or no access to them through indirect sales will be provided) to students at the K-5 and 6-12 sites throughout the school day.
- A complete nutrition count for all meals served on the menu will be made available to all students and parents through the food ordering website.
- Nutrition information and guidelines for all foods and beverages served at the K-5 and 6- 12 sites will be readily available to parents and students on the website.
- Students and staff will have access to free, safe and fresh drinking water throughout the school day

Goal #2 Schools will comply with the current USDA Dietary Guidelines for Americans, Texas Public School Nutrition Policy as well as adhere to the following restrictions.

Attach School Nutrition Policy plus record restrictions:

#### A la carte

- Food providers will be sensitive to the school environment (logos on campus).
- Nutrition information for products offered is readily available near the point of purchase.

#### Vending machines

- No vending machines will be available on campus.

#### Fund raisers

- Food and beverages sold at fundraisers include healthy choices and provide age appropriate selections for all school levels.

#### Class parties

- Foods otherwise restricted by the USDA policy are permitted at student birthday parties.

#### Others

- Promotional activities to encourage physical activity, academic achievement in compliance with local guidelines.
- Promotional activities connected to healthy lifestyles.

## **Other School Based Activities Guidelines**

Goal #1 Schools will create a total school environment that is conducive to being physically active.

#### Guidelines:

- After-school programs will encourage physical activity and promote healthy habits.
- Schools will not deny student participation in recess or other physical activity as a form of discipline or classroom make-up time.
- Schools will schedule recess for elementary schools before lunch so that children will come to lunch less distracted and ready to eat.
- Great Hearts Healthy Hearts will hold quarterly challenges to promote healthy eating and the benefits of physical activity.

## **Stakeholder Involvement**

- The district will have established a School Health Advisory Council comprised of parents, students, administrators, a member of the school board and community affiliates to review the local wellness policy, and to develop,

implement, monitor and improve nutrition and physical activity in the school environment.

- The district will recruit a SHAC by notifying the community through our public newsletters with an invitation to join. We will also notify our future SHAC committee of any meetings through our newsletters as well.

### **Measuring Implementation**

- Great Hearts Texas' SHAC will measure implementation by meeting at least 4 times a year to review and improve nutrition and physical activity in the school environment and to make sure that school is meeting all USDA standards.
- Our district will work towards setting up bi-semester meetings with our SHAC community to discuss revisions such as snack changes, implementations such as health and fitness awareness through community board, and future goals to make sure we are consistent with our local wellness policy.

\*We have not formally adopted the USDA Nutrition Policy but we follow its recommended guidelines.