



Presbyterian Pan American School

Local Wellness Policies on Physical Activity and Nutrition

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Committee Members:

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Presbyterian Pan American School

Wellness Policies on Physical Activity and Nutrition

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from My Plate;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Presbyterian Pan American School is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Presbyterian Pan American School that:

- The school will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school during school hours will meet the nutrition recommendations of the *healthy Hunger-Free Kids Act of 2010 and Smart Snacks in School*.

- Qualified child nutrition professionals will provide students with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- School will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Council

The school creates, strengthens, or works within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school for implementing those policies.

II. Nutritional Quality of Foods and Beverages Served on Campus

School Meals

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

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that all of the served grains are 50% whole grain enriched.

Student Council and NHS members, through taste-tests of new entrees and surveys, will participate in selecting foods served through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students.

Breakfast To ensure that all children have breakfast, in order to meet their nutritional needs and enhance their ability to learn:

- The school will, to the extent possible, operate the School Breakfast Program.
- The school will, to the extent possible, utilize methods to serve school breakfasts that encourage participation.
- The school will notify parents and students of the availability of the School Breakfast Program.

Free and Reduced-priced Meals. The school will 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. Toward this end, schools may utilize electronic identification systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students.

Meal Times and Scheduling. The school:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will schedule lunch periods to follow recess periods
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs

Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing of Foods and Beverages. Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

High School. all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through, vending machines, student stores, or fundraising activities) during the school day, will meet the *new SMART SNACKS IN SCHOOL* nutrition standards:

Beverages

- **Allowed:** water or seltzer water any size, without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 100% fruit juice and that do not contain additional caloric sweeteners, ≤ 12 FL oz.; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);
- Other flavored beverages without carbonation with a label indicating ≤ 5 calories per 8 fl oz. or ≤ 10 calories per 20 fl oz.; or ≤ 40 calories per 12 fl oz. or ≤ 60 calories per 8 fl oz.;
- **Not allowed:** soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 100% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk ≤ 12 FL oz. (which contain trivial amounts of caffeine).

Foods

- A food item sold individually:
 1. Meet all of the proposed competitive food nutrient standards; and
 2. Be a grain product that contains 50% or more by weight or have Whole grain as the first ingredient; or
 3. have as the first ingredient one of the non-grain main food groups: fruit, vegetable, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
 4. be a combination food that contains at least $\frac{1}{4}$ cup fruit and/or vegetable; or
 5. contain 10% of the Daily Value (DV) of a nutrient of public health concern (i.e., calcium, potassium, vitamin D or dietary fiber). Effective July 1, 2016 this criterion is obsolete and may not be used to qualify as a competitive food.

If water is the first ingredient, the second ingredient must be one of items 2, 3 or 4 above.

Calorie limits: snack items ≤ 200 calories, entrée items; ≤ 350 calories

Sodium limits: snack items; ≤ 230 as mg per portion as packaged; entrée items; ≤ 480 as mg per portion as packaged; entrée items;

Acceptable grain items must include 50% or more whole grains by weight, or have whole grains as first ingredient; $< 10\%$ calories from saturated fat as served;

Zero grams of trans fat as served (≤ 0.5 g per portion); $\leq 35\%$ of weight from sugar as served; $\leq 35\%$ calories from total fat as served.

Fundraising Activities. Fundraising activities during school hours, (12 midnight the day of till 30 minutes after school), will meet the new **SMART SNACKS IN SCHOOL** nutrition standards: School will encourage fundraising activities that promote physical activity.

Snacks. Snacks served during the school day or in after-school care or enrichment programs will meet the new **SMART SNACKS IN SCHOOL** nutrition standards: with an emphasis on serving fruits and vegetables as the primary snacks 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. The School will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

- If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Rewards. School will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior,¹ and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations. Students and Parents may have birthday celebrations in dining hall only during dinner and weekends.

School-sponsored Events. Foods and beverages sold at school-sponsored events outside the school day do not have to meet nutrition standards for meals or for foods and beverages sold individually (above). However, the School suggest including foods that meet the new **SMART SNACKS IN SCHOOL**.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. Presbyterian Pan American School aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
 - includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as 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 (physical activity/exercise);
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- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

Communications with Parents. The school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will, post nutrition tips on school websites, and provide nutrient analyses of school menus. The School will encourage parents to encourage their child/children to purchase healthy snacks for dorm life and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The school will post on school website a list of foods that meet the *new SMART SNACKS IN SCHOOL* standards.

The school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events.

Food Marketing in Schools. School-based marketing may follow the *new Smart Snacks in School*. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Staff Wellness. Presbyterian Pan American School highly values the health and well-being of every staff member and will provide free of costs the same healthy meals that meet all the NSLP standards, to encourage healthy eating.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) All students, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education for the entire school year. Student involvement in other activities involving physical activity will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Physical Activity Opportunities Before and After School. The school will offer extracurricular physical activity programs; The schools 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.

Physical Activity and Punishment. Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Use of School Facilities Outside of School Hours. School spaces and facilities should be available to students, staff, faculty and staff, faculty family members before, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

V. Monitoring and Policy Review

Monitoring. The principal or food service director will ensure compliance with established district-wide nutrition and physical activity wellness policies.

The school food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the principal. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the school has not received a SMI review from the state agency within the past five years, the school will request from the state agency that a SMI review be scheduled as soon as possible.

The principal or food service director will develop a summary report every three years on compliance with the school's established nutrition and physical activity wellness policies. That report will be provided to the school board and also distributed to the school health council and parent/teacher organization.

Policy Review. To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results will be compiled to identify and prioritize needs.

Assessments 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 will review our 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 school will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Dear Board Counsel,

Every school that participates in the National School Lunch Program and/or the School Breakfast Program are required to establish a local school wellness policy. Texas Department of Agriculture implementation of the Healthy, Hunger-Free Kids Act of 2010 has prompted a revision of the schools local wellness policy. In order to promote better student health, prevent childhood obesity or diabetes and provide to the students, parents, faculty, staff, and the community transparency on school wellness policy content and implementation.

Signature _____ Date

Board Member:

[Signature] 9-28-14

Principal:

[Signature] 9-29-14

Food Service Director:

[Signature] 9-29-14