

Vanguard Academy District Wellness Policy

Vanguard Academy

The policies outlined within this document are intended to create a school environment that protects and promotes the health of our students. This policy applies to all schools in the district. Our commitments to providing nutrition education and regular physical activity, as well as access to nutritious foods for all students, are described here.

I. Nutrition Education and Promotion

Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, and school media:

- Teachers will integrate nutrition education in the classroom;
- Nutrition promotion will include participatory activities such as contests and promotions;
- The nutrition education program will be linked to school meal programs, cafeteria nutrition promotion, and after-school programs;
- Nutrition education will be offered in the cafeteria as well as the classroom, with coordination between the foodservice staff and teachers;
- Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes;
- Students will have opportunities to taste foods that are low in saturated and trans fats, sodium and added sugar;
- Staff members responsible for nutrition education will regularly participate in relevant professional development (e.g., training on the Dietary Guidelines for Americans and how to teach them);
- Nutrition education will be provided to families via handouts, newsletters, postings on the web-site, presentations, and workshops. The school menu will be posted online;
- Staff is strongly encouraged to model healthful eating habits, and are prohibited from eating in front of children and/or sharing food with children during regular class time, outside of activities related to the nutrition education curriculum. Staff is not permitted to eat or drink out of branded packaging in front of children (e.g., coffee containers with specific company logos);
- Families will be requested to pack lunches and snacks that meet district nutrition standards and will be provided with written guidance on how to accomplish this.

Specifically, the nutrition education will encompass:

- Promotion of adequate nutrient intake and healthy eating practices;
- Skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, analysis of health information;
- Examination of the problems associated with food marketing to children;
- Nutrition themes including, but not limited to USDA's MY Plate, Dietary Guidelines for Americans, adequate nutrient intake (such as carbohydrates, proteins, fats), body image and food safety.

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II. Nutrition Standards for All Food and Beverages Sold or Served on School Grounds

A. USDA District Meals

All meals will include a variety of healthy choices while accommodating special dietary needs. All schools shall participate in the USDA child nutrition program, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). All schools within the district are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are assessable to all students;
- Are appealing and attractive to children;
- Are served in a clean and pleasant settings
- Meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations
- Promote healthy food

Foods served as part of the After School Program run by the school must meet USDA standards if they are reimbursable under a school meals program.

B. Competitive Foods and Beverages

All foods and beverages *sold* on school grounds to students outside of reimbursable school meals are considered “competitive foods.” Competitive foods include items sold in school snack shacks and for in-school fundraisers. *All* competitive foods must comply with the district’s nutrition standards, as well as all applicable state and federal standards. Foods *served* as part of the After School Program must also comply with the district’s nutrition standards *unless* they are reimbursable under USDA school meals program, in which case they must comply with all applicable USDA standards.

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 Snack Rules¹ and should meet the following Smart Snacks standards:

Foods

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, vegetable, a dairy product, or a protein foods; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- 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

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Beverages

- Allowed: Plain water (with or without carbonation), unflavored low fat milk, unflavored or flavored fat free milk and 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

Fruits and non-fried vegetables are exempt from portion size limits.

C. Fundraising

- The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
- Schools will encourage fundraising activities that promote physical activity.

D. Rewards, Celebrations, and Events

Food as reward

Schools will not use foods or beverages as reward². Behavior plans that use food as reward will need to be approved by the Deputy Superintendent.

Food as punishment

Schools will not withhold food or beverages as punishment.

Celebrations during the school day

Schools will allow four nutrition exemption days for special event days per year. These events must be pre-approved by the Deputy Superintendent and be submitted to the CNP. Dates will be posted on the CNP website and made available to the community.

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E. Access to Drinking Water

Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Water jugs and cups will be available in the cafeteria if water fountains are not present.

Supervisory staff will facilitate access to water in the cafeteria. Students will be allowed to bring drinking water from home into the classroom. Water will be promoted as a substitute for sugar-sweetened beverages (SSBs). School staff will be encouraged to model drinking water consumption. Maintenance will be performed on all water fountains regularly to ensure that hygiene standards for drinking fountains, water jugs, and other methods for delivering drinking water are maintained.

III. Food Marketing³

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 that meet Smart Snacks Standards (See Section B).

IV. Physical Education (P.E.) K thru 12

To ensure the health and wellness of our students and compliance with TEA physical education requirements⁴.

- All K-12 students will receive daily physical education (150 minutes per week for elementary school students and 225 minutes per week for middle and high school students) for the entire school year. Physical Education will be standards-based, using national and state-developed standards. Physical Education classes will be sequential, building from year to year, and content will include motor skills, concepts and strategies, engagement in physical activity, physical fitness, responsible behavior and benefits of physical activity. Physical education programs will meet the needs of all students, including those who are not athletically gifted, and actively teach cooperation, fair play, and responsible participation. Students will be able to demonstrate competency through application of skills.

Student involvement in other activities, including those involving physical activity (e.g. After School Program or Intramural Sports), will not be substituted for physical education.

V. Physical Activity

All students will have opportunities for physical activity beyond physical education class on a daily basis. Classroom health education will reinforce the knowledge and skills needed to maintain a physically active lifestyle.

Teachers will be expected to incorporate opportunities for physical activity in the classroom whenever possible and will be encouraged to serve as role models by being physically active alongside the students.

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Recess

All students will have at least 20 minutes a day of supervised recess before the lunch period, during which moderate to vigorous physical activity will be encouraged. Outdoor recess will only be withheld in the event of extreme weather, as defined by the district. In the event that recess must be held indoors, teachers and staff will follow indoor recess guidelines.

Physical Activity Opportunities Before and After School

All Schools will offer extracurricular physical activity programs, such as physical activity clubs and intramural programs.

Physical Activity as Punishment

Teachers and other school personnel will not use physical activity or withhold opportunities for physical activity as punishment.

VI. School Wellness Committee/Meetings

The committee is comprised from the following groups: parents, teachers, students, school administration, food service director and staff, nutritionist, nurse, physical education staff. The committee will meet four times during the school year to review and revise, if needed, policy content and to design and evaluate implementation plans throughout the school district.

The Committee shall undertake additional tasks as consistent with the wellness policy guidelines issued by the USDA. All meeting dates and times will be posted on the school district's website and meetings will be open to the public.

VII. Wellness Policy Implementation, Monitoring and Accountability

Implementation

The district will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy.

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.

Annual Progress Reports

The district will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. This annual report will be published around the same time each year in June and will include information from each school within the district.

The following information will be included in an annual report: (1) the website address for the wellness policy, (2) a description of each school's progress in meeting the wellness policy goals, (3) a summary of each school's events or activities related to wellness policy implementation, (4) Contact information of each designated campus policy leader (5) information on how individuals and the public can get involved with the wellness committee.

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The annual report shall be posted on the school district website and mailed to all district families before the start of the following school year.

Policy Revisions

The committee will update or modify the wellness policy based on the following:

- Results of the annual report
- District priority changes
- Community needs changes
- New research and evidence on health trends
- New federal or state guidelines
- New state and federal initiatives

Board Approved: June 28, 2016

¹http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf

²<http://www.squaremeals.org/Portals/8/files/publications/Non%20Food%20Ways%20to%20Reward.pdf>

³<http://nplan.rhine.rockriverstar.com/childhood-obesity/products/district-policy-restricting-advertising-food-beverages>

⁴http://tea.texas.gov/Curriculum_and_Instructional_Programs/Subject_Areas/Health_and_Physical_Education/Physical_Education/