

Universal Academy School District Wellness Plan

History/Background/Rational by the School Nutrition Association

The School Nutrition Association (formerly American School Food Service Association) was established in 1946, shortly after lawmakers passed the National School Lunch Act, allowing healthy, affordable meals for America's school children. Leaders in 1946 were not content with the level of malnutrition in America. Today, school foodservice professionals continue to build on the record of healthy, safe, and nutritious meals – as well as nutrition education.

A healthy school environment goes beyond school meals in the cafeteria. A healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices and appropriate amounts of physical activity. All foods made available on school campuses should offer children nutritious choices, and physical activity should be incorporated into the school day as often as possible. The healthy, physically active child is more likely to be academically successful.

With the passage of the Act (Public Law 108: Section 204) requiring each Local Education Authority (LEA) to have a local wellness policy in place, the federal government recognizes that a coordinated effort by the entire community including child nutrition professionals, school board members, parents, students, school administrators, and teachers is warranted. These efforts involve adults serving as role models and community members being informed of the policies that improve the long-term health and well-being of students.

Purpose and Goal of the Universal Academy Wellness Plan:

The link between nutrition and learning is well documented. Healthy eating and physical activity are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. The Universal Academy School District has, with the input of our School Health Advisory Committee (SHAC) consisting of parents, community members, food service and health personnel, teachers, and administrators, developed a comprehensive plan to encourage healthy eating and physical activity. This plan will be implemented, monitored, and assessed for its impact on student health and achievement.

COMPONENT 1: NUTRITION GUIDELINES:

The District shall ensure that nutritional guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with the Texas Public School Nutrition Policy.

In addition to legal requirements, the District shall:

- A. Establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations [see CO];
 - Provide flyers to parents educating them on guidelines for food and beverages before hosting classroom parties or school celebrations.
 - Provide flyers outlining the guidelines for food and beverages at classroom parties or school celebrations to every teacher.
 - Publish guidelines for food and beverages at classroom parties, lunches, and school celebrations on the district website, and on Facebook.

- B. Provide teachers with education and guidelines on the use of food as a reward in the classroom;
- C. Establish guidelines for school-sponsored fund-raising activities that involve serving or selling food; and
 - Encourage fund-raising groups to serve or sell foods that follow school nutrition guidelines.
 - Encourage fund-raising that involves physical activity such as “walk-a-thons” and “fun runs”.
- D. Require that healthy food and beverage options are included at concessions at school-related events outside of the school day.
 - Require that water choices are available at all school concessions.

COMPONENT 2: NUTRITION EDUCATION:

The District shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition.

In addition, the District establishes the following goals for nutrition:

- A. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
 - Universal Academy School 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. Nutrition education will be a District-wide priority and will be integrated into other areas of the curriculum, as appropriate.
 - Vending machines are not available to students.
- C. Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
 - All Universal Academy cafeteria personnel will attend professional development for education on wellness, health and nutrition.
 - All Universal Academy teachers will have access to all material about education on wellness, health and nutrition.
 - All Universal Academy extracurricular teachers and sponsors will receive CPR and first aid training every 2 years.
- D. The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.

- Recommend that every Universal Academy cafeteria post the “My Plate” as well as other information about health and nutrition in the cafeteria, and in the hallways.
 - Recommend that each Universal Academy campus include a “health and nutrition” message once per month on their school announcements.
- E. Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.
- Parents will be notified on district website/Facebook re: Local Health fairs. Promote MyPlate.Gov website

COMPONENT 3: PHYSICAL ACTIVITY:

The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for required grades.

In addition, the District establishes the following goals for physical activity:

- A. The District will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.
- B. Physical education classes will regularly emphasize moderate to vigorous activity.
 - Physical education teachers will follow the Texas Essential Knowledge and Skills for PE classes as outlined by the Texas Education Agency.
 - Principals will monitor physical education classes through walk-through observations and by checking lesson plans to ensure that classes are implementing physical activity regularly.
- C. The District will encourage teachers to integrate physical activity into the academic curriculum where appropriate.
- D. Recommend that each campus host a “field day” once per year that involves all students in physical activity and encourages physical activity for all students.
- E. Teachers and other school staff will receive training to promote enjoyable, life-long physical activity for themselves and students.
 - Teachers and staff will be provided health and wellness information.
 - Teachers and staff will be encouraged to engage in some form of physical activity during their conference/planning periods, or before/after school (walking halls, track exercise classes).
 - Teachers are provided opportunity for wellness checkup.
- F. The District will encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.
- G. District to encourage lifelong physical fitness (tennis, bowling, biking). Promote lifelong healthy life style that could be continued outside of school.

COMPONENT 4: SCHOOL-BASED ACTIVITIES:

- A. Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.
- Students will be given at least 20 minutes of uninterrupted time to eat lunch and 10 minutes of uninterrupted time to eat breakfast.
 - School personnel will assist students in developing the healthy practice of washing/sanitizing hands before eating.
 - Schools will encourage socializing among students, and between students and adults. Adults will properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and voice levels.
 - Parents will be encouraged to dine with their students in the cafeteria.
 - Cafeteria monitors will be trained and will implement a specific cafeteria conduct plan to keep noise levels and behavior appropriate.
- B. Wellness for students and their families will be promoted at suitable school activities.
- Students and parents will be notified about and encouraged to participate in health-awareness activities such as “Jump Rope for Heart” and “walk-a-thons”, FCCLA wellness programs (Lifetime nutrition and wellness)
- C. Employee wellness education and involvement will be promoted at suitable school activities.
- Teachers and staff will be encouraged to participate in campus organized health and wellness activities such as “most water consumed” “most miles walked by a campus”.

COMPONENT 5: IMPLEMENTATION:

- A. The Wellness Committee (SHAC) and the Assistant Superintendent shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.
- The Wellness Committee will be composed s members from the School Health Advisory Committee (SHAC). Permanent members shall include the Food Services Director, Director of District Nurses, ESL and Homeless Director.
 - The Wellness Committee will conduct a survey of teachers, students, and parents each year to review the wellness plan, identify areas needing improvement, and amend the plan to include new ways to improve student health and well-being. Questions will be added to the current teacher, parent, and student surveys.
 - The Wellness Committee members who are also school district employees will monitor the activities as assigned on the following timeline and responsibility outline.
 - Attendance and participation will be monitored through sign-in sheets and attendance rosters.
 - Before the end of each school year, the committee will review any data available that shows the effect of the wellness policy on the school and community.
 - Before the end of each school year, the committee will report to the Assistant

Superintendent regarding the effectiveness of the wellness plan and any revisions that need to be made.

Exempt Fundraisers

Texas schools who participate in the National School Lunch Program (NSLP) or School Breakfast Program may sell food and/or beverages as part of a fundraiser that does not meet the Competitive Foods Nutritional Standards during the school day for up to six (6) days per school year on each school campus. These foods may not be sold in an area where program meals are sold or consumed.

Charge Policy

Students will have a two (2) day grace period to charge meals after prepaid funds are exhausted. A la carte items may not be charged. After the grace period, if funds are not replenished in the account, an alternate meal will be given to the student consisting of a sandwich and carton of juice.

Parents and students are asked to monitor accounts so funds are not depleted. Notices will be sent out to parents in the elementary schools and a verbal reminder will be given to secondary students.

