

Midland Academy Charter School Local Wellness Policy

Nutrition Education

1. *Nutrition education will be integrated into other areas of the curriculum using C.A.T.C.H. in grades K-5.*
2. The school cafeteria will allow students to apply critical thinking skills taught in the classroom. The daily food menu will be applied to the food pyramid and the Go, Whoa, and No foods in the C.A.T.C.H. curriculum.
3. The Go, Whoa, and No foods of the daily menu will be discussed each morning in the classroom lead by the teacher in grades K-5.
4. Students will be encouraged to start each day with a healthy breakfast.
5. MACS will provide information to families that encourage them to practice good health & nutrition at home. This will be accomplished in several ways: a. take home material teaching good nutrition habits and foods, b. parent meetings with speakers about good nutrition and how to prepare healthy meals at home, teaching parents about the Go Whoa, and No foods in the C.A.T.C.H. curriculum. The goal of sharing this information with families and the community will be to have a positive impact on students' health and the overall health of the community.
6. 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. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.
7. BMI will be measured during P.E. class to assist in identifying students at high risk for health problems related to obesity or diabetes.

Physical Activity

1. Physical activity will be integrated across curricula and throughout the school day.
2. *Grades K-6 will have 135 minutes of PE per week. Full day Prekindergarten will participate in moderate to vigorous physical activity for a minimum of 30 minutes per day or 135 minutes per week.*
3. Physical education class will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge.

4. ***Provide a daily recess period, which is not used as a punishment or a reward.*** Consider planning recess before lunch when possible since research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste.
5. School wide incentive walking program to include parents.
6. Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
7. Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
8. MACS will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
9. Information will be provided to parents to help them incorporate physical activity into their student's lives.
10. MACS will encourage families and students to institute programs that support physical activity.
11. **Fitness Gram to be completed at the beginning and end of each school year for grades 2nd thru 12th. The school report will be sent to TEA each year as required by SB 530. Parents may have access to their student's fitness information.**

Nutrition Guidelines for All Foods on Campus

1. ***All foods made available on campus will comply with the current USDA Dietary Guidelines for Americans:***

- *Vending machines*
- *Beverage contracts*
- *Fundraisers*
- *Concession stands*
- *Student stores*
- *School parties/celebrations*

2. Food providers will take every measure to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverages selections for elementary, middle, and high school students.
3. Families, teachers, students and school officials are engaged in choosing the competitive food selections for their school.
4. Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in school will be connected to activities that encourage physical activity,

- academic achievement or positive youth development and are in compliance with local guidelines.
5. Food providers will be sensitive to the school environment in displaying their logos and trademarks on school grounds.
 6. *Classroom and after school program snacks will feature healthy choices.*
 7. Advertising of foods or beverages in the areas accessible to *students* during meal times must be consistent with established nutrition environment standards.
 8. *All foods provided or sold on the school campus during the school day will meet the Food of Minimal Nutritional Value standards policy set by the Texas Department of Agriculture.*

FOOD RESTRICTIONS:

1. *An elementary school campus may not serve or provide access for students to FMNV at any time anywhere on school premises during the school day.*
2. *A middle school campus may not serve or provide access for students to FMNV anywhere on school premises during meal periods (breakfast, lunch and snack). Grades 6-8*
3. *A middle school campus may not serve or provide access for students to prohibited carbonated beverages with volumes in excess of 12 ounces anywhere on school premises during the school day.*
4. Food brought on Campus must meet the FMNV (foods of minimal nutritional value) regulation; **no carbonated beverages or drinks with greater than 30Gms. of sugar per 8 fluid oz. will be allowed on campus until 2:45 P.M.** All foods brought on campus for the purpose of celebrations/parties will have to be after 2:45 P.M. and **can not include carbonated beverages or drinks that contain greater than 30Gms.of sugar per 8oz.serving for grades Prekindergarten through 5th grades.** The State allows each campus to have three designated exemption days to this State regulation of FMNV foods per school year. These three days will be determined at the beginning of each school year. For the 2009-2010 school year the exemption days are: Oct. 30, Dec. 18, and Feb. 12, 2010.
5. Parents/guardians may provide food during lunchtime to their personal children only.
6. Students are not allowed at any time to share or trade food or drink with another student during the designated lunchtime.
7. *High School and middle school students may have up to 12oz of a carbonated beverage after 2pm and it may not at any time be accessible to any student under 7th grade.*
6. **Restricted Foods:**

Sport drink - must have no more than 30 grams of sugar per 8 fl.oz. serving

Soda Water - any carbonated beverage
Water Ices - any frozen, sweetened water
Chewing Gum
Candy - any processed foods made predominantly from sweeteners

Eating Environment

- *Students will be provided adequate time to eat; at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.*
- Lunch periods will be scheduled as near the middle of the day as possible and elementary grades will have recess before lunch when possible.
- Cafeteria will include enough serving area so that students do not have to spend too much time waiting in line.
- Dining areas are attractive and have enough space for seating all students to be served at that time.
- *Food is not used as a reward or a punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP).*
- *Guest speakers and other school visitors are not allowed to provide FMNV or other forms of candy to students.*

Child Nutrition Operations

- The child nutrition program will aim to be financially self-supporting. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.
- The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- MACS will strive to increase participation in the available federal Child Nutrition programs.
- Parents will be provided information of how to re-apply during the school year as their financial status changes and the student would then qualify.
- *Employ a food service director, who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements.*
- *All food service personnel shall have adequate pre-service training in food service operations.*

Food Safety/Food Security

- *All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points plans and guidelines are implemented to prevent food illness in school.*
- *For the safety and security of the food and facility, access to the food service operations are limited to Child Nutrition staff and authorized personnel.*

SEX EDUCATION:

- *7TH Grade students will receive the curriculum "Sex Respect" that is an abstinence based program of 14 hours of instruction during PE time. This program will be taught by the School Nurse.*
- *Written notice will be sent to parents early in the school year to inform the parents that will include a summary of the curriculum's contents, parent's right to review the materials, and their option to remove the student without penalty. Parental involvement is encouraged in the development of the curriculum through being a member of the SHAC.*

OTHER SCHOOL BASED ACTIVITES

1. Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
2. Support of the health of all students is demonstrated by hosting health clinics, health screenings, and helping to enroll eligible children in Medicaid, CHIPs, and other state children's health insurance programs.
3. After-school programs will encourage physical activity and healthy habit formation.
4. Develop strategies for parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
5. Ensure fundraising efforts are supportive of healthy eating.

Revised & Approved by the Board on Oct. 22, 2009

Note that all areas in the above text that are in bold and italic print are required by Texas State Laws and Regulations.