

Midland Academy Charter School Local Wellness Plan

Nutrition Education

- *Nutrition education will be integrated into other areas of the curriculum using C.A.T.C.H. (Coordinated Approach To School Health) in grades K-8.*
- 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, Slow, and Whoa* foods in the C.A.T.C.H. curriculum.
- The *Go, Slow, and Whoa* foods of the daily menu will be discussed during P.E. class in grades K-5.
- Students will be encouraged to start each day with a healthy breakfast.
- 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.) teaching parents about the *Go, Slow, and Whoa* 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.
- P.E. 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.
- 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

- Physical activity will be integrated across the curriculum and throughout the school day.
- *Grades K-8th grade will have (the opportunity) 135 minutes of Physical Activity per week.*
- Physical education class will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
- *Provide a daily recess period, which is not used as a punishment or a reward time.*
- School wide incentive walking program to include parents.

- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
- MACS will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Information will be provided to parents to help them incorporate physical activity into their student's lives.
- MACS will encourage families and students to institute programs that support physical activity.
- ***FitnessGram to be completed in the spring of each school year for grades 3 - 7. 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

- ***All foods made available on campus will comply with the current USDA Dietary Guidelines for Americans:***
 - ***Vending machines***
 - ***Fundraisers***
 - ***School parties/celebrations***
- 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 beverage selections for elementary and middle school students.
- Families, teachers, students and school officials are engaged in choosing the competitive food selections for their school.
- 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.
- Food providers will be sensitive to the school environment in displaying their logos and trademarks on school grounds.
- ***Classroom and after school program snacks will feature healthy choices.***
- Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established nutrition environment standards.

- *All foods provided or sold on the school campus during the school day will meet the Smart Snacks Standards standards policy set by the Texas Department of Agriculture.*

FOOD RESTRICTIONS:

- *An elementary school campus may not serve or provide access for students to Food of Minimal Nutritional Value (FMNV) at any time anywhere on school premises during the school day.*
- *A middle school campus may not serve or provide access for students to Food of Minimal Nutritional Value (FMNV) anywhere on school premises during meal periods (breakfast, lunch and snack).*
- *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.*
- *Food brought on Campus must meet the Smart Snacks Standards regulation; no carbonated beverages or drinks with greater than 30 Gms. of sugar per 8 fluid oz. will be allowed on campus until 3:30 P.M. All foods brought on campus for the purpose of celebrations/parties will have to be after 3:30 P.M. and can not include carbonated beverages or drinks that contain greater than 30 Gms. of sugar per 8 oz.serving for grades K-8th.*
- *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 school year the exemption days are: the last day of the third six weeks in December, the Valentine's Day party in February, and the last day of school in May.*
- *Parents/guardians may provide food during lunchtime to their personal children only.*
- *Students are not allowed at any time to share or trade food or drink with another student during the designated lunchtime.*
- **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 20 minutes for breakfast and 25 minutes for lunch, from the time the student is seated.*

- Lunch periods will be scheduled as near the middle of the day as 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 Food of Minimal Nutritional Value (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 on how to re-apply during the school year as their financial status changes and the student would then qualify.
- Menu is subject to change based upon product availability.
- ***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.***

HUMAN SEXUALITY INSTRUCTION:

- ***Human sexuality instruction will present abstinence from sexual activity as the preferred choice of behavior in relationship to all sexual activity for unmarried persons of school age.***
- 6th, 7th, and 8th Grade students will receive the curriculum "y-wud-I" that is a NO COST, 2 hour sexual risk avoidance program that empowers and equips students to make the best choices regarding their sexual wellness. The program accomplishes this by combining creative, multimedia and interactive teaching methods with practical tools and medically-accurate facts.
- 5th grade students will receive the curriculum "Impact 5", which is a no cost, 2 hour, character-based program teaching students healthy decision-making skills for the future. The fifth grade program utilizes an interactive workbook. Students are introduced to the concept of puberty and what changes will happen to their bodies.
- 4th grade students will receive the curriculum "Impact 4", which is a no cost, 2 hour, character-based program teaching students healthy decision-making skills for their future. The fourth grade program utilizes an interactive workbook written to help students grasp these character-building concepts in a lasting and relatable way.
- ***Written notification will be sent to parents before each school year in the Student Handbook and MACS website to inform the parents of a summary of the curriculum's contents and parent's right to review the materials.***
- ***Parents or guardians are required to provide their written consent at least two weeks prior to their children receiving sex education. This is referred to as an "opt in" policy. They have the option to hold the student from participating without penalty.***
- All of these programs will be coordinated by the Counselor through The Life Center.
- The School Nurse provides more detailed information regarding periods for the girls and hygiene for all students in grades 4-5 for the school year with written consent from a parent or guardian at least two weeks prior as an "opt in" policy per SHAC committee recommendations. They have the option to hold the student from participating without penalty. The Nurse will try to hold the short presentations during specials around the same time frame as The Life Center Presentations.
- All programs comply fully with Texas State requirements for health education appropriate for grade level and age of students.

- All programs are taught in separate classrooms based on gender (males and females separate).
- Parental involvement is encouraged in the development of the curriculum through being a member of the SHAC.

Tobacco, Drug, & Alcohol Abuse

- During Red ribbon Week, grade-level appropriate education regarding substance abuse prevention to provide a safe and healthy school environment is discussed by the coach.
- Red Ribbon Week is a week long full of activities every day for the district.
- Discussion by coach is suitable for the subject and grade level for which the curriculum materials are intended.
- **Fentanyl Use Prevention Information to be sent out on social media or provided to parents on an education night to educate them. This will allow them to choose to discuss with their own child/ children about Fentanyl Use Prevention.**
- *If any outside entity is brought in to provide this curriculum, the process will model the human sexuality education model and guidelines.*

Suicide and Mental Health Awareness

- Discuss or provide information and prevention strategy for Suicide Prevention and continuing yearly by counselor.
- **Provide national crisis-line numbers to students as a statewide suicide prevention strategy per Senate Bill 279, with the goal to equip students with awareness, information, and immediate access to help in a crisis by providing the numbers for students to read on either their student IDs in grades 6-8 or have them available.** National Suicide Prevention Lifeline 988 and the Crisis Text Line (Text HOME To 741741).
- Mental Health speaker to be brought in for mental health education for the school year for an assembly/ discussion that is suitable for the subject and grade level for which the curriculum materials are intended in grades 5-8. Cost for an assembly, if any, will be determined and discussed yearly by the PTO so they may plan for it to come out of the PTO budget.
- Providing a safe and supportive learning environment is one that encourages student mental and emotional wellbeing.
- Focus on developing positive youth development in relationships with caring adults, positive social relationships with peers, a safe and supportive school climate, access to mental health and behavioral health supports at school; as well as supportive protective factors in the home and in the community.

- All discussions are suitable for the subject and grade level for which the curriculum materials are intended.
- ***If any outside entity is brought in to provide this curriculum, the process will model the human sexuality education model and guidelines.***

OTHER SCHOOL BASED ACTIVITIES

- Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
- 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.
- 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.
- Ensure fundraising efforts are supportive of healthy eating.

****** This Institution is an Equal Opportunity Provider. ******

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

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