

## **Pioneer Technology & Arts Academy Wellness Policy**

### **Overview:**

Pioneer Technology & Arts Academy 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 Pioneer Technology & Arts Academy that:

- The school district 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 will meet the *U.S. Dietary Guidelines for Americans & Smart Snack Requirements*.
- Pioneer Technology & Arts Academy will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, Summer Food Service Program (partnered) as well as Fruit and Vegetable Snack Program.
- Pioneer Technology & Arts Academy 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 Councils**

Pioneer Technology & Arts Academy will create, strengthen and work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils (SHAC) will also serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

#### **II. Nutritional Quality of Foods and Beverages Sold and Served on Campus**

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

- be appealing and attractive to children;
- be served in clean and pleasant settings
- the school cafeteria will display posters to promote healthy eating and display other nutrition education materials.
- 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 grains are whole grain.

Pioneer Technology & Arts Academy will engage students and parents, through taste-tests and surveys, in selecting foods sold through the school meal programs in order to identify new, healthy, and appealing food choices. In addition, Pioneer Technology & Arts Academy will share information about the nutritional content of meals with parents and students via website and newsletters.

## **Charging Policy**

Pioneer Technology & Arts Academy allows all students to charge up to \$25.00 on their account. Statements will be mailed home on a weekly basis to families for payment. Students who exceed the charging limit will be provided an alternate meal. All options will be exhausted to eliminate any student from receiving a school healthy meal.

## **Breakfast**

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Pioneer Technology & Arts Academy will operate the School Breakfast Program.
- Pioneer Technology & Arts Academy will notify parents and students of the availability of the School Breakfast Program.
- Pioneer Technology & Arts Academy will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

## **Lunch**

To ensure that all children have lunch, either from home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Pioneer Technology & Arts Academy will operate the National Lunch Program.
- Pioneer Technology & Arts Academy will notify parents and students of the availability of the National Lunch Program.
- Pioneer Technology & Arts Academy will encourage parents to provide a healthy lunch for their children through newsletter articles, take-home materials and website
- Assorted varieties of proteins, fruits & vegetables will be served

## **Free and Reduced-priced Meals**

Pioneer Technology & Arts Academy 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.

## **Meal Times and Scheduling.**

- 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, *e.g.*, lunch should be scheduled between 10:20 a.m. and 1 p.m.;
- will schedule lunch periods to follow recess periods (when schedules permit);
- 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 (*e.g.*, orthodontia or high tooth decay risk).

## **Sharing of Foods and Beverages**

Staff 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.

## **School Meals**

The school food service program will approve and provide all food and beverage sales to students in schools. Given young children's limited nutrition skills, food in schools should be sold as balanced meals. Foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

**Any and all Foods and Beverages Sold Individually or Supplied to Students must meet the Smart Snack Requirements. This includes Snacks, Rewards, Celebrations etc..**

**Food and beverages sold or served in the following special situations are not required to meet the Competitive Food and Beverage Nutrition Standards:**

1. School Nurses: The requirements do not apply to school nurses or another school official permitted by local policy to assist school nurses using a food and/or beverage item of any type during the course of providing health care to individual students.
2. Accommodating Students with Special Needs: The requirements in this section do not apply to special needs students whose Individualized Education Program (IEP) plan indicates the use of a food and/or beverage item of any type for behavior modification (or other suitable need).
3. Food and/or Beverages brought from Home: The Competitive Food and Beverage Nutrition Standards do not restrict (1) food and/or beverages that parents provide for their own children's lunches or snacks. This includes, but is not limited to, food and/or beverages provided for birthday parties or special events.
4. Students and parents may not have food delivered by a restaurant to the school.
5. Field Trips: School approved field trips are exempted from the Competitive food and Beverage Nutrition Standards.
6. Athletic, UIL, Band, and Other Competitions: The Competitive Food and Beverage Nutrition Standards do not apply to students who leave campus to travel to athletic, UIL, band or other competitions. School activities, athletic functions, etc. that occur after the normal school day are not covered by the policy.
7. Parents: The policy does not restrict what parents may provide for their own child's lunch or snacks. Parents may provide any items for their own child's consumption, but they may not provide food for other children.
8. Fundraising: The district will be allowed up to 3 exempt days per campus, per year. During these exempt days, foods that do NOT meet the Competitive Food and Beverage Nutrition Standards may be sold as part of fundraising activities. Competitive foods may not be sold during the lunch periods.

**Rewards.** Pioneer Technology & Arts Academy 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, and will not withhold food or beverages (including food served through school meals) as a punishment.

**Celebrations.** Pioneer Technology & Arts Academy will limit celebrations that involve food during the school day to no more than one party per

class per month. The district will disseminate a list of healthy party ideas to parents and teachers.

### **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.

### **III. Nutrition and Physical Activity Promotion and Food Marketing**

Pioneer Technology & Arts Academy 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 across curriculum content areas
- 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);
- links with school meal programs, other school foods, and nutrition-related community services;
- includes training for teachers and other staff.
- taste testing will be done to encourage students to try new items.
- posters will be displayed for healthy encouragement

**Integrating Physical Activity into the Classroom Setting.** For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

### **IV. Physical Activity Opportunities and Physical Education**

All students, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) 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. .

**Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity.** When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

**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.

**Communications with Parents.** The district will support parents' efforts to provide a healthy diet and daily physical activity for their children by sending home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus.

**Staff Wellness.** Pioneer Technology & Arts Academy highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each campus will implement fun activities for staff members.

## **V. Monitoring and Policy Review**

**Monitoring.** The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal).

