

St. MARY'S ACADEMY CHARTER SCHOOL
RESOLUTION REGARDING POLICIES ON PHYSICAL ACTIVITY AND NUTRITION
JUNE 22, 2017

Preamble:

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from "My Plate";

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the St. Mary's Academy Charter School (SMACS) is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the St. Mary's Academy Charter School that:

- SMACS 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 in grades K-6 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in

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meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

- SMACS 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 Advisory Council

SMACS will create, strengthen, or work within existing school health committees to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council also will serve as resources to SMACS for implementing those policies. There are 8 school health components. All SMACS parents are encouraged to be part of the SMACS Health Advisory Council (SHAC).

- Health Education
- Physical Education
- Health Services
- Family/Community Involvement
- Nutrition Services
- Health Promotion for Staff
- Counseling, Psychological & Social Services
- Healthy School Environment

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;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only 1% white and fat-free flavored milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); as well as make water available.
- Ensure that half of the served grains are whole grain.

SMACS should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through SMACS meal programs in order to identify new, healthful, and appealing food choices. In addition, SMACS should share information about the nutritional content of meals with parents and students.

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

- SMACS will, to the extent possible, operate SMACS Breakfast Program.
- SMACS will, to the extent possible, use methods to serve school breakfasts that encourage participation.
- SMACS will notify parents and students of the availability of SMACS Breakfast Program.
- SMACS will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals: SMACS 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. Toward this end, SMACS may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals.

Summer Food Service Program: If SMACS has more than 50% of students eligible for free or reduced-price school meals, SMACS will sponsor the Summer Food Service Program with Beeville Independent School District. The Summer Food Service Program will be located at a BISD campus.

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 with staff supervision.
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Will schedule recess periods to follow lunch periods (in elementary schools);
- 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.

Qualifications of School Food Service Staff: Qualified nutrition professionals will administer SMACS meal programs following the USDA standards. As part of SMACS'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 the child nutrition director, school nutrition manager, and cafeteria workers, according to their levels of responsibility.

Sharing of Foods and Beverages: SMACS 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.

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Foods and Beverages Sold Individually

Elementary School: SMACS food service program will approve and provide all food and beverage sales to students in the elementary school. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals.

Fundraising Activities: To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Items may be sold for up to 6 days per sale.

SMACS will encourage fundraising activities that promote physical activity. SMACS will make available a list of ideas for acceptable fundraising activities.

Snacks. Snacks served during SMACS day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. SMACS will assess when to offer snacks based on timing of school meals, children's nutritional needs, children's ages and other considerations. SMACS will disseminate the Smart Snack list of items to the teachers, after-school program personnel, and parents.

- If eligible, when SMACS provides snacks through after-school programs, SMACS will pursue reimbursement through the National School Lunch Program.

Rewards: SMACS 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 (unless allowed by a student's individual education plan) and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations: SMACS should limit celebrations that involve food during SMACS day. Foods otherwise restricted by policy are permitted at in-classroom birthday parties. Parties must be after the class lunch period as to not spoil the child's appetite for a nutritious meal. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). SMACS will disseminate a list of healthy party ideas to parents and teachers. There are only 3 school wide celebrations allowed. They are Christmas, Valentine's Day, and End of the Year parties.

School-sponsored Events: Foods and beverages offered or sold at school-sponsored events outside SMACS day will meet the nutrition standards for meals or for foods and beverages sold individually (above).

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III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion: St. Mary's Academy Charter School aims to teach, encourage, and support healthy eating by students. SMACS 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 in subjects such as math, science, language arts, social sciences, and elective subjects;
- 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;
- Teaches media literacy with an emphasis on food marketing; and
- Include training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting: For students to receive the nationally-recommended amount of daily physical activity 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.

Communications with Parents: SMACS will support parents' efforts to provide a healthy diet and daily physical activity for their children. SMACS will offer healthy eating seminars for parents, send home nutrition information, and provide nutrient analyses of school menus. SMACS should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. SMACS will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, SMACS will provide opportunities for parents to share their healthy food practices with others in SMACS community.

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SMACS will provide information about physical education and other school-based physical activity opportunities before, during, and after SMACS day; and support parents efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through take-home materials, special events, or physical education homework.

Staff Wellness: St. Mary's Academy Charter School 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. SMACS Health Council should encourage and support a plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-6: All students in grades K-6, including students with disabilities, and special health-care need will receive 45 minutes daily for physical education during the entire school year. Students are instructed by a certified PE teacher and 2 certified paraprofessionals. Student involvement in other activities involving physical activity 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. Students in 3rd-6th grades are required by the state to have a Fitness Gram twice each year.

Daily Recess: All elementary school students will have at least 20 minutes a day of supervised recess (as staffing allows), preferably outdoors, during which SMACS should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

SMACS 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, SMACS should give students periodic breaks during which they are encouraged to stand and be moderately active. Teachers with notification to SMACS office may extend recess as an award for student achievement.

Physical Activity Opportunities Before and After School: SMACS will offer extracurricular physical activity programs thru after school grants, if within the terms of the grant. Any after school "Sport Clinics" after school. Activities offered will meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

V. Monitoring and Policy Review

Monitoring: The principal or his/her designee will ensure compliance with established district-wide nutrition and physical activity wellness policies.

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SMACS food service staff will ensure compliance with nutrition policies within SMACS food service areas and will report on this matter to the principal. In addition, SMACS will report on the most recent USDA audit, review findings, and any resulting changes. SMACS was audited in January of 2016 for compliance with health and wellness policies.

The principal will develop a summary report every three years in response to the onsite audit on compliance with the district's established nutrition and physical activity wellness policies. That report will be provided to SMACS board, the SMACS SHAC, and the SMACS Health and Wellness Coordinator.

Policy Review: SMACS currently has Health and Wellness policies approved by the Board within the last 3-5 years. The policies are part of Policy Group 3. PG 3.38 Wellness Policy specifically addresses Nutrition and Physical Activity.

A review of these policies will be conducted annually to ensure policy compliance, assess effectiveness, and determine areas in need of improvement. This analysis will focus on the nutrition and physical activity policies to ensure that the environment supports healthy eating and physical activity. SMACS will provide training in nutrition and physical activity requirements as necessary to appropriate individuals. SMACS will as necessary, revise the Health and Wellness policies and develop work plans to facilitate their implementation.

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APPENDIX

Resources

Resources to help assess, implement and evaluate your CSH program.

School Health Index (SHI)

The SHI is a self-assessment and planning tool that schools can use to improve their health and safety policies and programs. It’s user friendly and completely confidential. This free resource can be downloaded for use or completed as an online tool. <http://apps.nccd.cdc.gov/SHI/Default.aspx>

School Health Advisory Councils: A Guide for Texas School Districts (SHAC Guide)

SHACs provide an efficient, effective structure for creating and implementing age-appropriate, sequential health education programs, and early intervention and prevention strategies that can easily be supported by local families and community stakeholders. The DSHS School Health Program’s SHAC Guide can help the CSH Leadership Team understand the role of the SHAC and how it relates to the charge of the CSH Leadership Team. www.dshs.state.tx.us/schoolhealth/sdhac.shtm

Youth Risk Behavior Survey (YRBS)

The YRBS was developed to monitor priority health risk behaviors that contribute markedly to the leading causes of death, disability and social problems among youth and adults in the United States. Using available information, a local school district could administer their own YRBS. www.cdc.gov/HealthyYouth/yrbs/index.htm

Fit, Healthy and Ready to Learn

This guide is organized around sample policies that reflect best practice. The policies can be adapted or revised to fit the needs of individual states, districts and schools. Portions of the guide can be

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downloaded from the National Association of State Boards of Education.

www.nasbe.org/helathyschools/fithealthy.html

National Health Education Standards

National Health Education Standards improve student learning by providing a foundation for curriculum development, instruction and assessment of student performance. These standards provide a guide for enhancing preparation and continuing education of teachers. The goal of National Health Education Standards is to improve academic achievement and student's health.

www.aahperd.org/aahe/template.cfm?template=natl_health_education_standards.html

The Physical Education Curriculum Analysis Tool (PECAT)

The PECAT will help school districts conduct a clear, complete and consistent analysis of written physical education curricula. It is based upon national physical education standards to help districts analyze and enhance existing curricula. www.cdc.gov/HealthyYouth/PECAT/index.htm

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Web Sites

Key Web sites to access CSH program support in schools.

Texas Department of State Health Services School Health Program

The School Health Program Web site provides information and support to Texas communities to meet the health services and education needs of school children.

www.dshs.state.tx.us/schoolhealth/default.shtm

Health, Mental Health and Safety Guidelines for Schools

This Web site provides guidelines regarding all aspects of CSH programming. SHACs can review and adapt these guidelines to meet their local needs.

www.nationalguidelines.org/introFull.cfm

Action for Healthy Kids

This Web site is a resource for nutrition and physical activity information and resources designed to improve children's nutrition and increase physical activity to increase their readiness to learn.

www.actionforhealthykids.org

Healthy Schools, Healthy Youth

The CDC's Division of Adolescent and School Health seeks to prevent the most serious health risk behaviors among children, adolescents and young adults. This Web site provides a wide range of school health information and resources.

www.cdc.gov/HealthyYouth/index.htm

Texas Department of Agriculture (TDA) Food and Nutrition Division

This Web site provides access to child nutrition programs, up to date information, policies and resources targeted to Texas schools. Available for parents, teachers, students and the general public. www.squaremeals.org

Texas Education Agency (TEA)

This Web site provides extensive information related to public education in Texas. The Health and PE program link provides information on curriculum, assessment and rules to individuals working to provide high quality health and physical education programs for students. www.tea.state.tx.us/curriculum/hpe/index.html

School Health Organizations In Texas

Each of these organizations provides issue specific information and support for school health in Texas. See the DSHS School Health Program Web site for additional links at: www.dshs.state.tx.us/schoolhealth

Texas Action for Healthy Kids Alliance (TAHKA)

www.actionforhealthykids.org

Texas Association for Health, Physical Education, Recreation and Dance (TAHPERD)

www.tahperd.org

Texas Association for School Nutrition (TASN)

www.tsfsa.org

Texas Association of School Administrators (TASA)

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www.tasa.org

Texas Association of School Boards (TASB)

www.tasb.org

Texas Cooperative Extension

<http://fcs.tamu.edu>

Texas Parent Teacher Association (PTA)

www.txpta.org

Texas School Counselor Association (TSCA)

www.schoolcounselor.org

Texas School Health Association (TSHA)

www.txschoolhealth.org

Texas School Nurses Organization (TSNO)

www.texaschoolnurses.org/

Texas School Health Law And Policy

There are many laws, regulations and policies that govern public education in Texas. The following are excerpts from a few key state and federal laws relating to school health that directly or indirectly affect the work of the SHAC. Keep in mind that these are minimum regulations and some school districts may have policies that go beyond what the state and federal governments require. Be aware that law and local policy are often accompanied by administrative code, procedures or rules that further define its implementation.

Please refer to the full text for more detail and context of the law.

TOBACCO ON SCHOOL PROPERTY

Texas Education Code Section 38 www.capitol.state.tx.us/statutes/ed.toc.htm The board of trustees of a school district shall:

- (1) Prohibit smoking or using tobacco products at a school-related or school-sanctioned activity on or off school property;
- (2) Prohibit students from possessing tobacco products at a school-related or school-sanctioned activity on or off school property; and
- (3) Ensure that school personnel enforce the policies on school property.

REQUIRED CURRICULUM Texas Education Code Section 28.002. www.capitol.state.tx.us/statutes/ed.toc.htm

(a) Each school district that offers kindergarten through grade 12 shall offer, as a required curriculum:

(1) A foundation curriculum that includes:

- (A) English language arts;
- (B) Mathematics;
- (C) Science; and
- (D) Social studies, consisting of Texas, United States, and world history, government, and geography; and

(2) An enrichment curriculum that includes:

- (A) To the extent possible, languages other than English;
- (B) Health, with emphasis on the importance of proper nutrition and exercise;
- (C) Physical education;

(D) Fine arts;

(E) Economics, with emphasis on the free enterprise system and its benefits;

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(F) Career and technology education; and
(G) Technology applications.

PHYSICAL ACTIVITY PROGRAMS FOR ELEMENTARY SCHOOL STUDENTS

Texas Administrative Code: 74.32; www.tea.state.tx.us/rules/homes In accordance with Texas Education Code, §28.002; www.capitol.state.tx.us/statutes/ed.toc.htm all students enrolled in full-day kindergarten or Grades 1-6 in an elementary school setting are required to participate in physical activity for a minimum of either 30 minutes daily or 135 minutes weekly under the following conditions:
(1) Participation must be in a Texas Essential Knowledge and Skills (TEKS)-based physical education class or a TEKS-based structured activity; and
(2) Each school district shall establish procedures for providing the required physical activity that must consider the health-related education needs of the student and the recommendations of the local health advisory council.

COORDINATED HEALTH PROGRAM FOR ELEMENTARY, MIDDLE AND JUNIOR HIGH SCHOOL STUDENTS

Texas Education Code 38.013; www.capitol.state.tx.us/statutes/ed.toc.htm

(a) The agency shall make available to each school district one or more coordinated health programs designed to prevent obesity, cardiovascular disease and Type 2 diabetes in elementary school, middle school and junior high school students. Each program must provide for coordinating:
(1) Health education;
(2) Physical education and physical activity;
(3) Nutrition services; and
(4) Parental involvement. (a-1) The commissioner by rule shall adopt criteria for evaluating a coordinated health program before making the program available under Subsection (a). Before adopting the criteria, the commissioner shall request review and comment concerning the criteria from the Department of State Health Services School Health Advisory Committee. The commissioner may make available under Subsection (a) only those programs that meet criteria adopted under this subsection.
(b) The agency shall notify each school district of the availability of the programs.
(c) The commissioner by rule shall adopt criteria for evaluating the nutritional services

component of a program under this section that includes an evaluation of program compliance with the Department of Agriculture guidelines relating to foods of minimal nutritional value.

Texas Government Law And Policy Sources

Texas Education Code

This is the main body of law regulating public education in Texas as passed by the Texas Legislature. www.capitol.state.tx.us/statutes/ed.toc.htm

TEA Administrative Code

These are the rules adopted by the State Board of Education (SBOE) and the Commissioner of Education that further define state law. www.tea.state.tx.us/rules/home

TDA Child Nutrition Policy

The TDA is responsible for managing the state's child nutrition program. Texas has adopted policies that exceed the federal school lunch requirements. www.squaremeals.org/fn/render/parent/channel/0,1253,2348_2350_0_0,00.html

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Texas Health and Safety Code

This is the body of law adopted by the Texas Legislature that protects the health and well being of Texas citizens, including children. Many laws regulating school health issues can be found here.
www.capitol.state.tx.us/statutes/hs.toc.htm



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