

La Academia de Estrellas Charter
School Wellness Policy

This document has been adopted by the governing board of La Academia de Estrellas to comply with the requirements for a school wellness policy. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b; 7 C.F.R. Part 210]

Strategies to Solicit Involvement

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The Charter has chosen to use the local school health advisory council (SHAC) to work on behalf of the Charter to review and consider evidence-based strategies and techniques in order to develop and implement nutrition guidelines and wellness goals as required by federal law. The SHAC will permit the following persons to work with the SHAC on the Charter's wellness policy and plan: parents, students, the Charter's food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public. The SHAC will solicit involvement and input of these other interested persons by:

1. Posting on the Charter's website the dates and times of SHAC meetings.
2. Posting all SHAC information on the Charter website (www.laetx.org)

Implementation

Campus Principals are responsible for the implementation of this wellness plan at each designated site, including the submission of necessary information to the SHAC for evaluation.

The Superintendent is the Charter official responsible for the overall implementation of the charter wellness plan including its' development and any other appropriate administrative procedures, and ensuring that each campus complies with the policy and plan.

Annually, the Charter will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials

Evaluation

At least every three years, as required by law, the Charter will measure and make available to the public the results of an assessment of the implementation of the Charter's wellness policy, the extent to which each campus is compliant with the wellness policy, a description of the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy compares with any state- or federally designated model wellness policies. This will be referred to as the "triennial assessment."

Public Notification

The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes. The SHAC may use any of the following tools for this analysis:

- Smarter Lunchrooms' website (<https://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarterlunchrooms>)
- Alliance for a Healthier Generation
- Cooper Institute Healthy Zone Schools
- School Health Index

La Academia de Estrellas Charter
School Wellness Policy

To comply with the legal requirement to annually inform and update the public about the content and implementation of the local well- ness policy, the Charter will create a wellness page on its website (www.laetx.org) to document information and activity related to the school wellness policy, including:

1. A copy of the wellness policy
2. Notice of any Board revisions to policy
3. The name, position, and contact information of the Charter official responsible for the oversight of the wellness policy and implementation of this plan;
4. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The SHAC's triennial assessment; and
6. Any other relevant information.

The Charter will also publish the above information in appropriate Charter or campus publications.

Records Retention

Records regarding the Charter's wellness policy will be retained in accordance with law and the Charter's records management program. Questions may be directed to Jennifer Rentas, the Charter's designated records management officer.

Guidelines and Goals

The following provisions describe the Charter's nutrition guidelines and activities and objectives chosen by the SHAC to implement the Board-adopted wellness goals in this policy.

A school Charter's nutrition guidelines must not be more lenient than the federal and state standards, but a Charter can develop stricter guidelines as appropriate for the needs of the Charter.

Nutrition Guidelines

All Charter campuses participate in the U.S. Department of Agriculture's (USDA's) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Federal law requires that the Charter establish nutrition guidelines for foods and beverages sold to students during the school day on each campus that promote student health and re- duce childhood obesity.

The Charter's nutrition guidelines are to ensure all foods and beverages sold or marketed to students during the school day adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

Foods and Beverages Sold

The Charter will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, the Charter will comply with the federal requirements for competitive foods. Competitive foods and beverages are not part of the regular meal programs and occur through sales such as a la carte options or vending

machines. For purposes of this plan, these requirements will be referred to as “Smart Snacks” standards or requirements. The following websites have information regarding meal and Smart Snacks requirements:

- <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
- <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- <http://www.squaremeals.org/Publications/Handbooks.aspx> (see the Complete *Administrator Reference Manual*[ARM], Section 20, Competitive Foods)

Fundraisers

Fundraisers involving food shall not be held during the federally defined school day (the period from midnight before to 30 minutes after the end of the school day) on any campus. All fundraisers involving food shall follow federal and state guidelines and definitions of a school day.

Perishable foods may be delivered at the end of the school day

The Charter will allow up to six exempted fundraisers; food and beverage items sold for exempt fundraisers cannot be sold in competition with school meals in the food service area during the school meal service. Annually, campus principals will provide the SHAC the dates of exempt fundraisers and these will be posted on the school's wellness site.

Foods and Beverages Provided

There are no federal or state restrictions for foods or beverages provided, but not sold, to students during the school day. However, each Charter must set its own standards.

The Charter has developed procedures and guidelines to create a healthy school environment and minimize disruption of learning and to maintain the health and protect the safety of students who have life-threatening allergies and/or other chronic health condition during the school day.

In addition, the Charter has established the following local standards for foods and beverages made available to students:

Except as provided by the food service department during meal times, no food shall be given to students during the federally defined school day, unless one of the following exceptions applies:

- Elementary campuses waiver days– may designate three party days and two additional principal discretion days. Each discretionary day must be documented.
- Secondary campuses waiver days – may designate five waiver days and two additional principal discretion days. Each discretionary day must be documented.
- Food may be provided as a part of the written and approved Charter educational curriculum or as part of a student's written individualized education plan (IEP).
- Athlete student participants may be provided a meal at campus directly after school on a game day, with healthy options considered first, or as part of a workout recovery, for example chocolate milk.
- Food may be provided by the school health clinician as part of an approved individualized health plan (IHP) or as needed based upon health clinic assessment, for example crackers for an upset or hungry stomach.

La Academia de Estrellas Charter
School Wellness Policy

All foods provided to students, except foods provided by the student's parent, must be prepackaged with a USDA label of ingredients.

Waiver day foods are not restricted and do not have to meet the federal Smart Snack guidelines.

Foods provided as part of the curriculum or on waiver days must be inclusive for all students. Food allergies, diabetes, and other documented food-related special needs must be considered.

Measuring Compliance

The Charter will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to the TDA, reviewing foods and beverages that are sold in competition with the regular school meals, reviewing items sold as part of approved Charter fundraisers, and monitoring the types of foods and beverages made available to students during the school day.

Nutrition Promotion

Federal law requires that the Charter establish goals for nutrition promotion in its wellness policy. The Charter's nutrition promotion activities will encourage participation in the National School Lunch Program, the School Breakfast Program, and any supplemental food and nutrition programs offered by the Charter.

The Charter will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards.

The SHAC will monitor this by:

1. *Charter developed campus wellness tool*

Although the Charter is not required to immediately remove or replace food and beverage advertisements on items such as menu boards or other food service equipment, or on scoreboards or gymnasiums, the SHAC will periodically monitor these and make recommendations when replacements or new contracts are considered.

La Academia de Estrellas Charter School has established the following goal(s) for nutrition promotion.

Nutrition Education

Federal law requires that the Charter establish goals for nutrition education in its wellness policy. State law also requires that the Charter implement a coordinated health program with a nutrition services and health education component at the elementary and middle school levels. [See EHAA]

The Charter will implement the nutrition services and health education component through instruction of the Essential Knowledge and Skills (TEKS) and the Texas Education Agency (TEA) approved coordinated health program, CATCH. This will be implemented utilizing the campus coordinated health teams, physical education and health education areas of curriculum.

The Charter has established the following goal(s) for nutrition education.

GOAL 1: The Charter shall deliver health and nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1: Academic teams will review Health TEKS and develop sequential curriculum maps for grades Kinder-5th	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Identify academic team • Review Health TEKS and determine the following: <ul style="list-style-type: none"> Where are Health TEKS currently being taught? What subject/sequence is most appropriate? • Based on this information the team will: <ul style="list-style-type: none"> Create a curriculum map for all Health and Nutrition TEKS K-5 	<ul style="list-style-type: none"> • Meeting notes • Curriculum maps developed • Evidence of Health TEKS instruction in lesson plans

GOAL 2: The Charter shall implement coordinated Health/Nutrition Instruction as defined in the curriculum maps.	
Objective 1: Provide professional development for assigned teachers/staff	
Objective 2: Ensure Health/Nutrition TEKS are being taught	
Action Steps	Methods for Measuring Implementation
<p>Make teacher assignments based on work from Goal 1 above (campus admin).</p> <p>Create professional development based on identified TEKS and needs of the teachers (curriculum/instructional teams).</p> <p>Implement professional development and/or send teachers for training through ESC</p> <p>Review lesson plans to ensure inclusion of Health/Nutrition TEKS (appraisers)</p> <p>Observe classroom instruction (appraisers, instructional coaches)</p>	<ul style="list-style-type: none"> • Master schedule • Sign-in documents for training sessions • Certificates of completed training • Lesson plan checks and feedback documents • Classroom observations • T-TESS feedback/observations

Physical Activity

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

The following addresses how the Charter meets the required amount of physical activity:

- The Charter will require all Elementary students, unless exempted by documented disability, medical exemption or illness, to participate in 135 minutes per week of moderate to vigorous physical education activity.
- The Charter will require the building schedule at each Elementary campus to permit a minimum of 20 minutes of recess daily, this portion of recess minutes cannot be withheld as punishment. Please refer to weather guidelines in the student handbook related to outdoor activities. In inclement weather, (See LAE weather guidelines) indoor recess activities are implemented.
- The Charter will require all middle school students unless exempted by documented disability or medical exemption, to be enrolled in physical education or athletic courses for at least 4 semesters of the 6 semesters of middle school grades 6, 7, 8.

The Charter will require each secondary student enrolled in a Physical education class to receive 225 minutes of quality Physical Education each week.

- Movement of at least two minutes for every 10 minutes is encouraged at all grade levels.

Federal law requires that the Charter establish goals for physical activity and school based activities in its wellness policy.

La Academia de Estrellas Charter School has established the following goal(s) for physical activity and school based activities.

GOAL 3: Improve school community's understanding of energy balance between calorie intake and energy expenditure.	
Objective 1: Provide staff and parent training related to incorporating movement within their lessons.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Include information in weekly principal communication about 10-2 activities, mindfulness, brain breaks and other information related to energy expenditure. • Conduct mini-lessons during staff development and meetings that address movement and energy expenditure and help teachers learn ways to incorporate this into their own lives and into their classrooms. • Conduct parent Nutrition courses annually 	<ul style="list-style-type: none"> • Weekly principal notes • Lesson plans • Meeting agendas and sign-in documents
Objective 2: Provide staff and parents exercise opportunities after school hours in a fun, collegiate environment	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Recruit/Hire fitness instructors to conduct regularly scheduled group exercise classes (weekly) • Organize various movement clubs for staff such as walking, gardening, running club • Organize staff intramural sports teams such as kickball or volleyball 	<ul style="list-style-type: none"> • Announcements • Club documents/rosters • Staff survey feedback
Objective 3: Provide at risk 3rd & 4th grade students support in the area of balanced nutrition	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Review FitnessGram data to identify at risk students • Determine groups appropriate to student need • Meet with students/parents for training • Conduct regular group meetings 	<ul style="list-style-type: none"> • FitnessGram data • Meeting documentation • Ongoing student data (self-review)