

**La Academia de Estrellas Charter School (LAE)**  
**Wellness Policy**  
**2016-2017**

**PURPOSE**

The purpose of the Wellness Policy at La Academia de Estrellas Charter School is to implement and improve the general health of students and families by promoting practices that lead to a healthy weight and reduce the risk of unhealthy weight and obesity. Our goals will be accomplished by promoting the development of positive healthy behavior regarding nutrition, physical activity, sleep patterns and stress management. The regulation will include the involvement of students, faculty, staff, administrators, community partners, and parents groups to advance the general wellness of all students through a healthy school nutrition environment, health education, physical education, safe and drug free schools.

The district Wellness Policy Handbook establishes goals and requirements that improve the nutrition and physical fitness of all students. The intent is to reduce childhood obesity and result in the improvement in the overall wellness of our children as required for public schools participating in the National School Lunch Program authorized by the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq.).

The Charter Wellness Policy Handbook will be reviewed and updated annually by the Coordinated School Health Committee with input from the Wellness Policy Committee, School Health Committee, and School Health Advisory Council (SHAC).

<b>Weight Status Category</b>	<b>Percentile Rank</b>
Underweight	Less than 5 <sup>th</sup> percentile
Normal Weight	5 <sup>th</sup> percentile up to 85 <sup>th</sup> percentile
At risk of overweight	85 <sup>th</sup> to less than 95 <sup>th</sup> percentile
Overweight	Equal to or greater than 95 percentile

**References: The Institute of Medicine of the National Academy of Science 2005, Texas Department of Agriculture - Texas Public School Nutrition Policy and Center for Disease Control and Prevention**

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**NUTRITION**

The charter Instructional Services department working in conjunction with Health Services, Food and Child Nutrition Services, Food Service Caterer, Physical/Health Education, Parental Involvement and Communications Departments shall implement Child Nutrition and WIC Reauthorization Act of 2004, Pub. L. No. 108-265, sec. 204, 118 Stat. 729 (2004) [See EHAA for state law requirements relating to health education]. The Coordinated Health Program (CHP) requires a nutrition education component that uses a health course curriculum that emphasizes the importance of proper nutrition. Additionally, the charter shall establish the following goals for nutrition education:

1. All students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors;
2. Nutrition education will be a charter wide initiative exceeding the CHP requirements integrated at the elementary and middle school grades (only grades served) with age appropriate curriculum materials;
3. Teachers and staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the scientific-based nutrition information;
4. The food service staff, teachers, counselors, physical educators, nurses, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings throughout the school community;
5. The FCNS department and the Food Service Caterer will provide nutrition information that will be shared with families and the school community to positively influence the health of students and community members. Nutrition information will incorporate cooking techniques, healthy ethnic foods, and guidelines on healthy eating. The department will adhere to and exceed Texas Public School Nutrition

**PHYSICAL ACTIVITY**

The charter Curriculum and Instruction and Physical/Health Education Departments shall implement in accordance with the law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades. In addition, the district establishes the following goals for physical activity:

1. The charter will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports and special needs students.

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2. Physical education classes will emphasize daily, moderate to vigorous activity:

- Elementary (grades K through 5) – 30 minutes/day or 135 minutes/week;  
[https://tcta.org/node/13613-physical\\_education\\_requirements](https://tcta.org/node/13613-physical_education_requirements)
- Middle School (grades 6 through 8) - 4 semesters of at least 225 minutes every two weeks; 22.5 minutes everyday  
[https://tcta.org/node/13613-physical\\_education\\_requirements](https://tcta.org/node/13613-physical_education_requirements)
- High School-LAE does not currently serve high school students

3. The charter will conduct annual Fitness Gram assessments as required under state law for students in 3<sup>rd</sup> through 8th grades.

4. The charter will encourage all teachers to integrate physical activity into the academic curriculum where appropriate;

5. Physical education curriculum will address lifelong health and wellness in the form of activities that promote such learning and behavior and will proportionately emphasize team sports;

6. Before and after school physical activity programs will be offered and students will be encouraged to participate in a safe monitored area;

7. Teachers, coaches, and other identified school staff will have the opportunity to receive training:

- To promote and encourage, life-long physical activity for themselves and students;
- To be able to administer CPR/AED to ensure the capability of handling emergencies;
- In Sports Nutrition especially for coaches working with athletes;

8. Teachers and other school personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment;

9. The charter will encourage parents to support their children's participation in physical fitness activities, to be active role models, and to include physical activity in family events;

10. The charter will encourage students, parents, staff, and community members to use the district's recreational facilities that are available outside the school day;

11. The charter will provide parents with healthy lifestyle information via a monthly flyer entitled "Nutrition Nuggets";

12. Health Education will provide and encourage peer education that encourages positive lifestyle changes that help students with energy balance between calorie intake and energy expenditure;

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13. Health Education will incorporate teaching of adequate sleep pattern, stress management and reduction as part of positive lifestyle changes;
14. Health Services and Physical Education Services will work with teachers and nurses on sharing data results with one another.

**NUTRITIONAL GUIDELINES**

***FOODS ON CAMPUS***

The goal is to create a healthy school environment that shall not be dependent on revenue from high fat, low-nutrient dense foods to support school programs. The Coordinated School Health Committee (CSHC) shall establish age-appropriate guidelines and recommendations for healthy food and beverage choices provided in the Classroom (Appendix A: Nutrition Guidelines for School Stores and Vending) that follow Dietary Guidelines for Americans and meet or exceed state, and local health requirements for:

1. Classroom activities and celebrations
2. Rewards and incentives
3. Fundraising activities (food and beverage)
4. Vending and school stores
5. After school activities
6. Concessions at school related events

The FCNS department working with the CSHC will provide teachers and parents with nutrition education information and guidelines on healthy eating that follow Dietary Guidelines for Americans and that adhere to United States Department of Agriculture (USDA) Biosecurity Guidelines for School Foodservice and local Health Department regulations.

No food shall be served or sold in competition with the school meals program during the school day and when after-school snacks are served in elementary schools. Foods other than those provided by the National School Lunch Program and school stores operated by the Career and Technology Department (Marketing Education) are prohibited in middle school during the day until after the last lunch period and not allowed during meals periods in high school. All food items (those provided by school stores, competitive foods and vending) must meet the nutrition standards (Appendix A.)

**1. CLASSROOM ACTIVITIES & CELEBRATIONS**  
**Classroom Activities (Instructional Use of Food)**

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For instructional purposes, teachers may use foods as long as the food items are not considered Foods of Minimal Nutritional Value (FMNV) or candy or that does not compete with breakfast or lunch meals. Students may consume food prepared in class for instructional purposes. Teachers may also use foods not prepared in class for instructional purposes as long as they are not FMNV or consist of candy type items. However, this should be on an occasional basis, and food may not be provided or sold to other students or classes. Food provided for students as part of a class or school cultural heritage event for instructional or enrichment purposes would be allowed during these events, FMNV may not be given during meal times in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students in accordance with Federal Regulations. Classroom Celebrations

Foods otherwise restricted by the policy are permitted in classroom student birthday parties. Competitive food, FMNV or candy type items are not provided. It is recommended that such parties be scheduled after the end of the lunch period for the class, so that these celebrations will not replace a nutritious lunch. Federal regulations do not permit foods of minimal nutritional value to be served in the food service area during meal periods.

## **2. REWARDS & INCENTIVES**

All school-based activities shall be consistent with local wellness policy goals. Foods and beverages shall not be used as a behavior management tool by offering as a reward or withholding as punishment (Appendix B: Healthy Options for Classroom Activities, Snacks, and Concessions). Staff members are encouraged to model healthy eating by offering healthier choices at school meetings and to eliminate using food and beverages as rewards to students.

Food is not to be used as a reward or punishment for student behavior, unless it is detailed in a student's Individualized Education Plan (IEP) or as part of a procedure conducted by LAE staff as authorized by Food and Child Nutrition Services.

## **3. FUND RAISING ACTIVITIES (Food and Beverage Sales)**

School campuses shall not be dependent on revenue from high fat, low-nutrient dense foods to support school programs. The CSHC shall establish age-appropriate guidelines for school-sponsored fundraising activities that involve serving or selling of food. For high school campuses, the nutrition standards will apply to food fundraising activities during the school day except during lunch periods (Appendix A). No food or beverage fundraising will be allowed on elementary campuses during the school day and middle school campuses until after the last lunch period.

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**4. VENDING**

Currently vending machines are not available for students on any LAE campuses. If vending services are provided, Business Services and FCNS shall centrally manage contracts for all vending machines and assure that they meet the Texas Public School Nutrition Policy and the LAE’s Nutrition Standards (Appendix A). FCNS will work with Instructional Support and Business Services to establish procedures for fund distribution to campuses.

**5. AFTER SCHOOL PROGRAM SNACKS**

The CSHC shall establish age-appropriate guidelines for after school snacks (Appendix B). After school programs will encourage physical activity and health information. Campuses will be encouraged to access FCNS assistance in providing snacks at no charge to students where feasible. Federal funds cannot be used to provide foods that do not meet federal guidelines.

**6. CONCESSION STANDS**

The CSHC shall establish recommendations that encourage healthy food and beverage options to be included at concessions at school-related events outside of the school day. (Appendix B)

**7. STAAR TEST DAYS**

Schools and parents may distribute one additional nutritious snack per day for students taking the STAAR tests. The snack must comply with the fat and sugar limits of the Texas Public School Nutrition Policy and LAE’s Nutrition Standards (Appendix A) and may not contain any FMNV or consist of candy, chips or dessert type items (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts, etc.) Packaged snacks must be in single size servings. There are no restrictions as to what a parent can provide for their child (ren).

**SCHOOL EVENTS (FMNV Exemption Days)**

Students may be given FMNV, candy items or other restricted foods during the school day for up to three different events each school year. Those three days have been identified for the charter as follows:

<b>Exemption Days</b>	<b>Elementary</b>	<b>Secondary</b>
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Last Friday before Winter Break	✓	TBD
Valentine's Day or the Friday Before	✓	TBD
Field Day	✓	TBD

FMNV may not be given during meal times in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students in accordance with federal regulations and Texas Public School Nutrition Policy.

**SCHOOL MEALS**

The FCNS will provide school meals (breakfast and lunch) to students each day that school is in session including early dismissal days. The charter shall ensure that Nutrition Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section (9) (f) (1) and 17 (a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1858 (f) (1), 1776 (a), and are in accordance with the Texas Public School Nutrition Policy. In addition to legal requirements the district shall provide school meals that:

1. Adhere to and or exceed requirements for increasing fiber and whole grains, reducing sodium, and sugar. Offering a greater variety of fresh fruits and vegetables as a daily menu choice;
2. Promote balanced food choices through visual cues such as signage, graphics, sample trays, etc. to demonstrate a balanced meal;
3. Create incentives (competitions/contests) within schools to encourage good nutrition throughout the charter through FCNS Nutrition Education Plan
4. Continue to disallow frying as a preparation method on all campuses;
5. Continue the practice of not providing salt in serving areas;
6. Offer daily a variety of 100% juice with no artificial color;
7. Offer daily a variety of low-fat milk choices,
7. Continue to offer more local culturally ethnic and vegetarian choices that meet customer needs;
8. Adhere to and exceed Texas Public School Nutrition Policy and the Dietary Guidelines for Americans;
9. Adhere to and exceed USDA Food Security Guidelines.

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**HEALTHY EATING ENVIRONMENT**

The charter Coordinated School Health Committee in conjunction with Student Services, Food and Child Nutrition Services, Health Services, and Physical/Health Education Departments, Parental Involvement, and Facilities Department establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities:

1. Define and establish recommended time schedule based on enrollment and size of cafeteria dining-room to allow sufficient time for students to eat;
2. Adequate dining room facilities are provided with adequate seating in a clean, safe, attractive, and comfortable environment;
3. Lunch periods are scheduled as near the middle of the day as possible and are planned to assure that students do not spend too much time waiting in line;
4. If meetings or activities are scheduled during meal times, students must be allowed to eat school breakfast or school lunch;
5. Wellness for students and their families will be promoted at school activities;
6. Employee wellness education and involvement will be promoted at school activities;
7. Hand washing is facilitated and encouraged to assure preventing spread of disease.

**FOOD SAFETY AND SECURITY**

1. Schools are encouraged to consider wellness issues and student allergies when planning incentive and promotional activities.
2. The CSHC shall provide Nutrition Standards for foods made available on school campus or through school sponsored activities that assure the safety of district personnel and students (Appendix D: Food Safety and Security Guidelines for School Foodservice).
3. The charter shall follow the USDA Biosecurity Guidelines for School Foodservice that assures the safety and security of the food and facilities. Access to the food service facilities shall be limited to authorized personnel (GKD (Regulation)). To help ensure the health and safety of the students and staff in our schools the following procedures shall be implemented:
  - All foods made available on school campus or through school sponsored activities on school campus shall comply with state and local food, safety, and sanitation regulations.
  - Hazard Analysis and Critical Control Points (HACCP) plans and guidelines shall be implemented to prevent foodborne illness.
  - Individually packaged or commercial prepared items, from approved vendors, are recommended to minimize opportunities for food borne illnesses.



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4. Ice machines must be secured and handled only by authorized personnel only to prevent cross contamination or risk of tampering.

**References: The School Nutrition Association Local Wellness Policy Recommendations and USDA Biosecurity Guidelines for School Foodservice**

**IMPLEMENTATION & MONITORING**

The General Superintendent or designee will ensure compliance with established charter wide nutrition and physical activity wellness policies and work with the LAE’s Coordinated School Health Committee (CSHC) and Curriculum and Instruction, Food and Child Nutrition Services, Health Services departments to oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy. The General Superintendent or designee will provide an Annual Report to the School Board on Wellness Policy Initiatives. Other means of monitoring include:

1. Integration of a standardized health curriculum program that incorporates nutrition education and oversees teacher training to ensure classroom implementation of the required health education standards;
2. Promotion of physical activity initiatives;
3. Sign-In Documents and Agendas from Wellness Activities from various campuses;
3. Details on school menus;
4. Annual health fitness screening outcomes for grade levels as appropriate to measure improvement of health status.

- Appendix A:** Nutrition Guidelines for School Stores & Vending
- Appendix B:** Healthy Options for Classroom Activities, Snacks, and Concessions
- Appendix C:** Food of Minimal Nutritional Value
- Appendix D:** Food Safety and Security Guidelines for School Foodservice
- Appendix E:** Definitions

**APPENDIX A**

Nutrition Guidelines for School Stores & Vending\*-Currently not offered at LAE schools

Food Items	Elementary	Middle
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FMNV and ALL forms of Candy	Not allowed to be provided to students any time anywhere on school premises by anyone (including guest speakers) until after the last scheduled class.	Not allowed to be provided to students any time anywhere on school premises by anyone (including guest speakers) until after the end of the last scheduled class
Competitive Foods and Vending	Not allowed to be provided to students any time anywhere on school premises until after the last scheduled class. All food, beverages and snack items must comply with the nutrition standards and portion size restrictions in this policy.	Not allowed anywhere on school premises until 30 minutes after the last meal period. All food, beverages and snack items must comply with the nutrition standards and portion size restrictions in this policy.
Carbonated Beverages	Not allowed to be provided to students any time anywhere on school premises by anyone (including guest speakers) until after the last scheduled class.	Not allowed to be provided to students any time anywhere on school premises by anyone (including guest speakers) until after the end of the last scheduled class.

**Portion Size  
Serving Size for Foods Not Included in the National School Food Program**

<b>Food Item</b>	<b>Elementary</b>	<b>Middle School</b>
Chips (fried or baked)	1.5 ounce	1.5 ounce
Cookies/Cereal Bar	2 ounces	2 ounces
Bakery Items (Pastries/Muffins)	3 ounces	3 ounces
Frozen desserts, ice cream, pudding, Jell-O, yogurt	4 ounces	4 ounces
Milk, flavored or flavored, reduced fat or low fat	16 ounces	16 ounces
Beverages other than milk, water and those restricted	6 fl.oz Electrolyte replacement beverages (sports drinks) are not	12 fl. ounces

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by FMNV	allowed.	
Candy Bars and packaged candies	Not allowed to be provided to students any time anywhere on school premises by anyone (including guest speakers) until after the last scheduled class.	1.5 ounces

**Appendix A (con't)  
Nutrition Standards  
Based on Texas Public School Nutrition Policy**

**Food Guidelines:**

- No more than 200 calories per serving
- No more than 35% of calories from fat per serving
- No more than 10% of calories from saturated fat per serving
- No more than 0.5 g of trans fat per serving
- No more than 230 mg of sodium per serving
- Sugar cannot appear as the first ingredient
- No more than 2 servings per container

**Beverage Guidelines:**

- 6 fl. Oz which must not contain more than 30g of total sugar.
- Juices must be 100% fruit and/or vegetable juice.

**Elementary School**

- Plain water or plain carbonated water (no size limit);
- Low fat milk, unflavored ( $\leq 8$  fl oz);
- Nonfat milk, flavored or unflavored ( $\leq 8$  fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;
- 100% fruit/vegetable juice ( $\leq 8$  fl oz); and
- 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners ( $\leq 8$  fl oz).

**Middle School**

- Plain water or plain carbonated water (no size limit);
- Low-fat milk, unflavored ( $\leq 12$  fl oz);

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- Non-fat milk, flavored or unflavored ( $\leq 12$  fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;
- 100% fruit/vegetable juice ( $\leq 12$  fl oz); and
- 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners ( $\leq 12$  fl oz).

#### **Exceptions include:**

- Non-carbonated, unflavored water
- 100% fruit juice
- Milk, unflavored

### **Appendix B**

Healthy Options for Classroom Activities, Snacks and Concessions

#### **Beverages**

- Fruit juices (100%)
- Fruit smoothies
- Lemonade
- Milk (nonfat or low fat, plain or flavored)
- Water

#### **Low Fat Grain Foods**

- Pretzels
- Animal crackers
- Graham crackers
- Wheat crackers
- English muffins (whole wheat)
- Rice cakes or mini rice cakes (flavored)
- Baked tortilla chips with salsa
- Fruit or grain muffin (low fat)
- Dry cereal (individual serving)
- Bagels (half)
- Fig bars
- Vanilla wafers

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**Fresh Fruits and Vegetables**

- Fresh seasonal fruit
- Carrots, broccoli and cauliflower with low fat dip or salad dressing

**Additional Items**

- Fruit snacks
- Fruit Pico
- Fruit grain bars
- Frozen fruit bars
- Fat free popcorn (94% fat free)
- Peanut butter/Cheese crackers
- Low fat string cheese
- Fruit, nut and/or grain trail mixes
- Corn on the cob with paprika or chili powder

**Appendix C**

**Foods of Minimal Nutritional Value**

The following is taken from Appendix B of 7 CFR Part 210.

Appendix B to Part 210--Categories of Foods of Minimal Nutritional Value

(a) Foods of minimal nutritional value--Foods of minimal nutritional value are:

(1) Soda Water--A class of beverages made by absorbing carbon dioxide in potable water. The amount of carbon dioxide used is not less than that which will be absorbed by the beverage at a pressure of one atmosphere and at a temperature of 60 deg. F. It either contains no alcohol or only such alcohol, not in excess of 0.5 percent by weight of the finished beverage, as is contributed by the flavoring ingredient used. No product shall be excluded from this definition because it contains artificial sweeteners or discrete nutrients added to the food such as vitamins, minerals and protein.

(2) Water Ices--As defined by 21 CFR 135.160 Food and Drug Administration Regulations except that water ices which contain fruit or fruit juices are not included in this definition.

(3) Chewing Gum--Flavored products from natural or synthetic gums and other ingredients which form an insoluble mass for chewing.

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- (4) Certain Candies--Processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients which characterize the following types:
- (i) Hard Candy--A product made predominantly from sugar (sucrose) and corn syrup which may be flavored and colored, is characterized by a hard, brittle texture, and includes such items as sour balls, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers and cough drops.
  - (ii) Jellies and Gums--A mixture of carbohydrates which are combined to form a stable gelatinous system of jelly-like character, and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit-flavored slices.
  - (iii) Marshmallow Candies--An aerated confection composed as sugar, corn syrup, invert sugar, 20 percent water and gelatin or egg white to which flavors and colors may be added.
  - (iv) Fondant--A product consisting of microscopic-sized sugar crystals which are separated by thin film of sugar and/or invert sugar in solution such as candy corn, soft mints.
  - (v) Licorice--A product made predominantly from sugar and corn syrup which is flavored with an extract made from the licorice root.
  - (vi) Spun Candy--A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.
  - (vii) Candy Coated Popcorn--Popcorn which is coated with a mixture made predominantly from sugar and corn syrup.

**Appendix D**  
**Food Safety and Security Guidelines**

On **Exemption days and birthday celebrations**, parents and school staff may bring food items for students to the classroom. School staff should be able to identify and verify that the person leaving the item has been approved to do so, prior to providing it to students (i.e. do not accept food from an unidentified person). Allowable food items and times are referenced in Appendix A.

It is restricted that parents/sponsors only provide food items prepared by an authorized vendor and/or individually wrapped items for celebrations, approved instructional activities (i.e. folklore festivals), or after school fundraisers to reduce the risk of food contamination. If food is prepared in a private home, adhere to the following **food safety guidelines**.

**Clean**

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- Wash hands, utensils, and surfaces in hot, soapy water before and after food preparation. Also, remember to wash your hands after using the bathroom, changing diapers, or handling pets.
- Use a mixture of bleach and water on surfaces to provide some added protection against bacteria.

**Separate**

- Separate raw meat, poultry, and seafood from other foods in your grocery shopping cart and refrigerator.
- Seal containers to prevent juices from raw meat, poultry or seafood from dripping onto other foods in the refrigerator.
- Never place cooked food back on the same plate or cutting board that previously held raw food.

**Chill**

- Bacteria and other microorganisms grow more rapidly at warmer temperatures. So use a refrigerator thermometer to be sure the temperature is consistently 40°F or below.
- Refrigerate or freeze perishables, prepared foods and leftovers within two hours or purchase, use or consumption.
- Never thaw food at room temperature. Thaw food in the refrigerator.
- Separate large amounts of leftovers into small, shallow containers for quicker cooling in the refrigerator.

**Cook**

- Properly cook foods for a long enough time and high enough temperature to kill harmful bacteria that can cause foodborne illness. Internal temperatures should reach 155 degrees F for beef, 165°F or poultry. 160°F for ground meats.
- Hot foods should be kept at 140°F or higher. Keep food hot in chafing dishes, crock pots or warming trays.

**Appendix E:**  
Definitions

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**Balanced diet:** A balanced diet refers to the consumption of appropriate amounts of a wide variety of nutrient-dense foods that provide adequate amounts and proportions of macronutrients (protein, fat, and carbohydrates) as well as sufficient essential micronutrients (vitamins, minerals) and dietary fiber, in addition to providing adequate energy to meet the needs of maintenance, growth, and development.

**Body mass index:** BMI is an indirect measure of body fat calculated as the ratio of a person's body weight in kilograms to the square of a person's height in meters.

**Competitive foods:** Foods and beverages sold or made available to students that compete with the school's operation of the National School Lunch Program, School Breakfast Program and/or After School Snack Program. This definition includes, but is not limited to, food and beverages sold or provided in vending machines, in school stores or as part of school fundraisers. School fundraisers include food sold by school administrators or staff (principals, coaches, teachers, etc), students or student groups, parents or parent groups, or any other person, company or organization.

**CSHC:** Coordinated School Health Committee required by State Board of Education.

**Energy balance:** Refers to the state in which energy intake is equivalent to energy expenditure, resulting in no net weight gain or weight loss. Energy balance in children is used to indicate equality between energy intake and energy expenditure that supports normal growth without promoting excess weight gain.

**Fitness:** A set of attributes, primarily respiratory and cardiovascular, relating to the ability to efficiently perform tasks requiring physical activity.

**Fitness Gram:** State of Texas required annual fitness assessment for students in grades 3<sup>rd</sup>-12<sup>th</sup>.

**Food Safety:** The state of having the food supply safe from harm.

**Food Security:** Access by people, at all times to sufficient food for an active and healthful life, including, at a minimum, the ready availability of nutritionally adequate and safe foods and an assured ability to acquire foods in socially acceptable ways.

**Foods of minimal nutritional value (FMNV):** Refers to the four categories of foods and beverages (soda water, water ices, chewing gum and certain candies) that are restricted by the United State Department of Agriculture under the child nutrition programs. (see Appendix C for detailed information)



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**Health:** A state of complete physical, mental and social well-being through achievement of healthy life-style choices and not merely the absence of disease or infirmity.

**Nutrition education:** A component of comprehensive school health education curriculum which teaches knowledge and skills related to nutrition and physical activity to achieve positive changes in dietary and physical activity.

**SHAC:** School Health Advisory Committee required by State Board of Education.

**SHC:** School Health Committee required by State Board of Education.

**Stress:** A negative change or disturbance in the healthy balance of mental and physical health.

**Weight status categories:** After BMI is calculated for children and teens, the BMI number is plotted on the BMI-for-age growth charts (for either girls or boys) to obtain a percentile ranking. Percentiles are the most commonly used indicator to assess the size and growth patterns of individual children in the United States. The percentile indicates the relative position of the child's BMI number among children of the same sex and age. The growth charts show the weight status categories used with children and teens (underweight, normal weight, at risk of overweight, and overweight). BMI-for-age weight status categories and the corresponding percentiles are shown in the following table

**Well-being:** A view of health that takes into account a child's physical, social, and emotional health.

**Wellness:** A healthy balance of mental and physical fitness.

**Wellness Policy Committee:** Charter/District committee as required by USDA PL 204-286 that establishes Wellness goals with members comprised of students, school food service personnel, school administration, parents, a member of the Board of Trustees, health professionals, and the public.