

Responsive Education Solutions Wellness Policy

Purpose

ResponsiveEd shall implement a Wellness Policy to improve the general health of children by promoting practices that lead to a healthy weight and reduce the risk of overweightness. This will be accomplished by promoting the development of positive healthy behavior regarding nutrition, physical activity, sleep patterns and stress management. The regulation shall include the involvement of the students, faculty, staff, administrators, community partners, and parent groups to advance wellness of all students through a healthy school nutrition environment, health education, physical education, safe and drug free schools.

Development of Guidelines and Goals

ResponsiveEd shall develop nutrition guidelines and wellness goals in consultation with the local school health advisory council and with involvement from representatives of the student body, school administration, the board, parents, and the community.

ResponsiveEd Wellness Policy will be reviewed and updated bi-annually by the Child Nutrition Director and the Director of Health and Safety with input from the Board.

Nutrition Guidelines

ResponsiveEd shall confirm that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with the Smart Snacks Rule.

In addition to legal requirements, ResponsiveEd shall:

- Provide teachers with education and guidelines on the use of food as a reward in the classroom.
- Recommend guidelines for school-sponsored fund-raising activities that involve serving or selling food; no food or beverage fundraising will be allowed on elementary campuses during the school day, a middle school campus may not serve competitive foods to students anywhere on the school campus from 30 minutes before to 30 minutes after meal periods. A high school campus may not serve competitive foods during meal periods in areas where reimbursable meals are served and/or consumed.
- Request that healthy food and beverage options be included at concessions at school related events outside of the school day.
- Require that any student(s) in possession of foods or beverages **outside of designated snack or meal time** be asked to surrender such items to school staff members, who in turn will follow campus procedures as to disposal or return of them. ResponsiveEd will provide one additional nutritious snack on STARR testing days. Should the parent supply their own child(ren) with a snack **during the designated snack or meal time** there are no restrictions to what they provide.

Nutrition Education

ResponsiveEd shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition.

In addition, ResponsiveEd establishes the following goals for nutrition education:

- Students will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.
- Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
- Nutrition education will be offered in the school dining room and in the classroom, with coordination between school food service staff and teachers. Teachers can display posters, videos, websites, etc. on nutrition topics.
- ResponsiveEd will conduct nutrition education activities and promotions that involve students, parents, and the community.

Physical Activity

ResponsiveEd shall implement, in accordance with 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, ResponsiveEd establishes the following goals for physical activity:

- ResponsiveEd will provide an environment that fosters safe and enjoyable activities for all students, including those not participating in competitive sports.
- Physical education classes will regularly emphasize moderate to vigorous activity. ResponsiveEd will encourage teachers to integrate physical activity into the academic curriculum where appropriate.
- Teachers and other school staff will receive training to promote enjoyable, life-long physical activity for themselves and students.
- ResponsiveEd will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

School-Based Activities

ResponsiveEd 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:

- Sufficient time will be allowed for students to eat meals in an environment that is clean, safe, and comfortable.
- Wellness for students and their families will be promoted at suitable school activities.
- Employee wellness education and involvement will be promoted at suitable school activities.
- Drinking water will be available for students to get water at meals and throughout the day.
- School personnel will assist all students in developing the healthy practice of washing hands before eating.
- School personnel will schedule enough time so students do not have to spend too much time waiting in line.
- Schools should not schedule tutoring, pep rallies, assemblies, club/organization meetings, and other activities during meal times.
- Adequate time to eat in a pleasant dining environment should be provided
- Schools will encourage socializing among students, and between students and adults. Adults will properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and voice level. Parents are highly encouraged to dine with students at their campus.



Food Safety and Security

The schools within ResponsiveEd are encouraged to consider wellness issues and identified student allergies on their campus when planning incentive and promotional activities. ResponsiveEd shall provide nutrition standards for foods made available on school campus or through school sponsored activities that promote the safety of ResponsiveEd personnel and students.

To help ensure 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.
- Individually packaged or commercially prepared items, are required to minimize opportunities for food borne illnesses.
- Home-Made Foods are PROHIBITED - Given concerns regarding food allergies and food safety, home-made foods are not allowed in ResponsiveED schools for consumption by students during the school day.
- Ice machines must be secured and handles only by authorized personnel to prevent cross contamination or risk of tampering.

Implementation

The Director of Child Nutrition and the Director of Health and Safety shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.

Exemption Days

Nine days will be exempt from the normal Child Nutrition Policy; all students must have a choice to eat a breakfast and/or hot lunch meal during the selected exemption days. Foods may not be made available during meal times in the areas where school meals are being served and/or consumed.

The designated days will include but are not limited to:

- The last day before Christmas Holidays
- Valentine's Day or the Friday before if it falls on a weekend
- The last day of school

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).

Celebration/Fundraiser days: Parents/sponsors are able to provide store bought individually packaged food items or commercially prepared food items for celebrations, approved instructional activities (i.e. folklore festivals), or after school fundraisers to reduce the risk of food contamination. Home-Made Foods are PROHIBITED.



Responsive Education Solutions Wellness Policy References:

- **Nutrition Standards for All Foods Sold in School**

http://www.squaremeals.org/Portals/8/files/SmartSnacks/allfoods_summarychart.pdf

- **Smart Snacks Calculator**

https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/

- **Approved Smart Snack List**

https://www.healthiergeneration.org/live_healthier/eat_healthier/alliance_product_navigator/

- **Time and Place**

http://squaremeals.org/Portals/8/files/ARM/ARM_Section20_CompFood_VO02_150209.pdf

- **USDA Fundraiser Fact Sheet**

http://www.squaremeals.org/Portals/8/files/SmartSnacks/Fundraisers_FactSheet.pdf

- **Non-Food Ways to Raise Funds and Reward a Job Well Done**

<http://www.squaremeals.org/Portals/8/files/publications/Non%20Food%20Ways%20to%20Reward.pdf>

- **Food Safety and Security Guidelines**

http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/keep-food-safe-food-safety-basics/ct_index



Premier High SchoolSM



P.O. Box 292730, Lewisville, TX 75029 . Phone: 972.316.3663 . Fax: 972.315.9506

ResponsiveEd.com PremierHighSchools.com Vista-Academies.com iSchoolHigh.com QuestMiddleSchools.com FoundersClassical.com