

# **Promise Community School**

## **BakerRipley (BR) Early Head Start/Head Start**

### **Local Wellness Policy**

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

#### **Mission Statement:**

The mission of Promise Community School and BR Early Head Start/Head Start's Wellness Policy committee is to provide a healthy learning environment for all students, parents, teachers and community members. This mission will be accomplished by the development and implementation of our district wellness policy which will establish goals and guidelines to ensure that nutrition education, physical activity, and any other school related activities promote student wellness and reduce childhood obesity.

#### **Nutrition Guidelines:**

Promise Community School provides assurance that guidelines for reimbursable meals shall not be less restrictive than the regulations and guidance of the Healthy Hunger Free Kids Act and the National School Lunch Act.

BR Early Head Start/Head Start provides assurance that the guidelines for reimbursable meals shall not be less restrictive than the regulations and guidance of the Child and Adult Care Food Program (CACFP).

All foods and beverages served through the National School Lunch Program (NSLP), School Breakfast Program (SBP), and the CACFP and made available throughout the school day will:

- Meet, at a minimum, nutrition requirements established by local, state and federal statutes and regulations including the US Dietary Guidelines for Americans, USDA Healthy Hunger Free Kids Act and Nutrition Standards for All Foods Sold in School as required by the Healthy, Hunger-Free Act, also referred to as Smart Snacks in Schools.
- Meet the nutritional needs and feeding requirements of each child, including those with special dietary needs and children with disabilities.
- Be appealing and attractive to children
- Be served in clean and pleasant settings
- Offer a variety of fruits and vegetables daily
- Serve only low-fat (1%) and fat-free and nutritionally-equivalent non-dairy alternatives (to be defined by USDA) to children ages 2 and older, and whole milk to children older than 1 year and younger than 2 years of age.

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Revised: Dec 2017

- Offer a variety of foods which consider cultural and ethnic preferences and which broaden the child's food experience.
- Not use food as rewards for academic performance or good behavior, and will not be withheld as a punishment.

Additionally, in order to create a healthy school wide environment Promise Community School will;

- Not allow students or parents to bring soda of any kind into the cafeteria or classroom during mealtime.
- Not allow students or parents to bring candy of any kind into the cafeteria or classroom during mealtime.
- Only allow students to have a single serving or snack sized items for foods of minimal nutritional value (i.e. chips & cookies)
- Have all food sales and fundraisers comply with the Nutrition Standards for All Foods Sold in School as required by the Healthy, Hunger-Free Kids Act of 2010
- Not allow access to vending machines on school property.
- Not allow tobacco use at school events or on school property.

\*Refer to the NSLP/SBP Administrative Review Manual, CACFP Handbook, Healthy Hunger Free Kids Act and Early Head Start/Head Start Performance Standards for additional nutrition guidelines.

### **Nutrition Education & Physical Activity:**

Promise Community Schools and BR Early Head Start/Head Start recognizes the promotion of nutrition education and physical activity as a priority and supports the adoption of a comprehensive nutrition and physical activity curriculum which encompasses the following:

- A sequential, comprehensive, standards based program designed to provide students with the knowledge and skills necessary to promote and protect their health:
- Integration of nutrition education and physical activity into other areas of the curriculum including math, science, language arts and social sciences.
- Integration of daily opportunities for moderate to vigorous physical activity.
- Awareness of healthy eating practices including fruits, vegetables, whole grain products, low-fat and fat-free dairy.
- Incorporates healthy food preparation methods and food safety awareness.
- Provides enjoyable, developmentally-appropriate and culturally-relevant activities such as taste testing, school gardens and food experiences.
- Provides reinforcement of health promoting activities for school and community and families.

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### **Nutrition Goals:**

Promise Community School and BR Early Head Start/Head Start establishes the following goals for nutrition education and promotion:

1. Students will receive nutrition education that fosters the development of healthy eating behaviors.
2. Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned
3. The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom and other appropriate settings.
4. Educational nutrition information will be shared with families and the community to promote the adoption of lifelong healthy habits.
5. Collaboratively partner with local community members and organizations to provide nutrition education to students, parents and staff.

### **Physical Activity/Education Goals:**

Promise Community Schools and BR Early Head Start/Head Start establishes the following goals for physical activity/education and promotion:

1. Students will develop an understanding of the short and long term benefits of a physically active and healthy lifestyle.
2. Teachers will encourage students to integrate physical activity into the academic where appropriate.
3. Staff responsible for physical education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
4. Collaboratively partner with local community members and organizations to provide physical education to students, parents and staff.
5. The District will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

\*\*The Texas Education Code (TEC) [§38.101](#) states that a school districts must annually assess the physical fitness of students enrolled in grade three or higher in a course that satisfies the curriculum requirements for physical education under [TEC §28.002 \(a\)\(2\)\(C\)](#). In order to ensure compliance with TEC [§38.101](#) requirements, Promise Community School will perform Fitness Gram testing on all students' grades three and high on an annual basis. Parents may request these fitness assessment results at the end of the school year.

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### **Other School Related Activities:**

Promise Community School and BR Early Head Start/Head Start schools will establish the following goals to create an environment conducive to healthful eating and physical activity and to express and promote a consistent wellness message through other school-based activities:

1. Promise Community Schools and BR Early Head Start/Head Start schools will be encouraged to participate in BR agency health fairs or coordinate and hold health fairs to help promote and educate the school and community in health and wellness.
2. Schools will educate students on the importance of grooming and proper hygiene.
3. Promise Community Schools and BR Early Head Start/Head Start will encourage staff participation in activities established by the agency staff wellness committee that support personal efforts to maintain a healthy lifestyle.
4. Promise Community School\*\*\* and BR Early Head Start/Head Start will provide opportunities for parent and community participation in the development and revisions of the local wellness policy at the joint Health Services Advisory Committee/School Health Advisory Council (HSAC/SHAC) meetings.
5. Promise Community School and BR Early Head Start/Head Start will provide mental wellness tips and resources to parents and staff to promote mental health awareness.
6. Promise Community School and BR Early Head Start/Head Start will provide screenings, assessments, interventions and referrals as appropriate to address the mental and physical needs of students.

\*\*\*The Promise Community School SHAC Committee holds four meetings each year. All community members are invited to attend.

### **Measurement of Implementation:**

The Local Wellness Policy Committee will ensure compliance with established district-wide local wellness policy through the use of checklists, to be completed three times per year. The Business Process Design and Innovation department will collaborate with the Local Wellness Policy Committee to ensure that implementation and evaluations are taking place as appropriate. Promise Community School Principals will have the operational responsibility for ensuring that their school site meets the goals and guidelines established in the local wellness policy. Center Managers will have the operational responsibility for ensuring that each Early Head Start and Head Start locations meet the goals and guidelines established in the local wellness policy.

The Sr. Family Wellness Coordinator will develop a summary report annually on district-wide compliance with the district's established local wellness policy based on input from Local Wellness Policy Committee checklist, schools and Early Head Start/Head Start locations within the district. That report will be distributed to all school health councils, parents and parent organizations, and school health services.

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