

## **NEWMAN INTERNATIONAL ACADEMY OF ARLINGTON 2015-2016**

### **WELLNESS POLICY**

The District shall follow state and federal nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities.

### **GUIDELINES AND GOALS**

The District shall maintain nutritional guidelines and wellness goals in consultation with the local school health advisory committee (SHAC) and with representatives of the district child nutrition department, school administration, the school board, parents and the public. Part of the mission of the district is to improve the health of the entire community by teaching students and families ways to establish and maintain life-long healthy eating and physical activity habits. The mission shall be accomplished through nutrition education, physical education and activity, and food served in our schools.

### **NUTRITION GUIDELINES**

The District shall ensure 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 Healthy Hunger Free Kids Act of 2010.

The District shall provide each campus with education and guidelines on the use of food as a reward.

The District shall comply with the attached competitive foods and FMNV guidelines for school-sponsored fundraising activities that involve serving or selling food (see definitions).

### **NUTRITION POLICIES**

#### **Competitive Foods Policy**

Campuses may not serve competitive foods, or provide access to them through direct or indirect sales, to students anywhere on school premises throughout the school day until 2:00 pm.

#### **Birthday Party Policy**

TDA recognizes that celebrating birthdays with a classroom party is a time-honored tradition that provides the opportunity for parental involvement in the education of their children, which is beneficial for students, parents, and teachers. Foods otherwise restricted by the policy are permitted in classroom student birthday parties. Foods should be commercially packaged or prepared in a licensed facility. Food items offered are encouraged to be healthy, low-fat items. Such parties will be scheduled on the last Friday of the month during the last period of the school day, after 2:00 pm. ***Federal regulations prohibit FMNV to be served during meal periods.*** Parents/students may NOT bring cake or other foods to the cafeteria during meal service periods for students other than their own child(ren).

#### **Snack Policy**

Classes may allow one nutritious snack per day under the teacher's supervision. The snack may be in the morning or afternoon, but may not be 30 minutes prior to, during, or 30 minutes after the regular meal period for that class.

## FMNV Policy

Campuses may NOT serve or provide access for students to FMNV and all other forms of candy at any time anywhere on school premises until the end of the last scheduled (secondary) class of the **school day**.

Such food and beverages may not be sold or given away to students on school premises by school administrators or staff, students or student groups, parents or parent groups, guest speakers, or any other person, company, or organization.

### Exemptions

**Field Day:** Food items that meet **Smart Snack** requirements can be sold for Field Day on our campus beginning at 9:00 am through the end of the school day. Use this link <https://foodplanner.healthiergeneration.org/calculator/> to determine if items meet **Smart Snack** regulations or contact the Food Services Department for assistance. This event must be approved by the Superintendent. The food items **may not be given and or sold 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 and state regulations.**

**Field Trips:** School-approved field trips are exempt from these policies. A school official must approve the dates and purposes for the field trips in advance.

**Instructional Use of Food in the Classroom:** For instructional purposes, teachers may use foods as long as the food items are NOT considered FMNV. Students may consume **food prepared in class** for instructional purposes. 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 a part of a class or school cultural heritage event for instructional or enrichment purposes would be exempt from the policy. However, **FMNV may not be served** 30 minutes prior to, during, or 30 minutes after meal service periods and regular meal service (breakfast and lunch) **MUST** continue to be available to all students.

**School Events/Fundraisers:** Students may be given FMNV, or other restricted foods during the school day for up to six (6) different events each school year to be determined by campus. The exempted events must be approved by a school official. During these events FMNV may not be given 30 minutes prior to, during, or 30 minutes after meal times in areas where school meals are being served or consumed, and regular meal service must continue to be available to all students in accordance with federal regulations.

**School Nurse:** These policies do not apply to school nurses using FMNV's during the course of providing health care to individual students.

**STAAR Test Days:** Schools/parents may provide **one** (1) additional nutritious snack per day for students taking the STAAR Test. All snacks must be prepackaged, must comply with the nutrition requirements of the United States Department of Agriculture (USDA) and may NOT contain any FMNV or consist of candy, chips, or dessert type items (cookies, cakes, cupcakes, pudding, ice cream, frozen desserts, etc.).

**Students with Special Needs:** These policies do not apply to students with special needs whose Individualized Education Program (IEP) plan indicates the use of an FMNV or other food item for behavior modification (or other suitable need).

## DEFINITIONS

### Competitive Foods

Foods and beverages sold or made available to students that compete with the school's operation of the NSLP or SBP are considered "competitive foods". This definition includes, but is not limited to, food and beverages sold or provided in vending machines, school stores, or as part of a fundraiser. School fundraisers include food sold by school administrators or staff, students or student groups, parents or parent groups, or any other person, company, or organization.

### **FMNV (Foods of Minimal Nutritional Value)**

FMNV refers to the four (4) categories of food and beverages that are restricted by USDA under the Child Nutrition Program.

- Soda Water: Any carbonated beverage. No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals, and/or protein.
- Water Ices: Any frozen, sweetened water such as "...sicles" and flavored ice with the exception of products that contain 100% fruit or fruit juice.
- Chewing Gum: any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- Certain Candies: Any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types:
  - Hard Candy: A product made predominantly from sugar (sucrose) and corn syrup that may be flavored and colored, is characterized by a hard, brittle texture, and includes, but is not limited to, such items as sour balls, lollipops, fruit balls, candy sticks, starlight mints, after-dinner mints, jaw breakers, sugar wafers, rock candy, cinnamon candies, breath mints, and cough drops.
  - Jellies and Gums: A mixture of carbohydrates that are combined to form a stable gelatinous system of jelly-like character and are generally flavored and colored, and include, but are not limited to, gum drops, jelly beans, jellied and fruit-flavored slices.
  - Marshmallow Candies: An aerated confection composed of sugar, corn syrup, invert sugar, 20% water, and gelatin or egg white to which flavors and colors may be added.
  - Fondant: A product consisting of microscopic-sized sugar crystals that are separated by a thin film of sugar and/or invert sugar in solution such as candy corn or soft mints.
  - Licorice: A product made predominantly from sugar and corn syrup that is flavored with an extract made from the licorice root.
  - 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.
  - Candy Coated Popcorn: Popped corn that is coated with a mixture made predominantly from sugar and corn syrup.

### **School Day**

Texas Department of Agriculture defines a school day as the midnight before, to 30 minutes after the end of the official last period for the entire school campus.

### **Smart Snacks**

Under the HHFK Act, it calls for the implementation of new guidelines over a period of time. This year **Smart Snack** implementation is required. The Smart Snack regulations are summarized below:

All foods shall meet the nutrition standards set forth by the Healthy, Hunger Free Kids Act of 2010. It must also include one of the following; a fruit, a vegetable, a dairy product, a protein food or a whole-grain rich product

**OR**

Contain 10% of the Daily Value of a naturally occurring nutrient of public health concern (i.e. calcium, potassium, vitamin D or dietary fiber) **OR**

Be a combination food that contains ¼ cup of fruit or vegetable.

#### **Specific Nutrient Standards for Food**

☑ **Snack items:** < 200 calories per portion as sold (including any added accompaniments such as butter, cream cheese, salad dressing, etc.)

☑ **Entrée items:** < 350 calories per portion as sold

☑ **Sodium:** Snack item < 200 mg  
Entrée item < 480 mg

☑ **Total Fat:** < 35% of total calories from fat per portion as packaged

☑ **Saturated Fat:** < 10% of total calories per portion as packaged

☑ **Trans Fat:** Zero grams of trans fat per portion as packaged

☑ **Total Sugars:** < 35% of calories from total sugars in foods

☑ **Caffeine:**

Elementary and Middle- Foods and beverages must be caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances.

High School- No caffeine restrictions.

#### **Specific Nutrition Standards for Beverages**

##### **All grade levels in Texas:**

Soft Drink Prohibition. Soft drinks may not be sold during the school day to any age/grade group in Texas public, charter and private schools that participate in the National School Lunch Program or School Breakfast Program. For purposes of this section, soft drinks are defined as non-juice, carbonated beverages that contain natural or artificial sweeteners

##### **Elementary:**

☑ Plain water (no size limit)

☑ Low fat milk, plain (< 8 oz.)

☑ Nonfat milk, plain or flavored (< 8 oz.)

☑ 100% fruit/vegetable juice (< 8 oz.)

##### **Middle School:**

☑ Plain water (no size limit)

☑ Low fat milk, plain (< 12 oz.)

☑ Nonfat milk, plain or flavored (< 12 oz.)

☑ 100% fruit/vegetable juice (< 12 oz.)

##### **High School:**

☑ *Allowed Any Time:*

☑ Plain water (no size limit)

☑ Low fat milk, plain (< 12 oz.)

☑ Nonfat milk, plain or flavored (< 12 oz.)

☑ 100% fruit/vegetable juice (< 12 oz.)

☑ Other calorie free caffeinated or non-caffeinated beverages that comply with the FDA standard of less than 5 calories/serving. (< 20 oz.)

☑ Other caffeinated or non-caffeinated “lower calorie” beverages that include two alternatives up to 12 ounce portion sizes of: < 40 calories/ 8 oz. serving or (< 60 calories/ 12 oz. serving) **or** < 50 calories/ 8 oz. serving or (< 75 calories/ 12 oz. serving)

#### **PHYSICAL ACTIVITY GOALS**

- Schools will provide opportunities for every student to develop the knowledge and skills for specific physical activities.
- Newman will provide opportunities for students to regularly participate in physical activity.

- Newman will help students understand the short-and-long term benefits of a physically active lifestyle.
- Newman will adopt and implement state standards for physical activity.

### **PHYSICAL ACTIVITY GUIDELINES**

- Newman encourages parents and guardians to support their children's participation in physical activity, to be physically active role models, and include physical activity in family events.
- Newman will provide training to enable teachers, and other school staff to promote enjoyable lifelong physical activity among students.
- Time allotted for physical activity will be consistent with research, and state standards. 30 minutes of structured daily physical activity or 135 minutes a week in grade K-6.
- Physical activity participation will take into consideration the "balancing equation" of food intake and physical activity.
- Teachers will be provided with incentives to join in before and/or after school physical activities.
- Newman will implement physical activity activities from the Healthy and Wise Curriculum.
- Children and community members will have access to recreation facilities before and after school hours and during vacation periods.

### **OTHER SCHOOL BASED ACTIVITY GOALS**

- Newman will provide a healthy learning environment for all students.
- All school and community members will be encouraged to participate in all health related activities.
- Newman will encourage parents, teachers, school administrators, students, food service professionals and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

### **OTHER SCHOOL BASED ACTIVITY GUIDELINES**

- Support for the health of all students is demonstrated by health screenings, substance abuse awareness and abstinence programs, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
- School organized local wellness committees, will be comprised of families, teachers, administrators and students.
- Newman will provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- Newman encourages all students to participate in school meals programs and protect the identity of students who eat free and reduced price meals.
- Newman will make efforts to keep school or district owned physical activity facilities open for use by students outside school hours.
- Newman encourages and provides opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas.
- The local wellness committee will plan, implement and improve nutrition and physical activity in the school environment