

# **NYOS Charter School**

## **WELLNESS POLICY**

### **WELLNESS**

NYOS Charter School shall comply with all state and federal laws and rules 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.

### **GOALS**

At NYOS Charter School we strive to promote a healthy community by teaching students and families ways to establish and maintain life-long healthy eating and physical activity habits. This shall be accomplished through nutrition education, physical education and activity, and food served in schools.

### **NUTRITION GUIDELINES**

NYOS Charter School shall develop nutritional guidelines and wellness goals in consultation with the local School Health Advisory Council (SHAC) and with involvement from representatives of the student body, school food service, school administration, the Board, parents, and the public.

NYOS Charter School shall ensure that nutritional 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 applicable standards. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. Additionally, all schools will provide breakfast through the USDA School Breakfast Program.

In addition to legal requirements, NYOS Charter School shall:

1. Establish guidelines for food and/or beverages served during classroom parties, birthdays, or school celebrations or events. Campuses shall follow these guidelines when offering food and/or beverages during events, parties, and celebrations.
2. Provide guidance to campuses requiring that birthday and/or school celebrations shall not occur in the cafeteria during meal serving time. Such events may take place at the end of the school day after the last scheduled class or after school.
3. Provide guidelines for schools that foods and/or beverages may not be used as rewards for academic performance.
4. Provide teachers with education and guidelines on the use of food for instructional purposes.

5. Require that all foods of minimal nutritional value (FMNV), including chocolate and all forms of candy, not be sold, distributed, provided or made available to students in pre-kindergarten – grade 12 at any time during the school day.
6. Require that all campuses, pre-kindergarten – grade 12, not be involved in the sale of food or beverages for any fundraising activity during the school day. Fund-raising activities that involve the sale of food and/or beverages shall take place outside the school day.
7. Promote that food and/or beverages of nutritional value offered to students and employees of NYOS Charter School during the day as a snack or meal (i.e., “competitive” foods and beverages), whether provided by parents or staff, shall be consistent with the goals of the policy and will meet the USDA Smart Snacks in School nutrition standards, at a minimum.
8. Only healthy snacks will be served to students in after school programs or after school ends.
9. Beverages containing caffeine will not be sold to students. Drinking water fountains will be made available to students and staff throughout the school building. Water fountains or water filling stations are available in close proximity to all cafeterias.

## **WELLNESS GOALS**

### **NUTRITION EDUCATION**

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

In addition, NYOS Charter School establishes the following goals for nutrition education:

1. Students in pre-kindergarten – grade 8 shall receive sequential and comprehensive nutrition education integrated in the curriculum that fosters the adoption and maintenance of healthy eating behaviors through their participation in their campus coordinated school health program. Students in grades 9 – 12 shall receive sequential and comprehensive nutrition education integrated in the curriculum that fosters the adoption and maintenance of healthy eating behaviors through health education and physical education courses and reading Nutrition Facts labels.
2. Nutrition education shall be a Districtwide priority and shall be integrated into other areas of the curriculum, as appropriate. School gardens and nutrition instruction are encouraged as part of the academic curriculum.
3. Educational nutrition information shall be shared with families and the general public to positively influence the health of students and community members through the use of print and online media, newsletters, and school lunch menus.

4. All high school students are required to complete .5 credit of Health Education for graduation. This is not a requirement for all Texas public schools.

## **PHYSICAL ACTIVITY**

NYOS Charter School 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, NYOS Charter School establishes the following goals for physical activity:

1. NYOS Charter School shall provide an environment that fosters safe and enjoyable lifelong fitness activities for all students, including those who are not athletically gifted.
2. NYOS Charter School shall encourage teachers to integrate physical activity into the academic curriculum when appropriate.
3. Physical education classes shall regularly emphasize moderate to vigorous activity. The physical education curriculum for grades K-12 will be aligned with established state physical education standards.
4. NYOS Charter School shall enhance the quality of physical education curricula and provide training of physical education teachers through staff development. Physical education will enable students to acquire the knowledge and skills necessary to maintain physical fitness, participate in physical activities and make healthy lifestyle choices.
5. Elementary schools should provide 150 minutes per week of physical education instruction. Middle schools should provide 225 minutes per week of physical education instruction. High schools should provide 225 minutes per week of physical education instruction. Physical education should be taught by a licensed teacher.
6. Unless otherwise exempted, all students will be required to engage in the District's physical education program.
7. The school district will count participation in a sport or physical activity toward PE credit.
8. Schools shall provide at least 20 minutes of active daily recess to all elementary school students.
9. NYOS Charter School shall encourage parents to support their children's participation, to be active role models, to include physical activity in family events, and to participate in before-school and after-school physical activity programs. NYOS Charter School should promote walking and biking to school.
10. NYOS Charter School shall encourage students, parents, staff, and community members to use the school's physical activity facilities outside of the school day as available.

## **SCHOOL-BASED ACTIVITIES**

NYOS Charter School establishes the following goal to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based

activities: each campus shall include in the Campus Improvement Plan (CIP) strategies and performance objectives related to coordinated school health implementation, student participation in moderate to vigorous physical activity, and completion of the FITNESSGRAM testing on all students in grades 3 – 12.

NYOS Charter School encourages all students in 6<sup>th</sup>-12<sup>th</sup> grades to participate in school athletics. Not all Texas public schools encourage students to participate in school sports teams starting in 6<sup>th</sup> grade. All NYOS students who wish to participate will be allowed to try out and coaches will follow a no-cut protocol.

## **STAFF WELLNESS**

School staff serve as role models for students and are the key to successful implementation of student wellness programs. Therefore, NYOS Charter School shall offer opportunities for staff to participate in staff wellness programs. These may include workshops and presentations on health promotion, education, and resources that shall enhance morale, encourage healthy lifestyles, prevent injury, reduce chronic disease, and foster exceptional role modeling. NYOS shall offer a reduced-price membership to a nearby gym for all staff members and their families. Administrators should encourage staff to model healthy eating habits.

## **IMPLEMENTATION**

Applications for free/reduced priced meals are sent home to all families at the beginning of the school year. The application is also available on the district website. The district will take steps to ensure that students qualifying for free or reduced priced meals are not overtly identified in any way.

Schools will serve students a reimbursable meal, regardless of whether the student has money to pay or owes money. Additionally, schools will reach out to the family of a child with an unpaid balance to assess whether the child is eligible for free or reduced price meals.

The district strongly discourages the use of food/beverages as a reward or punishment. Teachers may use non-food alternatives as rewards. For example, extra recess may be provided when time allows. Teachers are discouraged from assigning physical activity as student punishment. The administration believes that recess and other opportunities for physical activity are an essential part of the school day. Teachers are encouraged to find alternatives to withholding recess or other physical activities as a punishment.

Schools are encouraged to permit all full-day students a daily lunch period of not less than 20 minutes.

All food service personnel will have adequate training in food service operations. Schools are encouraged to source fresh fruits and vegetables from local farmers where practicable. The healthiest choices, such as salads and fruit, will be prominently displayed in the cafeterias to encourage students to make healthy choices. School-based marketing shall be consistent with Smart Snacks nutrition standards. Display and advertising of unhealthful foods is strongly discouraged on school grounds. An effort will be made to remove advertising from the cafeteria. Existing vending machines and coolers with logos will be replaced when possible. Schools will attempt to limit advertising of unhealthy products in school publications. It is

recommended that schools avoid participation in fundraising or corporate incentive programs that promote a message inconsistent with our goals for a healthy school community.

The Executive Director (“ED”), or the ED’s designee, shall oversee the implementation of this policy and shall measure and monitor the implementation of the wellness policy annually through the Well-SAT checklist. The School Board shall review the policy every three years. The district will ensure school and community awareness of this policy by making it available by request. Every three years, the wellness committee will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly. A triennial progress report with information about each school’s wellness related activities will be shared with the entire school community.