

KATHERINE ANNE PORTER SCHOOL WELLNESS PLAN

Approved by School Board 10-19-2015

I. WELLNESS:

The link between nutrition, physical activity, and learning are well documented. Healthy eating patterns and physical activity are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and staff members establish and maintain lifelong healthy living patterns. Well-planned and well-implemented school nutrition programs, as well as access to opportunities for physical activity have been shown to positively influence students as they grow, learn and thrive. All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, the staff is encouraged to model healthy eating and physical activity as a valuable part of daily life. The Katherine Anne Porter School (KAPS) is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn in supporting healthy eating and physical activity. KAPS shall follow 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.

II. DEVELOPMENT OF GUIDELINES AND GOALS:

1. KAPS shall address and develop nutritional guidelines, wellness goals and physical activity issues.
 - a. This policy shall be reviewed annually or more often if necessary
 - b. Principals will address concerns such as kinds of foods available on campus, sufficient mealtime, nutrition education, and physical activity.

III. NUTRITION GUIDELINES:

KAPS 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 are in accordance with the Texas Public School Nutrition Policy. In addition to legal requirements, KAPS shall:

1. Provide teachers and support staff with education and guidelines on the use of food as a reward in the classroom:
 - a. Staff shall receive and review the list of foods that do not meet child nutrition guidelines at the beginning of each school year.

b. Suggestions of "Non-Food Ways to Reward a Job Well Done" will be made prior to the start of each school year.

d. Staff should be encouraged not to use food as a reward for student accomplishment. Food should never be used as a reward for student behavior, except as designated by a student IEP. The withholding of food as punishment for students is prohibited.

2. Both the café and fundraisers will follow the nutrition guidelines for Smart Snack.

a. All fundraisers held during school hours, 12:00 am till 4:15, will consult with child nutrition staff to verify that their items meet Smart Snack guidelines.

b. All staff members involved in fundraisers will be given a list of acceptable Smart Snacks and be shown how to use the Smart Snack calculator.

IV. WELLNESS GOALS: NUTRITION EDUCATION

KAPS 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, KAPS establishes the following goals for nutrition education:

1. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

a. KAPS will follow health education curriculum standards and guidelines as stated by the Texas Education Agency.

b. Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned

2. The food service staff, teachers and support staff will coordinate the promotion of nutrition messages in the café, the classroom, and other appropriate settings.

a. Nutrition education will be offered in the school café and in classrooms, with coordination between food service staff and teachers. Teachers can display posters, videos, websites, etc. on nutrition topics.

b. The menu shall contain info on items that meet the child nutrition standards.

c. The menu will be posted on the website, in the café and around the school.

d. Students will be involved in developing a menu.

e. The SHAC shall work in conjunction with the food service department to foster healthy education activities though out the school year.

3. KAPS will have an organic school garden and the students will be made aware of what food items they consume that come from the garden.

V. WELLNESS GOALS: PHYSICAL ACTIVITY

KAPS shall implement, in accordance with law, a coordinated health program with physical education and activity components and shall offer at the required amount of physical activity for all grades.

In addition, KAPS establishes the following goals for physical activity:

1. KAPS will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participation in competitive sports.
 - a. Provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
2. Physical education classes will regularly emphasize moderated to vigorous activity.
3. Grades 9-12 shall have fitness testing, to be administered by physical education teachers, according to standards set by Senate Bill 530.
4. KAPS will encourage teachers to integrated physical activity into the academic curriculum where appropriate.
5. KAPS will encourage parents to support their children's participation, to be active role models and to include physical activity in family events.
 - a. KAPS will sponsor an annual 5K run, a volleyball team, a flag football team, and an archery team.

VI. WELLNESS GOALS: SCHOOL-BASED ACTIVITIES

KAPS 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. Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.
 - a. Students will be provided an adequate amount of time to eat breakfast and lunch in the café
 - b. Staff will assist all students in developing the healthy practice of washing hands before eating.
 - c. Hand sanitizer will be made available at the being of the food service line.
 - d. KAPS will encourage socializing among students, and between students and adults. Adults will properly supervise café and other eating areas and serve as role models to students by demonstrating proper conduct and voice level, and by eating with the students.
2. Employee wellness education and involvement will be promoted at suitable school activities.
 - a. KAPS highly values the health and well-being of every staff member and will plan and implement activities that support personal efforts to maintain a healthy lifestyle.
 - b. Each employee may complete a voluntary health questionnaire and that information will be maintained in the health office in case of emergency.

- c. Employees will be trained yearly for CPR and AED use. Automatic External Defibrillators shall be maintained appropriately.

VII. IMPLEMENTATION

The Wellness policy will be overseen by the SHAC committee and School Board Members and this policy will be periodically reviewed and update.