

## **New Frontiers Public Schools Wellness Policy**

New Frontiers Public Schools has considered the following in the development of this policy:

- Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;
- Good health fosters student attendance and education;
- Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;
- Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;
- 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;
- 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;
- Nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;
- Community participation is essential to the development and implementation of successful school wellness policies;

As such New Frontiers Public School is committed to providing an environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the New Frontiers Public School that:

- We will engage students, parents, teachers and food service professionals, in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.  
Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- We will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program (including after-school snacks).
- We will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

### **A NUTRITION EDUCATION POLICIES**

1. Students in Kindergarten through 8<sup>th</sup> grade will receive nutrition education that will help children identify and embrace the importance of healthy eating and exercise practices.
2. New Frontiers Public School will adhere to the health education standards and guidance as set forth by the Texas Education agency.

3. Nutrition education materials will be offered in the school cafeteria, classrooms, clinic, and on designated bulletin boards. These materials will include posters, links on the school website, videos (if available), and other materials on nutrition topics.
4. The clinic will provide nutrition education consultations with students and parents as needed.
5. Teachers are encouraged to integrate nutrition education into the core curriculum areas such as Math, Language Arts, Science, and Social Studies.
6. New Frontiers will participate in USDA nutrition programs and conduct nutrition education programs that involve, parents, students, and community.
7. "Principals Coffee's" are conducted monthly in the school cafeteria for the parents and community to discuss such concerns as menu items available to children, mealtimes, nutrition education, and physical activity.

## **B PHYSICAL ACTIVITY POLICIES**

1. New Frontiers will promote physical activity for children through classroom curricula for health and physical education.
2. The school provide physical and social environment that promotes safe and enjoyable access to all children.
3. All students are required to participate in at least 30 minutes of physical activity each day.
4. Structured activity during daily recess may be in addition to or contribute to daily physical activity required as part of the physical education curriculum.
5. New Frontiers has sufficient equipment available for all students to participate in physical education and offers safe schools school grounds for such activities.
6. "Principals Coffee's" are conducted monthly in the school cafeteria for the parents and community to discuss such concerns as menu items available to children, mealtimes, nutrition education, and physical activity.
7. Extra-curricular physical activities are available to students in grades 5-8 to promote physical activity off campus.
8. Physical education courses will be such that students learn, practice, and are accessed on developmentally appropriate motor skills, social skills, and knowledge.

## **C NUTRITION FOR ALL FOODS/BEVERAGES**

Nutritional content and portioning requirements for meals served at New Frontiers Public School will be in accordance in accordance with Texas Public School Nutrition Policy.

New Frontiers adheres to law regarding portion size restrictions for french fries, other fried potato products, and other food and beverages (e.g., chips, cookies, bakery items, desserts, yogurt, milk, and other beverages).

- a. [TEXAS PUBLIC SCHOOL NUTRITION POLICY] III.B.1.b. French fries and other fried potato products must not exceed 3 ounces per serving, may not be offered more than once per week, and students may only purchase one serving at a time. (This does not pertain to potato chips, which are mentioned specifically in "2. Portion Sizes," below.) We recommend that all such products be baked instead of fried. III.B.2.a. The following maximum portion size restrictions pertain to all foods and beverages served or made available to students on school campuses with the exception of school meals, which are governed by USDA regulations (table of food items and their respective portion size).

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;

- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;<sup>1</sup>
- serve only low-fat (1%) and fat-free milk<sup>2</sup> and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that half of the served grains are whole grain.<sup>3,3</sup>

### **Breakfast.**

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn New Frontiers Public School will:

- To the extent possible, operate the School Breakfast Program.
- Notify parents and students of the availability of the School Breakfast Program.
- Will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

### **Free and Reduced-priced Meals.**

New Frontiers Public School will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals<sup>4</sup>.

### **Qualifications of School Food Service Staff.**

Qualified nutrition professionals will administer the school meal programs. As part of the New Frontiers responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.<sup>5</sup>

### **Sharing of Foods and Beverages.**

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<sup>1</sup> To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.

<sup>2</sup> As recommended by the *Dietary Guidelines for Americans 2005*.

<sup>3</sup> A whole grain is one labeled as a "whole" grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include "whole" wheat flour, cracked wheat, brown rice, and oatmeal.

<sup>4</sup> It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals.

<sup>5</sup> School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

Students will be discouraged from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

### **Snacks.**

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

- If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

### **Rewards.**

New Frontiers Public School will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior,<sup>6</sup> and will not withhold food or beverages (including food served through school meals) as a punishment.

### **School-sponsored Events (such as, but not limited to, athletic events, dances, or performances).**

Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually (above).

### **Physical Activity and Punishment.**

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

## **D SCHOOL BASED ACTIVITY POLICY**

1. New Frontiers will not schedule tutoring, pep rallies, assemblies, club/organization meetings, and other activities during meal times. Activities during which food is consumed will be limited to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The district will disseminate a list of healthy party ideas to parents and teachers.
2. The minimum eating time for each child after being served will be 10 minutes for breakfast and 20 minutes for lunch.
3. Drinking fountains will be available for students to get water at meals and throughout the day.

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<sup>6</sup> Unless this practice is allowed by a student's individual education plan (IEP).

4. School personnel will assist all students in developing the healthy practice of washing hands before eating. Hand sanitizing station will be available upon entering the serving line.
5. New Frontiers will encourage socializing among students, and between students and adults. Adults will properly supervise the dining room and serve as role models to students by demonstrating proper conduct and voice level, and by eating with the students. Parents are highly encouraged to dine with students in the cafeteria.
6. Creative, innovative methods will be used to keep noise levels appropriate.
7. New Frontiers will promote healthy food choices and will not allow advertising that promotes less nutritious food choices.
8. New Frontiers will, as required in Chapter 28, Subchapter A-K, and Chapter 38.013 of the Texas Education Code, establish and maintain a district-level school health advisory council.
9. Competitive foods are restricted until the end of the last scheduled class for the day. This applies to grades Kindergarten through eighth.
10. Although vending machines do not have to be removed/relocated if they are stocked with appropriate healthy choices. New Frontiers restricts all food vending machines during the school day as local policy.
11. A parent or grandparent of the student may bring any food product to their child as well as to children at a school designated function.
12. The staff at New Frontiers shall not use food as a reward for student accomplishment. The withholding of food as punishment for students is prohibited. For example, restricting a child's selection of flavored milk at mealtime due to misbehavior in the classroom.
13. New Frontiers does not allow any student, grades Kindergarten through eighth grade, access to carbonated beverages during the school day and shall not have vending machines that distribute portion sizes greater than 12 ounces.

The policies surrounding physical activity and a description of the school health advisory council shall be published in the student handbook.

New Frontiers will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children and will work with a variety of media to spread the word to the community about a healthy school nutrition environment, such as local newsletter and school website. New Frontiers will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will make available nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. New Frontiers will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the school will provide opportunities for parents to share their healthy food practices with others in the school community.

New Frontiers will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

New Frontiers will consider student need in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments. Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at registration, PTO meetings, Open Houses, Health Fairs, teacher in-services, etc.

New Frontiers highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The School Health Advisory Committee established by the Board will develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

## **E Monitoring and Policy Review**

The New Frontiers Public School Board of Trustees shall appoint a School Health Advisory Committee (SHAC). One of its missions shall be to address nutrition and physical activity issues and will develop, implement, and evaluate guidelines that support a healthy school nutrition environment. This committee shall offer revisions to these guidelines annually or more often if necessary.

The CEO or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. The principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the CEO or designee.

School food service staff, at the school level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school principal. In addition, New Frontiers will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If New Frontiers has not received a SMI review from the state agency within the past five years, a request from the state agency that a SMI review be scheduled will be made as soon as possible.

The CEO or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from school food service staff. That report will be provided to the school board and also distributed to all school health staff, parent/teacher organizations, school principals.