



NUTRITION AND WELLNESS POLICY

Royal 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;
- 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 Royal Public Schools 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 Royal Public Schools that:

- We will engage students, parents, teachers, school health professionals and food service professionals, in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school for students and adults 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

Students in Kindergarten through 12th grade will receive nutrition education that will help children identify and embrace the importance of healthy eating and exercise through the CATCH program implemented in the Physical Education Classroom. Royal Public Schools will adhere to the health education standards and guidance as set forth by the Texas Education agency.

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. The clinic will provide nutrition education consultations with students and parents as needed.

Teachers are encouraged to integrate nutrition education into the core curriculum areas such as Math, Language Arts, Science, and Social Studies. RPS will participate in USDA nutrition programs and conduct nutrition education programs that involve, parents, students, and community. "Principals Coffee's" are conducted monthly in the school auditorium. Time will be set aside for parents and community to discuss nutrition concerns such as menu items available to children, mealtimes, nutrition education, and physical activity.

PHYSICAL ACTIVITY POLICIES

RPS will promote physical activity for children through classroom curricula for health and physical education.

The school provide physical and social environment that promotes safe and enjoyable access to all children.

Structured activity during daily recess may be in addition to or contribute to daily physical activity required as part of the physical education curriculum. RPS has sufficient equipment available for all students to participate in physical education and offers safe schools school grounds for such activities.

Extra-curricular physical activities are available to students in grades 6-8 to promote physical activity off campus.

Physical education courses will be such that students learn, practice, and are accessed on developmentally appropriate motor skills, social skills, and knowledge.

NUTRITION FOR ALL FOODS/BEVERAGES

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

Royal 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 vegetables¹
- serve only low-fat (1%) and fat-free milk² and
- nutritionally equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that half of the served grains are whole grain³.

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 Royal Public Schools 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.

Royal Public Schools 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 meals⁴.

Qualifications of School Food Service Staff.

Qualified nutrition professionals will administer the school meal programs. As part of the RPS 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.⁵

Sharing of Foods and Beverages.

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.

1. 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.

2. As recommended by the Dietary Guidelines for Americans 2005.

3. 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.

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

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

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

Royal Public Schools 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,⁶ and will not withhold food or beverages (including food served through school meals) as a punishment.

School-sponsored Events

Foods and beverages offered or sold to students or adults at school-sponsored events (such as, but not limited to, athletic events, fund-raising dances, or performances) inside the school day will meet the nutrition standards for meals or for foods and beverages sold individually (above). Posters and any advertising will be posted on campus with such information to the standards of the quality of the nutrition.

A maximum of two (2) events that do not meet the nutrition standards for meals or for foods and beverages will be held each school year. Those foods will not be permitted to be sold during the school day. Posters posted and letters sent to parents of any school-sponsored event will be posted with all policies of said event.

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.

B. SCHOOL BASED ACTIVITY POLICY

Royal Public will not schedule tutoring, pep rallies, assemblies, club/organization meetings, and other activities during mealtimes. 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.

- The minimum eating time for each child after being served will be 10 minutes for breakfast and 20 minutes for lunch.
- Drinking fountains will be available for students to get water at meals and throughout the day.
- 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.
- RPS 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.

- Creative, innovative methods will be used to keep noise levels appropriate.
- 7. RPS will promote healthy food choices and will not allow advertising that promotes less nutritious food choices.
- RPS 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.
- Competitive foods are restricted until the end of the last scheduled class for the day. This applies to grades Kindergarten through eighth.
- Although vending machines do not have to be removed/relocated if they are stocked with appropriate healthy choices, RPS restricts all food vending machines during the school day as local policy.
- 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.
- The staff at RPS 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.
- RPS 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.

RPS 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. RPS 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. RPS 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.

Royal Public Schools 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. RPS 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.

Royal Schools 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.

C. MONITORING AND POLICY REVIEW

The Royal Public Schools 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. Also the SHAC will maintain and update all compliance records, revisions and files associated with the LWP, be filed and posted online and available in the administration's office. All files will be kept until any updates or revisions are implemented.

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, RPS will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If RPS 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.

D. TRIENNIAL ASSESSMENT AND PUBLIC REVIEW

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, health staff and any shareholder involved with the LWP. That report will be provided and retained for 5 years, with recommendations, to the school board and also distributed to all school staff, parent/teacher organizations, and school principals.

This document will be presented to the Board for approval at the next board meeting on the 17th of August at our initial meeting.