



**BOYS & GIRLS CLUBS  
OF SOUTH CENTRAL TEXAS  
TEXAS PREPARATORY SCHOOL**

**WELLNESS POLICY**

Texas Preparatory Schools 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 Texas Preparatory Schools 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**

Texas Preparatory Schools 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.

Texas Preparatory Schools 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 the USDA Smart Snacks in Schools nutrition 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. A summary of the standards and information are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

In addition to legal requirements, Texas Preparatory Schools shall:

1. Establish guidelines for food and/or beverages served during classroom parties, birthdays, 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 6 at any time during the school day.
6. Require that all campuses, pre-kindergarten – grade 6, 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 Texas Preparatory Schools 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.

## **WELLNESS GOALS**

### **NUTRITION EDUCATION**

Texas Preparatory Schools 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, Texas Preparatory Schools establishes the following goals for nutrition education:

1. Students in pre-kindergarten – grade 6 shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors through their participation in their campus coordinated school health program.
2. Nutrition education shall be a District priority and shall be integrated into other areas of the curriculum, as appropriate.
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.

### **PHYSICAL ACTIVITY**

Texas Preparatory Schools 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, Texas Preparatory Schools establishes the following goals for physical activity:

1. Texas Preparatory Schools shall provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not athletically gifted.
2. Physical education classes shall regularly emphasize moderate to vigorous activity.

3. Texas Preparatory Schools 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.
4. Texas Preparatory Schools shall encourage teachers to integrate physical activity into the academic curriculum when appropriate.
5. Texas Preparatory Schools shall enhance the quality of physical education curricula and provide training of physical education teachers through staff development.
6. Texas Preparatory Schools 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**

Texas Preparatory Schools establishes the following goal to create an environment conducive to healthy 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 – 6.

### **STAFF WELLNESS**

The school staff serves as role models for students and is the key to successful implementation of student wellness programs. Therefore, Texas Preparatory Schools 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. Texas Preparatory School shall promote the participation in a nearby gym/recreation facility for all staff members and their families and at times will provide financial assistance as requested.

### **IMPLEMENTATION**

The Chief Executive Officer ("CEO"), or the CEO's designee, shall oversee the implementation of this policy and shall measure and monitor the implementation of the wellness policy annually. The School Health Advisory council (SHAC) shall review the policy annually.