



THE VARNETT PUBLIC SCHOOLS LOCAL WELLNESS POLICY

WELLNESS MISSION STATEMENT

THE VARNETT PUBLIC SCHOOL (VPS) Wellness Policy Committee is committed to providing a healthy learning environment for all students, parents, teachers and community members. This mission will be accomplished by the development and implementation of our district wellness policy which will establish goals and any other school related activities promote student wellness and reduce child obesity.

DEVELOPMENT OF GUIDELINES AND GOALS

VPS shall develop nutrition guidelines and wellness goals in consultation with the local school health advisory council (SHAC), the Child Nutrition Act, with involvement from representatives of the student body, school food service, school administration, parents, the public, and the National School Lunch Program (NSLP).

NUTRITION GUIDELINES

VPS shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance (National School Lunch Program and School Breakfast Programs) and that all food available on each campus are in accordance with the United States Department of Agriculture (USDA) Smart Snacks in School Standards. According to USDA, the "School Day" shall begin at midnight until 30 minutes after the last bell.

GENERAL FOOD GUIDELINES AND GOALS

Breakfast and lunches must meet federal and state nutrition guidelines for the National School Breakfast Programs (SBP) and National School Lunch Programs (NSLP) as mandated by USDA. In addition, VPS supports the following:

- Meet the nutritional needs and feeding requirements of each child, including those with special dietary needs and children with disabilities
- Whole, fresh fruits and vegetables will be served as much as possible
- 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 including the US Dietary Guidelines for Americans, USDA and the Texas Public Nutrition Policy
- Offer a variety of fruits and vegetables daily
- Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA) to children ages 2 and

older, and whole milk (2%) to children older than 1 year and younger than 2 years of age. non fried food. Baking, steaming, roasting and grilling will be incorporated

- Offer a variety of foods which consider cultural and ethnic preferences and which broaden the child's food experience.
- Not be used as rewards for academic performance or good behavior, and will not be withheld as a punishment
- VPS will encourage new recipes, ingredients, and/or new ways to combine foods
- The last week of the month a full lunch, breakfast, and snack menu will be distributed to all the schools on the campus

*****Refer to the Smart Snack Policy, NSLP/SBP, Administrative Review Manual, and Healthy Hunger free Kids Act for additional nutrition guidelines.***

SMART SNACKS GUIDELINES

Smart Snacks are science-based nutrition standards for food and beverages provided to students at school during the day. Smart Snacks guidelines pertain to a la carte, competitive foods, fundraisers, and classroom snacks provided to students in elementary, middle and high schools. Smart Snacks shall not apply to food sold during non-school hours, and off-campus fundraising events. Smart Snacks will:

- Be a grain product that contains 50 percent or more whole grain main food groups; fruit, vegetable, dairy product, protein food (meat, beans, poultry, seafood, eggs, nuts, seeds)
- Contain 10 percent of the daily value (DV) of a naturally occurring nutrient of public health concern (i.e. calcium, potassium, vitamin D, or dietary fiber)
- Be a combination food that contains at least one-fourth cup of fruit or vegetable; or list the second ingredient as one of the above (fruit or vegetable) if water is the first ingredient.

Foods shall also meet several nutrient requirements as follows:

- **Calorie limits;**
 - a. Snack Items ≤ 200 calories
 - b. Entrée Items ≤ 350 calories
- **Sodium limits;**
 - a. Snack items ≤ 230 mg
 - b. Entrée Items ≤ 480mg
- **Fat limits;**
 - a. Total fat ≤ 35% of calories
 - b. Saturated fat < 10% of calories
 - c. Trans fat Zero Grams
- **Sugar limit;**
 - a. ≤ 35% of weight from total sugars in foods

Nutrition Standards for Beverages that may be sold:

- Plain water or carbonated water
- Unflavored low fat milk
- Unflavored or flavored fat free milk
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (no added sugar)

****Elementary schools are allowed to sell up to 8 oz. portion of milk and juice. Middle schools and high schools are allowed to sell up to 12 oz. portion of milk and juice.**

Calorie free, flavored water and other flavored or carbonated beverages are allowed but must be labeled as:

- a. < 5 calories per 8 fluid oz. or \leq 5 calories per 20 fluid oz
- b. No more than 12 oz. portion of beverages with \leq 40 calories per 8 fluid oz. or \leq 60 calories per 12 fluid oz.

Portions cannot be more than 20 oz.

In addition to legal requirements, the District shall establish age appropriate guidelines for food and beverages at classroom parties or school celebrations and for competitive foods, as well as school sponsored fund-raising activities that involve serving or selling food as specified within the USDA Smart Snacks in School guidelines.

The following guidelines shall apply:

1. Competitive foods are food and beverages sold or made available to students that compete with the school's operation of the NSLP, SBP, and/or After-school Care Program (ASCP). This includes, but is not limited to, food and beverages as part of school fundraisers during the school day.
 - a. Elementary schools: competitive foods are not allowed to be provided to students anywhere on school grounds from 30 minutes before to 30 minutes after meal periods. Parent involvement activities are not allowed to be provided to students during meal periods in areas where reimbursable meals are served and consumed, unless provided through the Child Nutrition Department where a substitute product which meets guidelines will be provided.
2. Fundraisers are considered by the USDA to be events that include any activity during which tokens, currency, and/ or tickets are exchanged for the sale/purchase of a product in support of the school or school-related activity. These activities which involve the sale of food items for consumption during the school day must be in accordance USDA Smart Snacks guidelines in School standards. If items sold (via catalog sales) do not meet the Smart Snack guidelines, they must not

be distributed to the students until the end of the school day. Parents may pick these items up anytime during the school day. Students who ride the bus and/or are picked up by a daycare provider may take the catalog sale items home as long as they are not opened and consumed. However, items sold (via catalog sales, such as cookie dough, frozen pizza, and the like) that cannot be consumed may be distributed to the students after the last bell.

All school-sponsored (or other nonprofit organizations selling items on school property) fundraising food and beverage items shall be submitted to the school nutrition office using the District fundraising and vending request form. The request shall include nutritional values of the item(s) so they can be evaluated using the Smart Snacks calculator tool.

Snacks provided to students shall be in accordance with the USDA Smart Snacks in Schools Standards. A list of authorized snacks shall be available upon request. The only exception shall be for parents, who may provide any type of snack(s) they wish for their child ONLY.

The District shall establish the following exemptions:

1. **Smart Snacks “Exemptions”:** There is a maximum of **6 days per campus** during the school year where there are no restrictions on fundraising. These days must be documented and coordinated with the Child Nutrition Department, the fundraising organizations and schools.
2. **School nurses:** This policy shall not apply to the school nurses’ provision of healthcare to individual students.
3. **Accommodating Students with Special Needs:** This policy shall not apply to special needs students whose individualized education program (IEP) indicates the use of restricted food items for behavior modification (or other suitable need).
4. **Field Trips:** This policy shall not apply to school-approved field trips. A school official shall approve the dates and purposes of the field trips in advance.
5. **State-Mandated Assessment Test Days:** Parents, teachers, and administrators may provide one additional snack to the entire class. These snacks shall follow the Smart Snacks policy, the only exception shall be for parents, who may provide any type of snack(s) they wish for their child ONLY.
6. **Instructional Use of Food in Classroom:** Students may consume food prepared in the classroom for instructional

purposes. This should be done on an occasional basis, and these items may not be provided or sold to other students or other classes. Food and/or beverages provided for students as part of a class or cultural heritage event for instructional or enrichment purposes shall be exempt from the policy. However, these food and/or beverages may not be served during meal periods in areas where school reimbursable meals are served or consumed and regular meal service (breakfast and lunch) must continue to be available to all students.

7. **Food from Home:** This policy shall not restrict what parents may provide for their own child's lunch and/ or snack, but they may not provide restricted items to other children at school.
8. **Laurens's law:** a parent/legal guardian or grandparent may bring in any food product (cakes/cupcakes) for the classroom on his or her child's birthday.

Classroom parties are to be held after the completion of the scheduled lunch period. It is the campus director discretion to determine the frequency and the number of classroom parties held each day to avoid disruption to instruction.

WELLNESS GOALS

NUTRITION EDUCATION

The District shall implement, in accordance with law, a coordinated health program with a nutrition education component.

In addition, the District establishes the following goals for nutrition education:

1. Students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom and/or other appropriate settings.
3. Educational information will be shared with families and the general public to positively influence the health of students and community members. We will accomplish this by having parent meetings, health and wellness based community activities, and educational materials sent home to families.

**PHYSICAL
ACTIVITY**

The District 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 per TEA guidelines. In addition, the district establishes the following goals for physical activity:

1. The District will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.
2. The District will encourage teachers to integrate physical activity into the academic curriculum where appropriate.
3. Students will be encouraged to participate in school activity programs.
4. The district will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

**WELLNESS AND
HEALTH SERVICES
SCHOOL BASED
ACTIVITIES**

The District 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. The USDA recommends 15-20 minutes for breakfast and 18-25 minutes for lunch.
2. Withholding food as a punishment (e.g., restricting a child's selection of milk at meal time or not allowing a la carte items because of behavioral problems) shall be prohibited.
3. Soda, candy or chewing gum shall not be made available to students during the school day.
4. All students shall be encouraged to participate in the school meal program. The identity of students who eat free or reduced price meals shall be protected.
5. Wellness for students and their families will be promoted at suitable school activities.

6. The region shall enforce a tobacco-free campus during the school day and after school activities and sports.

IMPLEMENTATION

The Child Nutrition Department and School Leadership shall oversee the implementation of this policy. VPS will have the operational responsibility for ensuring that their school meets the procedures for measuring the implementation of the wellness policy.

The Texas Department of Agriculture (TDA) shall enforce and diligently monitor schools to ensure compliance with this policy.

VIOLATIONS

If TDA determines that a school has violated this policy, TDA shall disallow meal reimbursement for the day(s) on which the violation occurred and shall require the school or district to reimburse the school nutrition account for the disallowed reimbursement.



The Varnett Public School Local Wellness Policy

Whereas, the Varnett Public School board of Directors, resolves that Varnett Public School develop a local wellness policy according to the specifications set forth in Federal Public Law (PL 108.265 Section 204).

Now therefore, be it resolved that the Varnett Public School board of Directors approves the submission of the Local Wellness Policy to region IV Child Nutrition Services.

Signed by:

1. Matthew H. Hummer
2. Ward & Gray
3. Spauld S. L.
4. _____
5. _____
6. _____

Passed and Approved the 12th day of September 2016.

SUBJECT: CONSIDER APPROVAL OF THE DISTRICT'S WELLNESS POLICY

The Varnett Public School (VPS) Wellness Policy Committee has been established to collaborate on providing a healthy learning environment for all students, parents, teachers and community members. This mission is accomplished by the development and implementation of VPS wellness policy which will establish goals and any other school related activities to promote student wellness and reduce child obesity.

VPS shall develop nutrition guidelines and wellness goals in consultation with the local school health advisory council (SHAC), the Child Nutrition Act, with involvement from representatives of the student body, school food service, school administration, parents, the public, and the National School Lunch Program (NSLP).

VPS shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance (National School Lunch Program and School Breakfast Programs) and that all food available on each campus are in accordance with the United States Department of Agriculture (USDA) Smart Snacks in School Standards. According to USDA, the "School Day" shall begin at midnight until 30 minutes after the last bell.

VPS has, and reserves, the right to adopt new procedures and policies, or modify, change or cancel existing policies and procedures at any time.

The administration recommends the Board of Education approves the attached Wellness Policy.