

Pioneer Technology & Arts Academy Wellness Policy

Physical Activity and Nutrition

Overview:

Pioneer Technology & Arts Academy is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Pioneer Technology & Arts Academy School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served will meet the *U.S. Dietary Guidelines for Americans & Smart Snack Requirements*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the ethnic and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- Our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, Summer Food Service Program (partnered) as well as Fruit and Vegetable Snack Program (if available).
- Pioneer Technology & Arts Academy 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.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Councils

Pioneer Technology & Arts Academy will create, strengthen and work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils (SHAC) will also serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

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

- be appealing and attractive to children;
- be served in clean and pleasant settings
- the school cafeteria will display posters to promote healthy eating and display other nutrition education materials.
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;

Pioneer Technology & Arts Academy Wellness Policy

Physical Activity and Nutrition

- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that all grains are whole grain.

Pioneer Technology & Arts Academy will engage students and parents, through taste-tests and surveys, in selecting foods sold through the school meal programs in order to identify new, healthy, and appealing food choices. In addition, Pioneer Technology & Arts Academy will share information about the nutritional content of meals with parents and students via website and newsletters.

Charging Policy

Pioneer Technology & Arts Academy allows all students to charge up to \$20.00 on their account. Statements will be mailed home on a weekly basis to families for payment. Parents may pay via myschoolbucks.com, cash or check. Students who exceed the charging limit will have the parent/parents contacted regarding rectifying the situation. All options will be exhausted to eliminate any student from not receiving a school healthy meal.

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:

- Pioneer Technology & Arts Academy will operate the School Breakfast Program.
- Pioneer Technology & Arts Academy will utilize methods to serve school breakfasts that encourage participation, including but not limited to serving breakfast in the classroom, "grab-and-go" breakfast, or breakfast during morning break or recess.
- Pioneer Technology & Arts Academy will notify parents and students of the availability of the School Breakfast Program.
- Pioneer Technology & Arts Academy will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Lunch

To ensure that all children have lunch, either from home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Pioneer Technology & Arts Academy will operate the National Lunch Program.
- Pioneer Technology & Arts Academy will notify parents and students of the availability of the National Lunch Program.
- Pioneer Technology & Arts Academy will encourage parents to provide a healthy lunch for their children through newsletter articles, take-home materials and website
- Assorted varieties of proteins, fruits & vegetables will be served

Free and Reduced-priced Meals

Pioneer Technology & Arts Academy 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.

Meal Times and Scheduling.

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;

Pioneer Technology & Arts Academy Wellness Policy

Physical Activity and Nutrition

- should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 10:20 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will schedule lunch periods to follow recess periods (when schedules permit);
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

Sharing of Foods and Beverages

Staff should discourage students 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.

Elementary School

The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. Foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Middle/Junior High and High Schools

In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards and met Smart Snack Requirements.

Any and all Foods and Beverages Sold Individually or Supplied to Students must meet the Smart Snack Requirements. This includes Snacks, Rewards, Celebrations etc..

Food and beverages sold or served in the following special situations are not required to meet the Competitive Food and Beverage Nutrition Standards:

1. School Nurses: The requirements do not apply to school nurses or another school official permitted by local policy to assist school nurses using a food and/or beverage item of any type during the course of providing health care to individual students.
2. Accommodating Students with Special Needs: The requirements in this section do not apply to special needs students whose Individualized Education Program (IEP) plan indicates the use of a food and/or beverage item of any type for behavior modification (or other suitable need).
3. Food and/or Beverages brought from Home: The Competitive Food and Beverage Nutrition Standards do not restrict (1) food and/or beverages that parents provide for their own children's lunches or snacks. This includes, but is not limited to, food and/or beverages provided for birthday parties or special events.
4. Students and parents may not have food delivered by a restaurant to the school.
5. Field Trips: School approved field trips are exempted from the Competitive food and Beverage Nutrition Standards.

Pioneer Technology & Arts Academy Wellness Policy

Physical Activity and Nutrition

6. Athletic, UIL, Band, and Other Competitions: The Competitive Food and Beverage Nutrition Standards do not apply to students who leave campus to travel to athletic, UIL, band or other competitions. School activities, athletic functions, etc. that occur after the normal school day are not covered by the policy.
7. Parents: The policy does not restrict what parents may provide for their own child's lunch or snacks. Parents may provide any items for their own child's consumption, but they may not provide food for other children.
8. Fundraising: The district will be allowed up to 3 exempt days per campus, per year. During these exempt days, foods that do NOT meet the Competitive Food and Beverage Nutrition Standards may be sold as part of fundraising activities. Competitive foods may not be sold during the lunch periods.

Rewards. 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, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations. Schools should limit celebrations that involve food during the school day to no more than one party per class per month. The district will disseminate a list of healthy party ideas to parents and teachers.

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school district's 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.

III. Nutrition and Physical Activity Promotion and Food Marketing

Pioneer Technology & Arts Academy aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction across curriculum content areas
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- includes training for teachers and other staff.
- taste testing will be done to encourage students to try new items.
- posters will be displayed for healthy encouragement

Integrating Physical Activity into the Classroom Setting. For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular

Pioneer Technology & Arts Academy Wellness Policy

Physical Activity and Nutrition

physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-12. All students in grades K-12, including students with disabilities, special health educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students; 30 minutes/week for middle and high school students) for the entire school year. All physical education will be taught by a certified teacher. Student involvement in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) will meet the physical education requirement. Students will spend at least 50 percent of physical education class time in vigorous physical activity.

Daily Recess All elementary school students will have at least 15 minutes a day of supervised recess, preferably outdoors. Schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, testing, or other school activities make it necessary for students to remain indoors for long periods of time, schools should give students periods of time encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School. High school and middle school will offer interscholastic physical activities. Schools will offer a range of activities that meet the needs, interests, and abilities of all students with disabilities, and students with special health-care needs.

Physical Activity and Punishment. Teachers and other school and community personnel will not use physical activity or withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.

Communications with Parents. The district will support parents' efforts to provide a healthy diet and daily physical activity for their children by sending home nutrition information, posting nutrition tips on school websites, and providing nutrient analyses of school menus.

Staff Wellness. Pioneer Technology & Arts Academy School District 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. Each campus will implement fun activities for staff members.

V. Monitoring and Policy Review

Monitoring. The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report to the school district superintendent or designee.

Pioneer Technology & Arts Academy Wellness Policy

Physical Activity and Nutrition

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school on this matter to the superintendent (or if done at the school level, to the school principal).

Pioneer Technology & Arts Academy Wellness Policy
Physical Activity and Nutrition
USDA Smart Snacks in
School Effective July 1, 2014
Food Guidelines

Nutrition Standards for Foods (per item as packaged or served)

Any food sold on the school campus, during the school day must:

- Be a whole grain-rich grain product; **or**
- Have as the first ingredient a fruit, vegetable, dairy product, or protein food; **or**
- Be a combination food that contains at least ¼ cup fruit and / or vegetable; **or**
- Contain 10% of the Daily Value (DV) of a nutrient of public health concern in the *2010 Dietary Guidelines for Americans* (calcium, potassium, vitamin D, or dietary fiber).*

* Effective July 1, 2016, foods may not qualify using the 10% DV criteria.

AND

Foods must also meet all of the specific nutrient standards (with accompaniments):

Calorie limits

Entrée items: ≤ 350 calories

Snack/side items: ≤ 200 calories

Sodium limits

Entrée items: ≤ 480 mg

Snack/side items: ≤ 230 mg**

Fat limits

Total fat: ≤ 35% of total calories

- *Exemptions: Reduced fat cheese (including part skim mozzarella), nuts and seeds and nut/seed butters, dried fruit with nuts and/ or seeds with no added nutritive sweeteners or fats, seafood with no added fat*

Saturated fat: < 10% of total calories

- *Exemptions: Reduced fat cheese (including part skim mozzarella), nuts and seeds and nut/seed butters, dried fruit with nuts and/ or seeds with no added nutritive sweeteners or fats*

Trans fat: zero grams (<0.5g)

Sugar limit

Total sugar: ≤ 35% of weight from total sugars

- *Exemptions: Dried/ dehydrated fruits or vegetables with no added nutritive sweeteners, dried fruits with nutritive sweeteners for processing and/ or palatability, products consisting of only exempt dried fruit with nuts and/ or seeds with no added nutritive sweeteners or fats*

** Effective July 1, 2016, snack/side items must contain ≤ 200 mg sodium.

Exemptions from meeting all nutrient standards:

Pioneer Technology & Arts Academy Wellness Policy

Physical Activity and Nutrition

- Fresh, frozen, and canned fruits and vegetables with no added ingredients except water; or in the case of fruit, packed in 100% juice, extra light, or light syrup
- Canned vegetables that contain a small amount of sugar for processing purposes
- Entrée items offered as part of the lunch program or breakfast program on the day of service or the day after service (Entrée item is a combination food of M/MA and G, or combination of M/MA and F or V, or a M/MA served alone.)
- Sugar-free chewing gum

USDA Smart Snacks in School Effective July 1, 2014 Beverage Guidelines

Category	Elem	Middle	High
Plain or Carbonated Water	Any size	Any size	Any size
Low Fat Milk (1%), Unflavored	≤8oz	≤12oz	≤12oz
Non Fat Milk (Skim), Flavored or Unflavored*	≤8oz	≤12oz	≤12oz
100% Fruit or Vegetable Juice (plain or carbonated) with no added sweeteners	≤8oz	≤12oz	≤12oz
100% Fruit or Vegetable Juice, Diluted with Water (plain or carbonated) with no added sweeteners	≤8oz	≤12oz	≤12oz
Calorie-Free Beverages, Flavored and/ or Carbonated ≤5 calories per 8oz, or ≤10 calories per 20oz	Not permitted	Not permitted	≤20oz

Pioneer Technology & Arts Academy Wellness Policy Physical Activity and Nutrition

Low Calorie Beverages, Flavored and/ or Carbonated ≤40 calories per 8oz, or ≤60 calories per 12oz	Not permitted	Not permitted	≤12oz
---	---------------	---------------	-------

**including nutritionally equivalent milk alternatives as permitted by the school meal requirements.*

Note: Caffeinated beverages are only permitted at the High School level.