

## *Amigos Por Vida Health & Wellness Plan*

The Amigos Por Vida Public Charter School (APV) is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating habits and physical activity. Therefore, it is the policy of the Amigos Por Vida Public Charter School 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 PK-8<sup>th</sup> will have opportunities, support, and encouragement to be physically active on a regular basis by providing the following:
  1. Physical education classes
  2. After school sports
  3. Field day
  4. Fitness grams
- Foods and beverages sold or served at school will meet the nutritional recommendations of the U.S. Dietary Guidelines for Americans.
- Our district will participate in the following federal school meal programs:
  1. School Breakfast Program
  2. National School Lunch Program

APV will provide nutrition and physical education classes to parent and students in order to foster lifelong habits of healthy eating and physical activity. This will help to establish communication with all stakeholders.

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## POLICY GOALS

### Component 1: A Commitment to Nutrition and Physical Activity

A. The Amigos Por Vida Public Charter School Superintendent will appoint a School Health Advisory Committee (SHAC) to address and implement nutritional guidelines. These guidelines will foster student health and reduce childhood obesity. We will continue to promote the general wellness of all students through:

- Nutrition education
- Physical activity
- Other school based activities

This committee will offer annual revisions to the guidelines as needed.

B. The Principal will address concerns regarding types of foods available on our campus, such as:

- Daily meal schedules
- Nutrition classes to discuss nutritional values
- Importance of physical activity

C. Nutrition classes will be integrated across the curriculum and classes will be offered to parents regarding health food choices.

D. The school food service staff will participate in making decisions and creating guidelines to maintain the school's vision regarding healthy eating habits.

### Component 2: Quality of Meals

A. Amigos Por Vida Public Charter School will offer breakfast, lunch, and after school snack program. The school community will be encouraged to participate.

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- B. Highly qualified School foodservice staff will be trained to be in compliance with the Child Nutrition Program.
  
- C. Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the Texas Department of Agriculture. The handling of foods will be in compliance with the health service guidelines.
  
- D. A variety of healthy food choices will be served at the proper temperature.
  
- E. Students will be given the opportunity to provide input on food quality and taste through a survey and random taste testing opportunities.

### **Component 3: Other Healthy Food Options**

- A. The SHAC will develop guidelines and recommendations regarding nutritional standards for:
  - Food and beverages offered through celebrations
  - School functions - sporting and academic events
  
- B. APV will discourage students from sharing food or beverages during meal or snack times. This is due to students having allergies, diet restrictions, and proper hygiene practices.
  
- C. No outside foods or beverages will be available to students at any time.
  
- D. Classrooms may serve one nutritious snack per day (morning or afternoon). The snack may be provided by the school food service, the teacher, or parents.
  
- D. School staff should not withhold food as punishment for students.
  
- E. When fund-raising the PTO will only use non-food items or foods designed for delivery and consumption.

### **Component 4: Pleasant Eating Experiences**

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- A. Water fountains are available for students at mealtimes and throughout the day.
- B. Teachers will assist students with developing the practice of washing hands before and after eating.
- C. Adequate time is provided for students to eat breakfast and lunch.
- D. Schools will encourage socializing among students.
- E. The cafeteria will be properly supervised by school staff. Adults will properly supervise the students by demonstrating proper conduct at all times.

### Component 5: Nutrition Education

- A. Amigos Por Vida Public Charter School will follow health education curriculum standards and guidelines as stated by the Texas Education Agency.
- B. Teachers are encouraged to integrate nutrition education into core curriculum areas such as: math, science, social studies, and language arts as applicable.
- C. Nutrition education will be offered in the school with coordination between school food service staff and teachers.
- D. Amigos Por Vida Public Charter School will participate in USDA nutrition programs. The school nutrition team will be responsible for these activities. The SHAC team members are as follows:
  - 1. Child Nutrition Services staff
  - 2. School nurse
  - 3. Health and Physical Education teachers
  - 4. School Counselor/Parent Liaison
  - 5. Parents
  - 6. Community organizations/partnerships

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## Component 6: Physical Activity Opportunities

A. All students, including students with disabilities and special healthcare needs will receive:

- PK-5th: Physical education for 135 minutes per week
- 6th-8th: Physical education for 225 minutes every 2 weeks

Classes will be taught by certified physical education teachers. Students will spend at least 60 percent of the class time participating in moderate to vigorous physical activity.

B. Recess is provided for students as follows:

- PK3-8th grade for 20 minutes weekly

All outdoor recess will be supervised by teachers and must include structured physical activity provisions based on the available space and equipment.

C. Amigos Por Vida Public Charter School highly values the health and well-being of every staff member. APV will plan and implement activities to support a healthy lifestyle. The plan will be based on input solicited from school staff and will outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

D. Use of School Facilities Outside of School Hours. Outdoor facilities should be available to student and staff before, during, and after the school day. School safety policies will apply at all times.

## Component 7: Marketing

A. Students will receive positive, motivating messages regarding healthy eating and physical activity throughout the year. All school personnel will help reinforce these positive messages.

B. Healthy eating and the importance of physical activity will be communicated to students,

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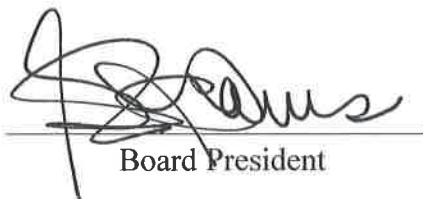
parents, the community, and school staff by the SHAC. Health and Wellness information will be provided at the following events:

- PTO meetings
- Open Houses
- Health Fairs
- Teacher in-services

C. The SHAC will provide information regarding a healthy school environment through newsletters.

## Component 8: Implementation

- A. The SHAC shall be composed of parents, community members, school nurse, physical education teachers, school counselor, and the Food Service Director.
- B. The SHAC members will view the implementation of the Wellness plan to identify areas in need of improvement. The committee will report its findings to the principal and develop an improvement action plan.
- C. The members will share their findings and recommendations to the SHAC during the quarterly meetings. All members present will review the Student Nutrition/Wellness Plan and recommendations will be presented to the principal. The plan will be modified as needed.

  
Board President

  
Board Secretary

Board approved on: 06/27/2017  
Date: