



A.W.BROWN

LEADERSHIP ACADEMIES

Wellness Policy

(The district has a school wellness plan that focuses on maintaining high standards of nutrition and physical activity.)

In compliance with Section 204 of Public Law 108 - 265 --- June 30, 2004; Child Nutrition and WIC Reauthorization Act of 2004

2010: Healthy, Hunger-Free Kids Act 2010

2014: Healthy, Hunger-Free Kids Act Proposed Ruling

Sec. 204 LOCAL WELLNESS POLICY

- (a) IN GENERAL-Not later than the first day of the school year beginning after June 30, 2006, each local education agency participating in a program authorized by the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.) shall establish a local school wellness policy for schools under the local educational agency that, at a minimum ---
1. Includes goals for nutrition education, physical activity and other school-based activities that are designed to promote scholar wellness in a manner that the local educational agency determines is appropriate;
 2. Includes nutrition guidelines selected by the local educational agency for all foods available on each school campus under the local educational agency during the school day with the objectives of promoting scholar health and reducing childhood obesity;
 3. Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section 9(f)(I) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758 (f)(I), 1766(a)0, as those regulations and guidance apply to schools;

4. Establishes a plan for measuring implementation of the local wellness policy, including designation of one or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy; and
5. Involves parents, scholars, and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy.

Mission Statement: The mission of AWBLA's Wellness Policy is to promote a healthy lifestyle for scholars, parents, and staff which will lead to lifelong maintenance of healthy habits. This mission will be accomplished by the development and implementation of our district Wellness Policy which will incorporate nutrition and health education and standards, physical activity, and any other school related activities.

Therefore,

- I. The A. W. Brown Leadership Charter District adopted and has implemented the following local wellness policy as of June 5, 2006.
- II. Development of policy involved the following parties consisting of the identified diverse groups:

Parents
Scholars
Representatives of the School Food Authority
Representatives of the School Board Members
School Administration, Health, and Physical Education
Community Leaders
Sanitation
Facilities

III. 2018-19 OVERSIGHT TEAM

Parents:

Anthony Gordon
Winfred Dalcour
Angela Brown
Chavalla Arnold

Scholars:

Skye Dalcour
Jordyn Bailey
Jyaire Brown

Representatives of the School Food Authority:

Vickie Holmes
Jerry McClay

School Board Members:

Susie Temple
Jonathan Parker

School Administration, Health, and Physical Education:

Judy Carroll
Sarah Green
Sherry-Ann Agbabiaka, R.N.
Nacole Harrison
Chelsea Labbe

Community Leaders:

Dee Thomas
Tedra Williams, R.N.
Lori Slaughter

Sanitation:

Patrick Mitchell

Facilities:

Clenard Holmes

IV. GOALS AND GUIDELINES FOR NUTRITION EDUCATION:

- a. Scholars in grades PreK-8 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors via science and health curricula, center activities, inclusive of technology and physical education.
- b. Nutrition education is offered in the school dining room (via visuals) as well as in the classroom (curriculum and centers).
- c. Scholars receive consistent nutrition messages throughout the school and classroom.
- d. State and district health education curriculum standards and guidelines include both nutrition and physical education.
- e. The school will link nutrition education activities with the coordinated school health program (ex: football, volleyball, dance, basketball, track, health fair, field day, parent vs. staff competitions, scholar vs. teacher events, golf tournaments)
- f. Staff who provide nutrition education have appropriate training.
- g. School events that are exempt from policy regulations are:
 - Christmas/Winter Celebration
 - Valentine's Day
 - Fundraiser (e.g. In-N-Out Burger Day)

V. GOALS AND GUIDELINES FOR PHYSICAL ACTIVITY:

- a. The District will meet minimum requirements for physical activity for scholars (160 minutes) while encouraging optimal opportunities for scholar physical activity throughout the school day.
- b. Scholars should be given opportunities for physical activity during the school day through daily recess periods, physical education (PE classes), strength and conditioning electives, and the integration of physical activity into the academic curriculum.
- c. Scholars should be given opportunities for physical activity through after-school programs; i.e. interscholastic athletics.
- d. Scholars should acquire the knowledge and skills for movement that provide the foundation for enjoyment, continued social development through physical activity, and access to a physically active lifestyle.
- e. The scholar exhibits a physically active lifestyle and understands the relationship between physical activity and health throughout the lifespan.
- f. The scholar will understand the benefits from being involved in daily physical activity and factors that affect physical performance (See TEKS 4A-E).
- g. The scholar knows and applies safety practices associated with physical activities.
- h. The scholar develops positive self-management and social skills needed to work independently and with others in physical activity settings.
- i. We will provide a FitnessGram assessment at year-end to each scholar (see next paragraph).

Physical Education Goals

The District will provide Scholars with physical education, using an age-appropriate, sequential physical education curriculum consistent with TEKS standards for physical education.

The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the FitnessGram.) *Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.*

Nutrition Standards

Goal #1 - Schools will comply with the current USDA Dietary Guidelines for Americans and the Texas Public Schools Nutrition Policy.

The TEXAS PUBLIC SCHOOL NUTRITION POLICY HAS ALREADY PROVIDED A VERY SOLID BASE TO SETTING STANDARDS.

Goal #2 - Schools will comply with the current USDA Dietary Guidelines for Americans, Texas Public School Nutrition Policy as well as adhere to the following restrictions.

*A SCHOOL MAY OPT TO BE MORE RESTRICTIVE

- A la carte
- Vending machines
- Fundraisers
- Class parties
- Others

Other School Related Activities

#1 School will create a total school environment that is conducive to being physically active.

Nutrition Education Guidelines

Goal #1 Schools will educate, encourage, and support healthy eating for students of all ages.

Guidelines:

- Schools will promote eating fruits, vegetables, whole grains, low fat & fat free dairy, healthy food preparation and health enhancing nutrition practices.
- Nutrition Education will be integrated into all subject areas.
- The school cafeteria serves as a "learning lab" to all students to apply critical thinking skills taught in the classroom.
- Nutrition Education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- School will promote enjoyable, developmentally and culturally appropriate participatory activities.
- School will offer nutrition education at each grade level as a part of a sequential, comprehensive, standards based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.

As a requirement of The Texas Education Code, and in an effort to promote lifelong physical activity among youth, all scholars in grades 3-12, enrolled in a physical education course will be assessed using FitnessGram as the assessment tool.

FitnessGram is the assessment used for The Presidential Youth Fitness Program as well as by the Texas Education Agency. It is a comprehensive fitness assessment for youth. It includes a variety of health-related physical fitness tests designed to address cardiovascular fitness, muscle strength, muscular endurance, flexibility, and body composition. FitnessGram is also a report card that summarizes the child's performance on each component of health-related fitness. The information can be used to help parents, scholars, and teachers in planning their personal fitness programs. The philosophy of the program is "HELP: Health is available to Everyone for a Lifetime--and it's Personal."

i. Cardio:

1. Jumping jacks
2. Laps around gym
3. Timed running (down & back)
4. Jumping rope

ii. Gross Movement/Motor Skills:

1. Lunges
2. Squats
3. Arm Rotations
4. Bicycles
5. Stretching

iii. Strengths/Weights/Muscular Endurance:

1. Sit-ups
2. Push-ups
3. Bicycles
4. Push Ups
5. Mountain Climbers

iv. Texas Essential Knowledge & Skills Curriculum adoption:

1. Includes grade level specific lesson plans
2. Emphasis is on fun and movement, games and traditional sports
3. Minimal equipment is needed

v. Nutrition:

1. The scholars will be able to describe the relationship between food intake and physical activity such as calories consumed and calories expended
2. The scholars will be able to explain the link between physical activity/inactivity and health such as reduce stress and burn calories
3. The scholars will be able to explain the relationship between physical activity and stress relief and demonstrate stress relief activities such as brisk walking, gentle stretching, and muscle tension and release.
4. The scholars will be able to describe the need for rest and sleep in recovering from exercise
5. The scholars will identify sources of information on skill improvement, fitness, and health such as books and technology.

VI. GOALS AND GUIDELINES FOR OTHER SCHOOL-BASED ACTIVITIES:

- a. Provide a clean, safe, enjoyable eating environment for scholars.
- b. Provide adequate time for scholars to enjoy eating healthy foods with friends, scheduled as near the middle of the school day as possible.
- c. Prohibit use of food as a reward or punishment (i.e. candy).
- d. Provide adequate space and serving areas to ensure scholar access to school meals with minimum wait time.
- e. Ensure fundraising efforts are supportive of healthy eating.
- f. Provide ongoing professional training and development for food service staff and teachers in the areas of nutrition and physical education.
- g. Provide scholar access to physical activity facilities outside school hours.

- h. Parent advisory groups will coordinate with staff regarding regular parent-staff physical activities (e.g. parents vs teachers basketball games & co-ed volleyball).
- i. Wellness for scholars and their families will be promoted at suitable school activities e.g. Science, Technology, Engineering, Arts, and Math (STEAM) Fair

VII. GOALS AND GUIDELINES FOR ALL FOODS AVAILABLE ON EACH SCHOOL CAMPUS DURING THE SCHOOL DAY:

- a. Scholars in grades Pre-K- 8 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors via science and health, technology, and center activities.
- b. Scholars receive daily messages via the Serve and Learn Smart Line with color coded bins, food group signs, and seasonal posters promoting health and education.
- c. Scholars receive consistent nutrition messages throughout the school, classroom, and cafeteria.
- d. State and district health education curriculum standards and guidelines include both nutrition and physical education.
- e. Nutrition is integrated into the health education and science curricula.
- f. Schools link nutrition education activities with the coordinated school health program i.e., health fair, walk-a-thon, dances, basketball, and track).
- g. Staff who provide nutrition education have appropriate training.

VIII. GOALS AND GUIDELINES FOR HEALTH SERVICES

It is the goal of A.W. Brown Leadership Academy Health Services to comply with guidelines of Texas Department of State Health Services and the Texas School Health Programs and to apply the Health Services component of the Whole School, Whole Community, Whole Child (WSCC) model.

The department will:

- a. Perform required vision, hearing, scoliosis, and Acanthosis Nigricans screenings as required by the Texas Department of State Health Services
- b. Comply with the requirements of the Texas Administrative Code as it pertains to school Health Services
- c. Intervene with scholar's actual and potential health problems
- d. Provide assessment and planning for the management of scholar's chronic health conditions
- e. Promote wellness and access to preventative services for scholars and staff
- f. Advocate for the health of scholars and staff and for a safe school environment
- g. Collaborate with school and community support services to increase the ability of scholars and families to:
 - adapt to health and social stressors or socioeconomic barriers to health,
 - enable management of such stressors and,
 - advocate for their own health and learning needs.

IMPLEMENTATION

The Superintendent or designee shall oversee the district level implementation of this policy and shall oversee the development of administrative procedures for periodically measuring the implementation of the wellness policy. Campus level administration will oversee the campus implementation and evaluation of the campus wellness plans. Ongoing recommendations from the District School Health Advisory Committee (SHAC) will be provided to the District for consideration.

Per Centers for Disease Control (CDC) requirements for a local school wellness policy, at least once every three years, assessments will be completed to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review the nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

PUBLIC NOTIFICATION

As of November 2018, the District shall annually inform and update the public about the content and implementation of the Wellness Policy. A copy of the District's Wellness Policy will be posted on the website.

RECORDS RETENTION

The District shall retain all required records associated with the Wellness Policy, in accordance with law and the District's records management program.

Board Approval:



Lou Ann Phillips, President - Board of Directors

11-28-2018
Date