



LOCAL WELLNESS POLICY

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

WELLNESS MISSION STATEMENT

ARISTOI CLASSICAL ACADEMY 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.

STUDENT WELFARE WELLNESS AND HEALTH SERVICES

The District shall support the general wellness of all the students by implementing measurable goals to promote sound nutrition and student health and to reduce childhood obesity.

Development, Implementation, and Review of Guidelines and Goals

The District 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, physical education teachers, school health professionals, members of the Board, parents, the public, and the National School Lunch Program (NSLP).

Wellness Plan

The SHAC will develop a wellness plan to implement the District's nutrition guidelines and wellness goals. The wellness plan shall, at a minimum, address:

1. Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;
2. Objectives, benchmarks, and activities for implementing the wellness goals;
3. Methods for measuring implementation of the wellness goals;

4. The District’s standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and
5. The manner of communication to the public applicable information about the District’s wellness policy and plan.

The SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.

Nutrition Guidelines

Food and
Beverages Sold

The District shall ensure that nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rules. The 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.

Food and
Beverages Provided

The District shall establish standards for all foods and beverages provided, but not sold, to students during the school day. These standards shall be addressed in the District’s wellness plan.

Wellness Goals

Nutrition Promotion
and Education

The District shall implement, in accordance with law, a coordinated school health program with a nutrition education component. The District’s nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the District.

The District establishes the following goals for nutrition promotion:

1. The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom and other appropriate settings.

2. Educational nutrition information will be shared with families and the general public to promote healthy nutrition choices and positively influence the health of students and community members.

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. Nutrition education shall be a District-wide priority and shall be integrated into other areas of the curriculum, as appropriate.

AVOIDING OBESITY

“Obesity is the most prevalent, fatal, chronic disease of the 21st Century. No other human condition combine obesity’s prevalence and prejudice, sickness and stigma, death and discrimination. Obesity is a leading cause of mortality, morbidity, disability, and discrimination in health care, education, and employment. According to a recent RAND studies the health consequences of obesity are as significant as or greater than smoking, problem alcohol consumption and poverty. The consequences of obesity include various cancers, heart disease, stroke, type 2 diabetes, osteoarthritis, sleep apnea, and problem pregnancies and childbirth among others.” Please see: <http://www.obesity.org/subs/advocacy/GovReform2004.shtml>.

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, and developmentally appropriate fitness activities for all students, including those who are not participating in physical classes or 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 available before-school and after-school physical 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.

Other School-Based
Activities

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message throughout other school-based activities:

1. Sufficient time will be allowed for students to eat meals in cafeteria facilities that are clean, safe, and comfortable. The USDA recommends 15-20 minutes for breakfast and 18-25 minutes for lunch.
2. The District shall promote wellness for students and their families at suitable District and campus activities.
3. The District shall promote employee wellness activities and involvement at suitable District and campus activities.
4. 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.
5. Soda, candy or chewing gum shall not be made available to students during the school day.
6. 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.

7. Wellness for students and their families will be promoted at suitable school activities.
8. The District shall enforce a tobacco-free campus during the school day and after school activities and sports.

**Food Safety/
Food Security**

- All foods prepped on each campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- For the safety and security of the food and facility, access to the food service operations are limited to the food service staff. For more information review Texas Department of Agriculture website for additional food security guidelines.

****Smart Snack Guidance, 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 ≤ 200 mg
 - b. Entrée Items ≤ 480 mg
- **Fat limits;**
 - a. Total fat $\leq 35\%$ of calories
 - b. Saturated fat $< 10\%$ of calories
 - c. Trans fat Zero Grams
- **Sugar limit;**
 - a. $\leq 35\%$ 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 ≤ 10 calories per 20 fluid oz.
- b. No more than 12 oz. portion of beverages with ≤ 40 calories per 8 fluid oz. or ≤ 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 sold or provided in vending machines, in school stores, or 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 (i.e., "Muffins for Mom and Donuts for Dad) 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, and items sold in vending machines, 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. Due to food allergies, any food products brought to school must be store-bought.

Classroom parties are to be held after the completion of the scheduled lunch period, after 2 pm. It is the Headmaster discretion to determine the frequency and the number of classroom parties held each day to avoid disruption to instruction.

NONDISCRIMINATION

Aristoi Classical Academy adheres to the Texas Department of Agriculture's nondiscrimination statement and to its own policy of handling discrimination complaints.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

DISCRIMINATION COMPLAINT POLICY AND PROCEDURE

All cafeterias will display the current nondiscrimination poster in a prominent location for public viewing in the serving area.

Procedures: The food service managers at each campus are required to:

1. Listen to a parent complaint or concern, try to answer questions, and provide them with a discrimination complaint form to be completed, or complete one for them. Verbal or written discrimination complaints must be accepted.
2. Discrimination complaints will be forwarded to the Child Nutrition Coordinator.

Procedures: The Child Nutrition Coordinator will:

1. Forward the discrimination complaint form to the Food and Nutrition Division of the Texas Department of Agriculture at:

Food and Nutrition Division
P.O. Box 12847
Austin, TX 78711

2. The Texas Department of Agriculture will forward the information to USDA.

Implementation

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

Evaluation

The District shall comply with federal requirements for evaluating this policy and the wellness plan.

Triennial Assessments

The Districts shall conduct an assessment of the wellness policy every 3 years, at a minimum. This assessment will determine:

- Compliance with the wellness policy,
- How the wellness policy compares to model wellness policies, and
- Progress made in attaining the goals of the wellness policy.

Public Notification

The District shall annually inform and update the public about the content and implementation of the wellness policy, on an annually basis, at a minimum. Including posting on its website copies of the wellness policy, the wellness plan, the required implementation assessment, and the Triennial Assessment, including progress toward meeting the goals of the policy.



Record Retention

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

Violations

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




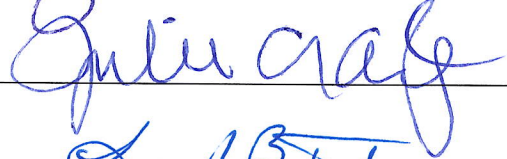



Aristoi Classical Academy Local Wellness Policy

Whereas, the Aristoi Classical Academy board of Directors, resolves that Aristoi Classical Academy 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 Aristoi Classical Academy Board of Directors approves the submission of the Local Wellness Policy to region IV Child Nutrition Services.

Signed by:

1. 
2. 
3. 
4. 
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6. _____
7. _____

Revised and approved the 8th day of March 2021.