

Local Wellness Policy

Houston South District

Harmony Public Schools (Houston South District) shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education, physical activity, and other school based activities.

Nutrition Education

The school shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition.

In addition, the district establishes the following goals for nutrition education.

- Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
- Nutrition education will be a district wide priority and will be integrated into other areas of the curriculum, as appropriate.
- Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
- The Child Nutrition staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom (lesson plans), and other appropriate settings.
- During Parent – Teacher Conference Day, educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.
- Schools will promote National School Lunch & School Breakfast Weeks. Nutrition tips, activities in their classroom and / or cafeteria.

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.

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. Physical education classes will regularly emphasize moderate to vigorous activity.
3. The district will encourage teachers to integrate physical activity into the academic curriculum where appropriate.

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.

School Based Activities

The district shall create an environment conducive to healthy eating and physical activity through implementation of the following policies.

- Students shall be allowed sufficient time to eat meals.
- The lunchroom facilities shall be safe, clean, and visually promote a message of healthy eating and wellness.
- Students shall have access to free potable water during mealtimes. The water may be provided through water fountains inside or directly adjacent to the cafeteria, water dispenser, or water pitcher and cups.
- Nutrition and physical activity shall be promoted to students and their families at suitable school sponsored events, like school Field Days.

Nutrition Guidelines for All Foods Available

The nutrition guidelines for foods served by the district during the school day shall be adequate to advance students health and reduce childhood obesity and shall meet or exceed federal regulations and guidance, and that all foods available on each campus are in accordance with Texas Department of Agriculture policy and school-established standards.

- Meeting the required meal patterns
- Calories minimums and Maximums
- Saturated fat <10
- Sodium limits
- Zero Trans fat

Fundraising Days

Fundraising (exempt from Smart Snack Guidelines):

TDA policy allows for 6 days per school year for fundraising events that are exempt from the Smart Snack Guidelines. These 6 days will be designated by each School Administration and must be published in the school calendar.

Fundraising (compliant with Smart Snack Guidelines):

Fundraising events where foods compliant with the Smart Snack Guidelines are sold may occur one day per month (Sept-May). Dates must be published in the school calendar. Required documentation of any Smart Snacks fundraising must be kept and submitted to District CN Coordinator and /or District CN Director.

Guidelines for Reimbursable Meals

The district shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with the Texas Department of Agriculture regulations.

Measuring implementation

The District Superintendent or designee shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy. The Wellness Committee will conduct a yearly review of implementation, with the results published on the schools' websites.

Revisions and Updating the Policy

The District Wellness Committee will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as District priorities change; community needs change; wellness goals are met; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Committee Members

The district shall seek to involve parents, students, representatives of the school food authority, the School Board, administrators, physical education teachers, school health professionals, and the public in the continued development and implementation of this school wellness policy.

Local Wellness Policy Yearly Assessment

- 1- Nutrition education is integrated at all levels across the curriculum in the cafeteria, classroom, and school community
 - a. Above standard expectation
 - b. Met Standard expectation**
 - c. Did not consistently achieve expectations; some improvement is needed
- 2- Nutrition messages are coordinated in the cafeteria, classroom, and school community.
 - a. Above standard expectation
 - b. Met Standard expectation**
 - c. Did not consistently achieve expectations; some improvement is needed
- 3- Educational nutrition information shared with families and the general public positively influences the health of students and community members.
 - a. Above standard expectation
 - b. Met Standard expectation**
 - c. Did not consistently achieve expectations; some improvement is needed
- 4- Recess minutes are not counted as required minutes for Health Fitness
 - a. Above standard expectation
 - b. Met Standard expectation**
 - c. Did not consistently achieve expectations; some improvement is needed
- 5- Campus provides recreation facilities / activity zones / recess during lunch (K-12)
 - a. Above standard expectation
 - b. Met Standard expectation**

- c. Did not consistently achieve expectations; some improvement is needed
- 6- Physical activity (recess and / or physical education) is not withheld for any reason except health reasons
 - a. Above standard expectation
 - b. Met Standard expectation**
 - c. Did not consistently achieve expectations; some improvement is needed
- 7- Health Fitness courses offered on campus are taught by certified physical education teacher
 - a. Above standard expectation**
 - b. Met Standard expectation
 - c. Did not consistently achieve expectations; some improvement is needed
- 8- Physical fitness assessment is conducted and reported annually with FITNESSGRAM 3rd – 8th grade and all students enrolled in a Health Fitness course and/or substitute course (Athletics, Cheer)
 - a. Above standard expectation**
 - b. Met Standard expectation
 - c. Did not consistently achieve expectations; some improvement is needed
- 9- Fundraising only includes non-food options to reinforce healthy guidelines.
 - a. Above standard expectation
 - b. Met Standard expectation**
 - c. Did not consistently achieve expectations; some improvement is needed
- 10- When allowed, all competitive foods for sale to students outside the schools meals program during regular and extended day must meet the and federal standards
 - a. Above standard expectation
 - b. Met Standard expectation**

- c. Did not consistently achieve expectations; some improvement is needed
- 11- Snacks that are provided (not purchased or where there are exchange of funds) do not have to meet Smart Snack Standards; however, the district encourages observance of the Smart Snack Standards for all snacks provided.
 - a. Above standard expectation
 - b. Met Standard expectation**
 - c. Did not consistently achieve expectations; some improvement is needed
- 12- Snacks in packages are single-size servings
 - a. Above standard expectation**
 - b. Met Standard expectation
 - c. Did not consistently achieve expectations; some improvement is needed
- 13- Water is available at meal times and is offered throughout the day.
 - a. Above standard expectation**
 - b. Met Standard expectation
 - c. Did not consistently achieve expectations; some improvement is needed
- 14- A healthy environment is reinforced to encourage healthy eating
 - a. Above standard expectation**
 - b. Met Standard expectation
 - c. Did not consistently achieve expectations; some improvement is needed
- 15- Foods and beverages are not used as a behavior management tool by offering as a reward or withholding punishment.
 - a. Above standard expectation
 - b. Met Standard expectation**
 - c. Did not consistently achieve expectations; some improvement is needed

- 16- Healthy eating is promoted in a variety of ways such as visual cues, marketing materials, line placement, and incentives to encourage healthy food selection (including Food and Child Nutrition Education Program)
 - a. Above standard expectation
 - b. Met Standard expectation**
 - c. Did not consistently achieve expectations; some improvement is needed
- 17- Wellness for students and their families will be promoted at school activities.
 - a. Above standard expectation
 - b. Met Standard expectation**
 - c. Did not consistently achieve expectations; some improvement is needed
- 18- At least 10 minutes is offered for breakfast and 20 minutes for lunch
 - a. Above standard expectation**
 - b. Met Standard expectation
 - c. Did not consistently achieve expectations; some improvement is needed
- 19- Students are allowed to still eat lunch or breakfast if meetings or activities are scheduled during meal times
 - a. Above standard expectation**
 - b. Met Standard expectation
 - c. Did not consistently achieve expectations; some improvement is needed
- 20- Hand washing is facilitated and encouraged to assure preventing the spread of disease.
 - a. Above standard expectation
 - b. Met Standard expectation**
 - c. Did not consistently achieve expectations; some improvement is needed

- 21- Campus considers wellness issues and students allergies when planning incentives and promotional activities.
- a. Above standard expectation
 - b. Met Standard expectation**

Did not consistently achieve expectations; some improvement is needed