

Faith Family Academy

Student Nutrition/Wellness Policy

Approved by School Board last on

September 19, 2014

Renewed August 17, 2017

Purpose and Goal:

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and the staff, establish and maintain lifelong, healthy eating patterns. Well-planned and well implemented school nutrition programs have been shown to positively influence students eating habits.

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff is encouraged to model healthy eating and physical activity as a valuable part of daily life. Faith Family Academy shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

Component 1: A Commitment to Nutrition and Physical Activity

- A. Faith Family Academy Board of Trustees shall appoint a School Health Advisory Committee (SHAC). One of its missions shall be to address nutrition and physical activity issues and to develop, implement, and evaluate guidelines that support a healthy school nutrition environment.
- B. This committee shall offer revisions to these guidelines annually or more often if necessary.
- C. Principals will address concerns such as kinds of foods available on their campus, sufficient mealtime, nutrition education, and physical activity.
- D. Nutrition education shall be integrated across the curriculum and physical activity will be encouraged.
- E. The school food service staff will participate in making decisions and guidelines that will affect the school nutrition environment.

Component 2: Quality School Meals

- A. Faith Family Academy will offer breakfast and lunch programs. Students and staff are highly encouraged to promote and participate in these programs.
- B. School food service staff will be properly qualified according to current professional standards. Food service staff will regularly participate in professional development activities.
- C. Food safety will be a key part of the school foodservice operation.
- D. Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the Texas Department of Agriculture, conforming to good menu planning principles, and featuring a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at the proper temperature.
- E. Students will be given the opportunity to provide input on local, cultural, and ethnic favorites.
- F. School personnel, along with parents, will encourage students to choose and consume full meals. Positive nutrition statements will be provided to students.

Component 3: Other Healthy Food Options

- A. The SHAC will develop and recommend to the administration, guidelines on nutrition standards for food and beverages offered through parties, celebrations, social events, and any school functions (including concession stands at sporting and academic events) in compliance with Smart Snacks.
- B. No foods or beverages other than those provided through the school food service department may be made available to students at any time except for birthday celebrations (parent initiated) and three celebrations/party days per year to be determined by campus personnel. Parents may provide snacks purchased from a grocery store, bakery or School Food Service for their child's class for his/her birthday. If parents bring in food from the outside, they must notify the teacher AND supply a list of ingredients to the campus nurse one week in advance of the birthday. This is due to food allergies that students may have. The form is provided in the front office. Parents have the option of purchasing birthday snacks from the School Food Service; snacks follow the Smart Snack Guidance.
- C. School staff shall not use food as a reward for student's accomplishments.
- D. The withholding of food as punishment for students is prohibited. For example, restricting a child's selection of flavored milk at mealtime due to misbehavior in the classroom is prohibited.
- E. The school district will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.
- F. Follow Smart Snack Guidance for all fundraising activities.

Component 4: Pleasant Eating Experiences

- A. Drinkable water will be available for students at meals and throughout the day.
- B. A short snack-free recess for elementary campuses is encouraged to be scheduled sometime before lunch so that children will come to lunch less distracted and ready to eat.
- C. School personnel will assist all students in developing the healthy practice of washing hands before eating.
- D. The school should not schedule tutoring, pep rallies, assemblies, club/organizations meetings, fire drills or other activities during meal times.
- E. Adequate time to eat in a pleasant dining environment should be provided. The minimum eating time for each child after being served will be 10 minutes for breakfast and 20 minutes for lunch.
- F. Schools will encourage socializing among students, and between students and adults. Adults will properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and voice level. Parents are highly encouraged to dine with students in the cafeteria.
- G. Creative and innovative methods will be used to keep noise levels appropriate.

Component 5: Nutrition Education

- A. Faith Family Academy will follow health education curriculum standards and guidelines as stated by the Texas Education Agency. Schools will link nutrition education activities with the coordinated school health program.
- B. Students in pre-kindergarten through grade 12th grade will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors. 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 dining room and in the classroom, with coordination between school foodservice staff and teachers
- D. Teachers can display posters, videos, websites, etc. on nutrition topics.
- E. Faith Family Academy campuses will participate in nutrition education activities and promotions that involve students, parents, and the community. The school nutrition team responsible for these activities will be composed of Child Nutrition service staff, student services staff, school nurses, health teachers, PTSO and physical education coaches.

Component 6: Marketing

- A. Students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.
- B. Schools will consider student's needs in planning for a healthy school nutrition environment. Students will be asked for input and feedback and attention will be given to their comments.
- C. Schools will promote healthy food choices and will not allow advertising that promotes less nutritious food choices.
- D. Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at registration, PTSO meetings, Open Houses, Health Fairs, teacher in-services, etc.

Component 7: Implementation

- A. The SHAC shall be composed of parents, students, and school district staff. Each campus principal shall select parents, teachers, and a nurse, a representative from the cafeteria staff, public representatives, and students to serve on the SHAC.
- B. The SHAC members from each campus will conduct a review of their respective campuses in the fall semester of each year to identify areas for improvement and report their findings to the campus principal and develop with him/her a plan of actions for improvement.
- C. The SHAC will meet a minimum of 4 times per school year.