

Texas Preparatory School Wellness Policy

PURPOSE AND GOAL:

The Texas Preparatory School shall follow nutrition guidelines and advanced 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.

I. A Commitment to Nutrition and Physical Activity

- **The Texas Preparatory School District school food service staff will participate in making decisions and guidelines that will affect the school nutrient environment.**
- **Nutrition education shall be integrated across the curriculum and physical activity will be encouraged daily.**

II. Quality School Meals

- **The Texas Preparatory School District will offer breakfast, lunch and after school snack programs will participate in a district-wide universal feeding program providing meals at no charge to all students. Students and staff are highly encouraged to promote and participate in these programs.**
- **Food Safety will be a key part of the foodservice operations.**
- **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.**

III. Nutrition Education and Standards

- **The Nutrition Education program meets State standards.**
- **Students in grades K-6 receive interactive nutrition education.**
- **Nutrition education teaches students the skills they need to adopt healthy eating behaviors.**
- **Nutrition education is culturally sensitive.**
- **Nutrition education is offered in the school dining room as well as in the classroom and is coordinated between teachers and foodservice staff.**
- **Students receive consistent nutrition messages throughout the school, classroom, cafeteria, home, community, and media.**
- **District health education curriculum standards and guidelines include nutrition education and physical education.**
- **Nutrition education is integrated into the coordinated school health program and physical education.**
- **Nutrition education is integrated into the core curriculum, including math, science and language arts.**

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- **Staff that provides nutrition education has appropriate training.**
- **Schools are USDA Team Nutrition schools.**
- **School menus are followed and analyzed using USDA-approved software.**
- **School foodservice staff is trained in the appropriate substitution of foods in order to meet the nutritional goals of the program.**
- **Students are offered a variety of milk, including fat-free, low-fat, flavored and unflavored, on a daily basis.**
- **Students are offered meats/poultry, fresh fruits, vegetables, and whole grains on a daily basis.**

IV. Physical Activity

- **District requires physical education at all grade levels with class time allotted for it.**
- **Students are regularly assessed for attainment of physical education skills.**
- **Resources are readily available for students and teachers about physical education.**
- **District policy for physical education is consistent with State policy or guidelines.**
- **Students are provided many choices of physical activity, including cooperative and competitive games.**
- **Students are provided with physical activity choices that take into account the gender and cultural differences among children.**
- **District encourages teacher and other adults in the school setting to serve as role models for students.**
- **Recess occurs before meal periods.**
- **Recreational facilities are safe, clean and accessible for all students.**

V. Other School-Based Activities

- **School dining areas have sufficient space for students to sit and consume meals.**
- **School dining areas are clean, safe and pleasant environments that reflect the value of the social aspects of eating.**
- **Enough serving areas are provided to ensure student access to school with a minimum of wait time.**
- **Meal times are scheduled near the middle of the day.**
- **Students are given adequate time to enjoy eating healthy meals with friends.**
- **Food or physical activity is not used as a reward or punishment.**
- **Recess or other physical is not denied as a form of discipline.**
- **Recess or other physical activity time is not cancelled for instructional make-up time.**
- **Fundraising efforts meet the Texas Preparatory nutrition standards.**

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- **All in-school advertising and marketing send positive healthy foods and physical activity messages.**
- **On-going professional training and development is provided for foodservice staff and teachers in areas of nutrition and physical education.**
- **Students have access to physical activity facilities outside of school hours.**
- **Recess for elementary grade students is scheduled before lunch so students are less distracted and ready to eat.**

- **The Texas Preparatory is a unit of the Boys and Girls Clubs of South Central Texas, we operate up under the rules and regulations set forth through National Head Quarters of Boys and Girls Clubs of America.**

- **TRIPLE PLAY**
- **To teach youth how to make healthier choices, Boys & Girls Clubs of America (BGCA) has teamed up with the Coca-Cola Company and Kraft Foods, Inc. to present Triple Play: A Game Plan for Mind, Body and Soul. This national program takes a holistic approach to educating boys and girls about good nutrition, making physical fitness a daily practice and developing individual strengths and good character. In addition to components for the mind and body, the Triple Play program gets at the soul of the Club experience-the game room. Each mind, body and soul program component can stand alone; yet integrating them allows Club members to reap more powerful, lifelong benefits.**

- **MIND**
- **Empowering youth to eat right is a generation-changing, life-enhancing program goal and Triple Play's nutrition component, called Healthy Habits, and covers the power of choice, calories, vitamins and minerals, the food pyramid and appropriate portion size.**

- **BODY**
- **Taking a systematic approach, this component boosts Clubs' traditional physical activities to a higher level by providing sports and fitness activities for all youth-boys and girls, athletically gifted and those talented other areas, children and teens alike. Daily Fitness Challenges: six challenges give youth at every age the chance to play longer and harder at different games-from jumping rope to basketball and creating games of their own.**

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- **FITNESS AUTHORITY**

FITNESS AUTHORITY promotes fitness in all youth through fun, engaging weekly activities and an annual competition with local, regional and national levels. The program features 12 weekly sessions for each of the three age groups. Club members play games and try new sports, and their fitness levels are measured with simple tests of endurance, flexibility and strength. The FITNESS AUTHORITY Web site, www.bgca.org/sportsauthority, allows Club members and staff to track fitness levels, rank fitness scores nationally and access other valuable health and fitness resources.

STEP 6 ESTABLISHING AN IMPLEMENTATION TIME LINE

Policy Statements-Nutrition Education and Standards	Completion Date
-The Nutrition Education Program meets State Standards	August 2016
-Students in grades K through 6 receive interactive nutrition education.	On Going
-Nutrition education teaches students the skills they need to adopt healthy eating behaviors.	On Going
-Nutrition education is culturally sensitive.	On Going
-Nutrition education is offered in the school dining room as well as in the classroom and is coordinated between teachers and foodservice staff.	On Going
-Students receive consistent nutrition messages throughout the school, classroom, cafeteria, home, community and media.	August 2016
-District health education curriculum standards and guidelines include nutrition education and physical education.	August 2016
-Nutrition education is integrated into the coordinated school health program and physical education.	September 2016
-Nutrition education is integrated into the core curriculum, including math, science and language arts.	August 2016

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-Staff that provides nutrition education has appropriate training.	On Going
-Schools are USDA Team Nutrition schools.	August 2016
-School menus are followed and analyzed using USDA-approved software.	August 2016
-School foodservice staff is trained in the appropriate substitution of foods in order to meet the nutritional goals of the program.	August 2016
-Students are offered a variety of milk, including fat-free, low-fat, flavored and unflavored, on a daily basis.	August 2016

Policy Statements-Nutrition Education and Standards	Completion Date
-Students are offered meats/poultry, fresh fruits, vegetables, and whole grains on a daily basis.	AUGUST 2016

Step 6 – Establishing an Implementation Timeline (cont.)

Policy Statements-Physical Activity	Completion Date
-District requires physical education at all grade levels with class time allotted for it.	AUGUST 2016
-Students are regularly assessed for attainment of physical education skills.	September 2016
-Resources are readily available for students and teachers about physical education.	AUGUST 2016
-District policy for physical education is consistent with State policy or guidelines.	AUGUST 2016
-Students are provided many choices of physical activity, including cooperative and competitive games.	September 2016
-Students are provided with physical activity choices that take into account the gender and cultural differences among children.	September 2016

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-District encourages physical activity outside of the school day.	On Going
-District encourages teachers and other adults in the school setting to serve as role models for students.	On Going
-Recess occurs before meal periods.	AUGUST 2016
-Recreational facilities are safe, clean and accessible for all students.	AUGUST 2016

Policy Statements-Other School-Based Activities	Completion Date
-School dining areas have sufficient space for students to sit and consume meals.	August 2016
-School dining areas are clean, safe and pleasant environments that reflective the value of the social aspects of eating.	August 2016
-Enough serving areas are provided to ensure student access to school with a minimum of wait time.	August 2016
-Meal times are scheduled near the middle of the day.	July 2016
-Students are given adequate time to enjoy eating healthy meals with friends.	August 2016
-Food or physical activity is not used as a reward or punishment.	August 2016
-Recess or other physical activity time is not cancelled for instructional make-up time.	July 2016
-Recess or other physical is not denied as a form of discipline.	July 2016
-Fundraising efforts meet the Texas Preparatory nutrition standards.	On Going
-All in-school advertising and marketing send positive healthy foods and physical activity messages.	On Going

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-On-going professional training and development is provided for foodservice staff and teachers in areas of nutrition and physical education.	August 2016
-Students have access to physical activity facilities outside of school hours.	September 2016
-Recess for elementary grade students is scheduled before lunch so students are less distracted and ready to eat.	July 2016