

Wellness Policy for Arlington Classics Academy

Arlington Classics Academy's Wellness Goals for Physical Activity and Nutrition

Because of the following facts,

- children need access to healthful foods and opportunities to be physically active to grow, learn, and thrive;
- good health fosters student attendance and education;
- obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;
- heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;
- nationally 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;
- nationally only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;
- nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;
- school districts around the country are facing significant fiscal and scheduling constraints; and
- community participation is essential to the development and implementation of successful school wellness policies;

Arlington Classics Academy (ACA) is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. ACA also supports the health and well-being of other stakeholders such as staff, parents, and members of the community. The combined group including students will be referred to as "stakeholders" throughout this plan. Therefore, ACA desires to promote the following goals:

- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and assist with related community services.
- All stakeholders will have opportunities, support, and encouragement to be physically active on a regular basis.

- The school will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing school nutrition and physical activity goals.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans* and standards set by the Texas Department of Agriculture.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the extent required by law, all campuses at ACA will participate in available federal school meal programs and assure that the guidelines for reimbursable meals are not less restrictive than the National School Lunch Act allows.

TO ACHIEVE THESE GOALS:

I. A committee will provide oversight and direction.

The individual campuses will create a committee to develop, implement, monitor, review, and, as necessary, suggest revisions to school nutrition and physical activity goals. The committee members also will serve as resources for implementing those goals. (This committee would consist of a group of individuals representing the school and community, and should include parents, students, school board members or school administrators, teachers, health professionals, and members of the public.)

II. The nutritional quality of foods and beverages sold and served on campus will be consistent with Texas Department of Agriculture rules.

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;

- offer a variety of fruits and vegetables;¹
- serve only low-fat (1%) and fat-free milk² and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that half of the served grains are whole grain.^{3,3}
- Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices.
- Schools should share information about the nutritional content of meals with parents, students and community members. Such information is made available in various places including menus, the school website, on cafeteria menu boards, placards, or other point-of-purchase materials.

Breakfast. To ensure that all children have breakfast, either at home or at school, to meet their nutritional needs and enhance their ability to learn:

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, utilize methods to serve school breakfasts that encourage participation.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals. Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals⁴. Toward this end, schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals.

Meal Times and Scheduling. Schools:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;

¹ To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.

² As recommended by the *Dietary Guidelines for Americans 2005*.

³ A whole grain is one labeled as a "whole" grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include "whole" wheat flour, cracked wheat, brown rice, and oatmeal.

⁴ It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals.

- will attempt to schedule meal periods at appropriate times;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal programs. As part of the school's responsibility to operate a food service program, the school will provide continuing professional development for all nutrition professionals in schools. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.⁵ Professional standards followed will be as amended in March 2015.

Sharing of Foods and Beverages. Schools will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets. For the same reason, products provided to students of ACA must be store bought products with clearly labeled ingredients and nutritional information when provided.

**Information Pertaining to Foods and Beverages Sold Individually
(i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte lines, fundraisers, etc.)**

Elementary Schools. The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools will be sold as balanced meals. As available, foods and beverages sold individually will be limited to low-fat and non-fat milk, fruits, non-fried vegetables, and smart snacks as determined by the Texas Department of Agriculture.

Note: Middle or high schools who share serving lines with elementary schools must abide by the standards of the lowest level school sharing the serving line as directed by Texas Department of Agriculture. Therefore, middle and high schools sharing serving lines with elementary schools abide by the standards set for elementary schools.

Middle/Junior High and High Schools. In middle and high schools, all foods and beverages sold individually outside the reimbursable school meal program (including those sold through a la carte lines, vending machines, student stores, or fundraising activities during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

⁵ School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

Beverages

- **Allowed:** water or seltzer water⁶ without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);
- **Not allowed:** soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

Foods

- A food item sold individually:
 - will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
 - will have no more than 35% of its *weight* from added sugars;⁷
 - will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
- A choice of at least two fruits and/or non-fried vegetables will be offered. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).⁸

Portion Sizes:

- The school will attempt to limit portion sizes of foods and beverages sold individually to those listed below:

⁶ Surprisingly, seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a “Food of Minimal Nutritional Value” (Appendix B of 7 CFR Part 210).

⁷ If a food manufacturer fails to provide the *added* sugars content of a food item, use the percentage of weight from *total* sugars (in place of the percentage of weight from *added* sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.

⁸ Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts, and other perishable items.

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
- One ounce for cookies;
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt;
- Twelve fluid ounces for beverages, excluding water; and
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

Birthday Parties or Special Celebrations. With the approval of campus administration, classroom birthday parties or other special classroom celebrations where food is given away may be held after the campus cafeteria closes for the day. School wide celebrations are limited to three events per campus per year and must be:

1. designated by the schools at the beginning of each school year, and
2. communicated to the cafeteria manager responsible for that campus at the beginning of each school year.

Exempt Fundraisers Texas public, charter, and private schools that participate in the National School Lunch Program (NSLP) or SBP may sell food and/or beverages as part of a fundraiser that does not meet the Competitive Foods Nutritional Standards during the school day for up to six (6) days per school year on each school campus if no food and/or beverages sold for an exempted fundraiser are sold in competition with school meals served or consumed in the food service area.

Schools should adequately publicize information on exempt fundraisers to ensure that students, parents, and staff understand when fundraising exemptions apply.

If a school chooses to hold exempt fundraisers, the school must maintain supportive documentation to indicate the dates for each site's exempt fundraisers.

Food and/or Beverages Ordered and Paid for Off Campus Parents of students may order and pay for food and/or beverages off campus that do not meet the competitive rules and have the food and/or beverages delivered to the students to consume on the school campus during the school day. In these cases, the delivery must follow any school rules or procedures and not be a disruption in any way to the instructional day.

III. Nutrition and physical activity will be promoted.

Nutrition Education and Promotion. ACA aims to teach, encourage, and support healthy eating by students, staff, parents, and community members (our stakeholders).

Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide stakeholders with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, elective subjects, and outreach and educational efforts to the staff, parents, and the community;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, chef in the classroom, and school gardens for students, staff, parents, and the community;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- assists with links to school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers, staff, parents, and the community.

Integrating Physical Activity into the Classroom Setting. For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Parents and Community Wellness. The school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus as available.

The school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day within the community; and support parent and community efforts to provide opportunities to be physically active outside of school. Such supports will include sharing information about community physical activities and special events through announcements, the school website, newsletters, or other take-home materials.

Staff Wellness. ACA highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each school promotes multifaceted activities and events to promote staff health and wellness. These are based on input solicited from school staff and promote ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

Food Marketing in Schools. School-based marketing will be consistent with nutrition education and health promotion.

IV. Physical activity opportunities and physical education will be encouraged.

Daily Physical Education (P.E.) K-12. All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 135 minutes/week) for the entire school year. All physical education will be taught by a certified physical education teacher.

Daily Recess. All elementary school students will have at least 15 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Schools will attempt to discourage extended periods (*i.e.*, periods of two or more hours) of inactivity.

Physical Activity Opportunities Before and After School. After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Use of School Facilities Outside of School Hours. School spaces and facilities are available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities are also available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

V. Goals will be reviewed and monitored.

Monitoring. The principal of each campus will ensure compliance with established nutrition and physical activity wellness goals. In each school, the principal or designee will ensure compliance with those goals in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff will ensure compliance with nutrition goals within school food service areas and will report on this matter to the school principal.

The principals will oversee the completion of their campus wellness plan assessment on an annual basis informing of school-wide compliance with the established nutrition and physical activity wellness goals. Assessment results will be provided to appropriate stakeholders on an annual basis on the school website.

Review of Goals. To help with the development of the school's wellness goals, each school will conduct an informal poll/needs survey/review of stakeholders at the annual assessment.

This review may be repeated as needed to assist compliance, assess progress, and determine areas in need of improvement. The schools will, as necessary, review nutrition and physical activity goals, revise the wellness goals, and develop plans to facilitate their implementation.

VI. Resources for Local School Wellness Goals on Nutrition and Physical Activity

Crosscutting:

- *School Health Index*, Centers for Disease Control and Prevention, <<http://apps.nccd.cdc.gov/shi/>>
- Local Wellness Policy website, U.S. Department of Agriculture, <<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>>
- *Fit, Healthy, and Ready to Learn: a School Health Policy Guide*, National Association of State Boards of Education, <www.nasbe.org/HealthySchools/fithealthy.mqi>
- *Preventing Childhood Obesity: Health in the Balance*, the Institute of Medicine of the National Academies, <www.iom.edu/report.asp?id=22596>
- *The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools*, Action for Healthy Kids, <www.actionforhealthykids.org/docs/specialreports/LC%20Color%20_120204_final.pdf>
- *Ten Strategies for Promoting Physical Activity, Healthy Eating, and a Tobacco-free Lifestyle through School Health Programs*, Centers for Disease Control and Prevention, <www.cdc.gov/healthyouth/publications/pdf/ten_strategies.pdf>
- *Health, Mental Health, and Safety Guidelines for Schools*, American Academy of Pediatrics and National Association of School Nurses, <<http://www.nationalguidelines.org>>
- *Cardiovascular Health Promotion in Schools*, American Heart Association [link to pdf]

School Health Councils:

- *Promoting Healthy Youth, Schools and Communities: A Guide to Community-School Health Councils*, American Cancer Society [link to PDF]
- *Effective School Health Advisory Councils: Moving from Policy to Action*, Public Schools of North Carolina, <www.nchealthyschools.org/nchealthyschools/htdocs/SHAC_manual.pdf>

Nutrition:

General Resources on Nutrition

- *Making it Happen: School Nutrition Success Stories*, Centers for Disease Control and Prevention, U.S. Department of Agriculture, and U.S. Department of Education, <<http://www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/>>
- *Changing the Scene: Improving the School Nutrition Environment Toolkit*, U.S. Department of Agriculture, <www.fns.usda.gov/tn/Healthy/changing.html>
- *Dietary Guidelines for Americans 2005*, U.S. Department of Health and Human Services and U.S. Department of Agriculture, <www.health.gov/dietaryguidelines/dga2005/document/>
- *Guidelines for School Health Programs to Promote Lifelong Healthy Eating*, Centers for Disease Control and Prevention, <www.cdc.gov/mmwr/pdf/rr/rr4509.pdf>
- *Healthy Food Policy Resource Guide*, California School Boards Association and California Project LEAN, <www.csba.org/ps/hf.htm>
- *Diet and Oral Health*, American Dental Association, <<http://www.ada.org/public/topics/diet.asp>>

School Meals

- *Healthy School Meals Resource System*, U.S. Department of Agriculture, <<http://schoolmeals.nal.usda.gov/>>
- *School Nutrition Dietary Assessment Study–II*, a U.S. Department of Agriculture study of the foods served in the National School Lunch Program and the School Breakfast Program, <www.cspinet.org/nutritionpolicy/SNDAllfind.pdf>
- *Local Support for Nutrition Integrity in Schools*, American Dietetic Association, <www.eatright.org/Member/Files/Local.pdf>
- *Nutrition Services: an Essential Component of Comprehensive Health Programs*, American Dietetic Association, <www.eatright.org/Public/NutritionInformation/92_8243.cfm>
- *HealthierUS School Challenge*, U.S. Department of Agriculture, <www.fns.usda.gov/tn/HealthierUS/index.htm>
- *Breakfast for Learning*, Food Research and Action Center, <www.frac.org/pdf/breakfastforlearning.PDF>
- *School Breakfast Scorecard*, Food Research and Action Center, <www.frac.org/School_Breakfast_Report/2004/>
- *Arkansas Child Health Advisory Committee Recommendations* [includes recommendation for professional development for child nutrition professionals in

schools],
<www.healthyarkansas.com/advisory_committee/pdf/final_recommendations.pdf>

Meal Times and Scheduling

- *Eating at School: A Summary of NFSMI Research on Time Required by Students to Eat Lunch*, National Food Service Management Institute (NFSMI) [Attach PDF file]
- *Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools*, National Food Service Management Institute,
<www.nfsmi.org/Information/Newsletters/insight24.pdf >

Nutrition Standards for Foods and Beverages Sold Individually

- *Recommendations for Competitive Foods Standards* (a report by the National Consensus Panel on School Nutrition), California Center for Public Health Advocacy,
<www.publichealthadvocacy.org/school_food_standards/school_food_standards/Nutrition%20Standards%20Report%20-%20Final.pdf>
- State policies for competitive foods in schools, U.S. Department of Agriculture,
<www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/state_policies_2002.htm>
- *Nutrition Integrity in Schools*, (forthcoming), National Alliance for Nutrition and Activity
- *School Foods Tool Kit*, Center for Science in the Public Interest,
<www.cspinet.org/schoolfood/>
- *Foods Sold in Competition with USDA School Meal Programs* (a report to Congress), U.S. Department of Agriculture,
<www.cspinet.org/nutritionpolicy/Foods_Sold_in_Competition_with_USDA_School_Meal_Programs.pdf>
- *FAQ on School Pouring Rights Contracts*, American Dental Association,
<http://www.ada.org/public/topics/softdrink_faq.asp>

Fruit and Vegetable Promotion in Schools

- *Fruits and Vegetables Galore: Helping Kids Eat More*, U.S. Department of Agriculture, <www.fns.usda.gov/tn/Resources/fv_galore.html>
- *School Foodservice Guide: Successful Implementation Models for Increased Fruit and Vegetable Consumption*, Produce for Better Health Foundation. Order on-line for \$29.95 at <www.shop5aday.com/acatalog/School_Food_Service_Guide.html>.
- *School Foodservice Guide: Promotions, Activities, and Resources to Increase Fruit and Vegetable Consumption*, Produce for Better Health Foundation. Order on-line for \$9.95 at <www.shop5aday.com/acatalog/School_Food_Service_Guide.html>

- National Farm-to-School Program website, hosted by the Center for Food and Justice, <www.farmtoschool.org>
- Fruit and Vegetable Snack Program Resource Center, hosted by United Fresh Fruit and Vegetable Association, <<http://www.uffva.org/fvpilotprogram.htm>>
- Produce for Better Health Foundation website has downloadable fruit and vegetable curricula, research, activity sheets, and more at <www.5aday.org>

Fundraising Activities

- *Creative Financing and Fun Fundraising*, Shasta County Public Health, <www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlean/fundraiser1.pdf>
- *Guide to Healthy School Fundraising*, Action for Healthy Kids of Alabama, <www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA%2031%20-%20Fundraising.pdf>

Snacks

- *Healthy School Snacks*, Center for Science in the Public Interest
- Materials to Assist After-school and Summer Programs and Homeless Shelters in Using the Child Nutrition Programs (website), Food Research and Action Center, <www.frac.org/html/building_blocks/afterschsummertoc.html>
- Smart Snacks Calculator, a tool to determine the healthiness of a snack, Texas Department of Agriculture, www.squaremeals.org .

Rewards

- *Constructive Classroom Rewards*, Center for Science in the Public Interest, <www.cspinet.org/nutritionpolicy/constructive_rewards.pdf>
- *Alternatives to Using Food as a Reward*, Michigan State University Extension, <www.tn.fcs.msue.msu.edu/foodrewards.pdf>
- *Prohibition against Denying Meals and Milk to Children as a Disciplinary Action*, U.S. Department of Agriculture Food and Nutrition Service [Link to PDF]

Celebrations

- *Guide to Healthy School Parties*, Action for Healthy Kids of Alabama, <www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA%2032%20-%20parties.pdf>
- *Classroom Party Ideas*, University of California Cooperative Extension Ventura County and California Children's 5 A Day Power Play! Campaign,

<http://ucce.ucdavis.edu/files/filelibrary/2372/15801.pdf>>

Nutrition and Physical Activity Promotion and Food Marketing:

Health Education

- *National Health Education Standards*, American Association for Health Education, <http://www.aahperd.org/aahe/pdf_files/standards.pdf>

Nutrition Education and Promotion

- U.S. Department of Agriculture Team Nutrition website (lists nutrition education curricula and links to them), <www.fns.usda.gov/tn/Educators/index.htm>
- *The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions*, U.S. Food and Drug Administration and U.S. Department of Agriculture's Food and Nutrition Service, <www.fns.usda.gov/tn/resources/power_of_choice.html>
- *Nutrition Education Resources and Programs Designed for Adolescents*, compiled by the American Dietetic Association, <www.eatright.org/Public/index_19218.cfm>

Integrating Physical Activity into the Classroom Setting

- *Brain Breaks*, Michigan Department of Education, <www.emc.cmich.edu/brainbreaks>
- *Energizers*, East Carolina University, <www.ncpe4me.com/energizers.html>

Food Marketing to Children

- *Pestering Parents: How Food Companies Market Obesity to Children*, Center for Science in the Public Interest, <www.cspinet.org/pesteringparents>
- *Review of Research on the Effects of Food Promotion to Children*, United Kingdom Food Standards Agency, <www.foodstandards.gov.uk/multimedia/pdfs/foodpromotiontochildren1.pdf>
- *Marketing Food to Children* (a report on ways that different countries regulate food marketing to children [including marketing in schools]), World Health Organization (WHO), <<http://whqlibdoc.who.int/publications/2004/9241591579.pdf>>
- *Guidelines for Responsible Food Marketing to Children*, Center for Science in the Public Interest, <<http://cspinet.org/marketingguidelines.pdf>>
- *Commercial Activities in Schools*, U.S. General Accounting Office, <www.gao.gov/new.items/d04810.pdf>

Eating Disorders

- Academy for Eating Disorders, <www.aedweb.org>
- National Eating Disorders Association, <www.nationaleatingdisorders.org>
- Eating Disorders Coalition, <www.eatingdisorderscoalition.org>

Staff Wellness

- *School Staff Wellness*, National Association of State Boards of Education [link to pdf]
- *Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small*, Partnership for Prevention, <www.prevent.org/publications/Healthy_Workforce_2010.pdf>
- *Well Workplace Workbook: A Guide to Developing Your Worksite Wellness Program*, Wellness Councils of America, <www.welcoa.org/wellworkplace/index.php?category=7>
- *Protecting Our Assets: Promoting and Preserving School Employee Wellness*, (forthcoming), Directors of Health Promotion and Education (DHPE)

Physical Activity Opportunities and Physical Education:

General Resources on Physical Activity

- *Guidelines for School and Community Programs to Promote Lifelong Physical Activity among Young People*, Centers for Disease Control and Prevention, <www.cdc.gov/mmwr/preview/mmwrhtml/00046823.htm>
- *Healthy People 2010: Physical Activity and Fitness*, Centers for Disease Control and Prevention and President's Council on Physical Fitness and Sports, <www.healthypeople.gov/document/HTML/Volume2/22Physical.htm#_Toc490380803>
- *Physical Fitness and Activity in Schools*, American Academy of Pediatrics, <<http://pediatrics.aappublications.org/cgi/reprint/105/5/1156>>

Physical Education

- *Opportunity to Learn: Standards for Elementary Physical Education*, National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368§ion=5>>
- *Opportunity to Learn: Standards for Middle School Physical Education*. National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/Template.cfm?template=ProductDisplay.cfm&Productid=726§ion=5>>

- *Opportunity to Learn: Standards for High School Physical Education*, National Association for Sport and Physical Education. Order on-line for \$7.00 at <http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=727§ion=5>>
- *Substitution for Instructional Physical Education Programs*, National Association for Sport and Physical Education, www.aahperd.org/naspe/pdf_files/pos_papers/substitution.pdf>
- *Blueprint for Change, Our Nation's Broken Physical Education System: Why It Needs to be Fixed, and How We Can Do It Together*, PE4life, www.pe4life.org/articles/blueprint2004.pdf>

Recess

- *Recess in Elementary Schools*, National Association for Sport and Physical Education, www.aahperd.org/naspe/pdf_files/pos_papers/current_res.pdf>
- *Recess Before Lunch Policy: Kids Play and then Eat*, Montana Team Nutrition, www.opi.state.mt.us/schoolfood/recessBL.html>
- *Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools*, National Food Service Management Institute, www.nfsmi.org/Information/Newsletters/insight24.pdf>
- The American Association for the Child's Right to Play, <http://www.ipausa.org/recess.htm>>

Physical Activity Opportunities Before and After School

- *Guidelines for After School Physical Activity and Intramural Sport Programs*, National Association for Sport and Physical Education, www.aahperd.org/naspe/pdf_files/pos_papers/intramural_guidelines.pdf>
- *The Case for High School Activities*, National Federation of State High School Associations, www.nfhs.org/scriptcontent/va_custom/vimdisplays/contentpagedisplay.cfm?content_id=71>
- *Rights and Responsibilities of Interscholastic Athletes*, National Association for Sport and Physical Education, www.aahperd.org/naspe/pdf_files/pos_papers/RightandResponsibilities.pdf>

Safe Routes to School

- *Safe Routes to Schools Tool Kit*, National Highway Traffic Safety Administration, www.nhtsa.dot.gov/people/injury/pedbimot/bike/saferouteshtml/>

- *KidsWalk to School Program*, Centers for Disease Control and Prevention, <www.cdc.gov/nccdphp/dnpa/kidswalk/>
- *Walkability Check List*, Pedestrian and Bicycle Information Center, Partnership for a Walkable America, U.S. Department of Transportation, and U.S. Environmental Protection Agency, <www.walkinginfo.org/walkingchecklist.htm>

Monitoring and Policy Review:

- *School Health Index*, Centers for Disease Control and Prevention (CDC), <<http://apps.nccd.cdc.gov/shi/>>
- *Changing the Scene: Improving the School Nutrition Environment Toolkit*, U.S. Department of Agriculture, <www.fns.usda.gov/tn/Healthy/changing.html>
- *Criteria for Evaluating School-Based Approaches to Increasing Good Nutrition and Physical Activity*, Action for Healthy Kids, <www.actionforhealthykids.org/docs/specialreports/report_small.pdf>
- *Opportunity to Learn: Standards for Elementary Physical Education*, National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368§ion=5>>
- *Opportunity to Learn: Standards for Middle School Physical Education*. National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/Template.cfm?template=ProductDisplay.cfm&Productid=726§ion=5>>
- *Opportunity to Learn: Standards for High School Physical Education*. National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=727§ion=5>>

School Wellness Plan Committee Meeting

School: _____

Date: _____

Members Present:

Name Role (teacher, parent, administrator, student, board member, etc.)

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

Meeting Minutes

Goal:

Planned Events:

Other:

Assessment of School Wellness Policy For Arlington Classics Academy To Be Completed Annually

Campus

Primary, Intermediate, Middle/High School

1. Did your site based decision making committee, school wellness committee, and/or other school committee composed of school administrators, teachers, school nurse/health professionals, parents, students, and members of the public provide input to achieve the goals and/or activities as outlined in the school wellness policy for your school or administered by your school during the year? (I.e. Healthy Eating, Jump Rope for Heart, Faculty Challenges, etc)

Circle One: Yes or No (please explain)

Please review the goals from the School Wellness Policy below and note your responses:

2. The nutritional quality of foods served by the child nutrition department meets or exceeds the standards set by the Texas Department of Agriculture.

Please note whether you agree with the following:

Yes No

The meals served will:

- | | | |
|--|-----|-----|
| a. Be appealing to students | ___ | ___ |
| b. Be served in clean pleasant surroundings | ___ | ___ |
| c. Meet nutritional requirements | ___ | ___ |
| d. Offer a variety of fruits and vegetables | ___ | ___ |
| e. Serve only low fat or fat free milk | ___ | ___ |
| f. Ensure that half of the grains served are whole grain | ___ | ___ |

3. Nutrition and physical activity will be promoted.
Arlington Classics Academy will teach, encourage, and support healthy eating by stakeholders.

Please note whether you agree with the following:

Yes No

Schools provide nutrition education and engage in nutrition promotion that:

- | | | |
|--|-----|-----|
| g. Is provided at each grade level to protect student/stakeholder health | ___ | ___ |
| h. Is part of classroom instruction as well as health/PE classes | ___ | ___ |
| i. Includes developmentally appropriate participatory activities | ___ | ___ |
| j. Promotes healthy food choices such as low fat, fruits, & vegetables | ___ | ___ |
| k. Emphasizes the relationship between food intake and exercise | ___ | ___ |
| l. Emphasizes and reinforces physical activity and a healthy lifestyle | ___ | ___ |

- a. Physical activity opportunities and physical education will be encouraged for all stakeholders.

Please note whether you agree with the following:

Yes No

Schools provide education toward and promote physical activities so that:

- | | | |
|---|-----|-----|
| m. All students have daily PE or its equivalent up to 135 min/week | ___ | ___ |
| n. Elementary students have at least 15 min/day of supervised recess | ___ | ___ |
| o. After school programs encourage daily periods of physical activity | ___ | ___ |
| p. Physical activity and a healthy lifestyle are promoted for all stakeholders | ___ | ___ |
| q. School facilities are available after hours for individuals or groups to conduct physical activities or offer other nutrition or health related activities | ___ | ___ |