

NYOS Charter School

WELLNESS POLICY

WELLNESS

NYOS Charter School shall comply with all state and federal laws and rules 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.

GOALS

At NYOS Charter School we strive to promote a healthy community by teaching students and families ways to establish and maintain life-long healthy eating and physical activity habits. This shall be accomplished through nutrition education, physical education and activity, and food served in schools.

NUTRITION GUIDELINES

NYOS Charter School shall develop nutritional guidelines and wellness goals in consultation with the local School Health Advisory Council (SHAC) and with involvement from representatives of the student body, school food service, school administration, the Board, parents, and the public.

NYOS Charter School shall ensure that nutritional 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 USDA Smart Snacks in Schools nutrition standards. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

In addition to legal requirements, NYOS Charter School shall:

1. Establish guidelines for food and/or beverages served during classroom parties, birthdays, or school celebrations or events. Campuses shall follow these guidelines when offering food and/or beverages during events, parties, and celebrations.
2. Provide guidance to campuses requiring that birthday and/or school celebrations shall not occur in the cafeteria during meal serving time. Such events may take place at the end of the school day after the last scheduled class or after school.
3. Provide guidelines for schools that foods and/or beverages may not be used as rewards for academic performance.
4. Provide teachers with education and guidelines on the use of food for instructional purposes.

5. Require that all foods of minimal nutritional value (FMNV), including chocolate and all forms of candy, not be sold, distributed, provided or made available to students in pre-kindergarten – grade 12 at any time during the school day.
6. Require that all campuses, pre-kindergarten – grade 12, not be involved in the sale of food or beverages for any fundraising activity during the school day. Fund-raising activities that involve the sale of food and/or beverages shall take place outside the school day.
7. Promote that food and/or beverages of nutritional value offered to students and employees of NYOS Charter School during the day as a snack or meal (i.e., “competitive” foods and beverages), whether provided by parents or staff, shall be consistent with the goals of the policy and will meet the USDA Smart Snacks in School nutrition standards, at a minimum.

WELLNESS GOALS

NUTRITION EDUCATION

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

In addition, NYOS Charter School establishes the following goals for nutrition education:

1. Students in pre-kindergarten – grade 8 shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors through their participation in their campus coordinated school health program. Students in grades 9 – 12 shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors through health education and physical education courses.
2. Nutrition education shall be a Districtwide priority and shall be integrated into other areas of the curriculum, as appropriate.
3. Educational nutrition information shall be shared with families and the general public to positively influence the health of students and community members through the use of print and online media, newsletters, and school lunch menus.
4. All high school students are required to complete .5 credit of Health Education for graduation. This is not a requirement for all Texas public schools.

PHYSICAL ACTIVITY

NYOS Charter School 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, NYOS Charter School establishes the following goals for physical activity:

1. NYOS Charter School shall provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not athletically gifted.
2. Physical education classes shall regularly emphasize moderate to vigorous activity.
3. NYOS Charter School shall encourage parents to support their children's participation, to be active role models, to include physical activity in family events, and to participate in before-school and after-school physical activity programs.
4. NYOS Charter School shall encourage teachers to integrate physical activity into the academic curriculum when appropriate.
5. NYOS Charter School shall enhance the quality of physical education curricula and provide training of physical education teachers through staff development.
6. NYOS Charter School shall encourage students, parents, staff, and community members to use the school's physical activity facilities outside of the school day as available.

SCHOOL-BASED ACTIVITIES

NYOS Charter School establishes the following goal to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities: each campus shall include in the Campus Improvement Plan (CIP) strategies and performance objectives related to coordinated school health implementation, student participation in moderate to vigorous physical activity, and completion of the FITNESSGRAM testing on all students in grades 3 – 12.

NYOS Charter School encourages all students in 6th-12th grades to participate in school athletics. Not all Texas public schools encourage students to participate in school sports teams starting in 6th grade. All NYOS students who wish to participate will be allowed to try out and coaches will follow a no-cut protocol.

STAFF WELLNESS

School staff serve as role models for students and are the key to successful implementation of student wellness programs. Therefore, NYOS Charter School shall offer opportunities for staff to participate in staff wellness programs. These may include workshops and presentations on health promotion, education, and resources that shall enhance morale, encourage healthy lifestyles, prevent injury, reduce chronic disease, and foster exceptional role modeling. NYOS shall offer a reduced-price membership to a nearby gym for all staff members and their families.

IMPLEMENTATION

The Executive Director ("ED"), or the ED's designee, shall oversee the implementation of this policy and shall measure and monitor the implementation of the wellness policy annually through the coordinated school health checklist. The School Health Advisory council (SHAC) shall review the policy annually.