

**Development,  
Implementation, and  
Review of Guidelines  
and Goals**

The campus shall support the general wellness of all students by implementing measurable goals to promote sound nutrition and student health and to reduce childhood obesity.

The Wellness Policy Advisory Committee (WPAC), on behalf of the Campus, shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law. In the development, implementation, and review of these guidelines and goals, the WPAC shall permit participation by parents, students, representatives of the Campus's food service provider, physical education teachers, school health professionals, members of the Board, school administrators, and members of the public.

Wellness Plan

The WPAC shall develop a wellness plan to implement the Campus's nutrition guidelines and wellness goals. The wellness plan shall, at a minimum, address:

1. Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;
2. Objectives, benchmarks, and activities for implementing the wellness goals.
3. Methods for measuring implementation of the wellness goals; and
4. The manner of communicating to the public is applicable in the formation of the Campus's wellness policy and plan.
5. Every three years, the Campus' will measure the effectiveness of the Wellness Policy implementation and must dis- tribute the results of the assessment.

The WPAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.

**Nutrition Guidelines**

Foods and  
Beverages Sold

Essence Preparatory shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all food available on each campus is in accordance with the United States Department of Agriculture (USDA) Smart Snacks in School standards and the Texas Department of Agriculture (TDA).

The campus' nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the Campus allows

an exemption for fundraising activities as authorized by state and federal rules.

According to USDA, the “school day” shall begin at midnight until 30 minutes after the last bell.

Foods and  
Beverages Provided

The campuses shall establish standards for all foods and beverages provided but not sold to students during the school day. In addition to legal requirements, the EPPS shall establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations and for competitive foods, as well as school-sponsored fundraising activities that involve serving or selling food as specified within the USDA Smart Snacks in School guidelines.

The following guidelines shall apply:

1. Competitive foods are food and beverages sold or made available to students that compete with the school’s operation of the NSLP, SBP, and/or After-school Care Program (ASCP). This includes, but is not limited to, food and beverages sold or provided in vending machines, in school stores, or as part of school fundraisers during the school day.

- b. Elementary schools: Not allowed to be provided to students anywhere on school grounds from 30 minutes before to 30 minutes after meal periods.

Parent involvement activities (i.e., “Muffins for Mom” and “Donuts for Dad): Not allowed to be provided to students during meal periods in areas where reimbursable meals are served and consumed.

Middle schools: Not allowed to be provided to students anywhere on school grounds from 30 minutes before to 30 minutes after meal periods.

High schools: Not allowed to be provided to students during meal periods in areas where reimbursable meals are served and consumed.

2. Fundraisers are considered by the USDA to be events that included any activity during which tokens, currency, tickets, and the like are exchanged for the sale/purchase of a product in support of the school or school-related activity. These activities that involve the sale of food items for consumption during the school day must be in accordance with USDA Smart Snacks in School standards. If items sold (via catalog sales) do not meet the Smart Snacks guidelines, they must not be distributed to the students until the end of the school day, except for the six fundraising days. Parents may pick these items up anytime during

the school day. Students who ride the bus and/or are picked up by a daycare provider may take the catalog sale items home as long as they are not opened and consumed. High school students who drive their own personal vehicle and have catalog sales items may take their items home with them after the last school bell. However, items sold (via catalog sales, such as cookie dough, frozen pizza, and the like) that cannot be consumed may be distributed to the students after the last bell.

Accompaniments or combinations of food items that are provided to students in conjunction with the sale of another item must comply with USDA Smart Snacks in School standards since that involves the exchange of currency for the sale/purchase/donation of a food product.

Exempt fundraisers: Schools may sell food and/or beverages as part of one of the 6 days for exempt fundraisers. Food and/or beverages sold are not required to meet Smart Snack guidelines.

3. Elementary classrooms may serve two nutritious snack per day in the afternoon (not during mealtimes) under the teacher's guidance. The classroom snack may be provided by school nutrition staff members, teachers, parents, or other groups and should be at no cost to students. Snacks provided to students shall be in accordance with the USDA Smart Snacks in School standards. The only exception shall be for parents, who may provide any type of snack(s) they wish for their child only. A list of authorized snacks shall be available upon request and as a link on the district's website on the school nutrition page.

The district shall establish the following exemptions:

1. Smart Snacks "Free Dates": "Free" days or events during the school year shall be allowed in which students may be given candy items or other restricted food and beverages during the school day. These days or events shall be reported to the school nutrition director by September 1 of each school year and shall be published on the school calendar. However, during these days or events, the items may not be given during meal times in areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) shall continue to be available to all students.
2. Accommodating Students with Special Needs: This policy shall not apply to special needs students whose individualized education program (IEP) indicates the use of a restricted food item for behavior modification (or other suitable need).

3. State-Mandated Assessment Test Days: Parents, teachers, and administrators may provide one additional snack to the entire class. These snacks shall follow the Smart Snacks policy. The only exception shall be for parents, who may provide any type of snack(s) they wish for their child only.
4. Instructional Use of Food in Classroom: Students may consume food prepared in class for instructional purposes with the signed parent permission slip.
5. Student birthdays may be celebrated, as per “Lauren’s Law,” by bringing only store-bought individually wrapped food or store-bought cupcakes to be passed out to students. As an example, individually wrapped food may include fruit snacks, mini-bags of cookies or other sweets, or individually wrapped snack cakes.
6. Food from Home: This policy shall not restrict what parents may provide for their own child’s lunch and/or snack, but they may not provide restricted items to other children at school.
7. Fast food shall not be delivered to the campus with the expectation that school staff will provide delivered food to students. All fast food must be hand delivered by the parent/guardian and provided to the student during the student’s lunch period.

**Wellness Goals**Nutrition Promotion  
and Education

The campuses shall implement, in accordance with law, a coordinated school health program with a nutrition education component. The Campus’s nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the Campus.

The Campus establishes the following goals for nutrition promotion:

1. The Campus’ food service staff, teachers, and other campus personnel shall promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.

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2. The Campus shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.
3. The Campus shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

The Campus establishes the following goal for nutrition education:  
The Campus shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Physical Activity

The Campus 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.

The Campus establishes the following goal for physical activity:

1. The Campus shall encourage parents and staff to support their children's participation, to be active role models, and to include physical activity in family events.
2. The Campus will provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.
3. The Campus shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

Other School-Based  
Activities

The Campus establishes the following goals to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities:

1. The Campus shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

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Marketing

2. All students shall be encouraged to participate in the school meal program. The identity of students who eat free or reduced-priced meals shall be protected.
3. The Campus shall promote wellness for students and their families at suitable Campus and campus activities.
4. The Campus shall promote employee wellness activities and involvement at suitable Campus and Campus activities.

The Campus is committed to providing a school environment that ensure opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Food and beverage marketing is defined as advertising and other promotions in the school to include oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product.

1. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School Nutrition Standards.
2. Fundraising posters for food related items will be allowed during the duration of the fundraising period and must follow all policies set forth in this Wellness Policy for fundraising.
3. Posters provided by USDA will be hung in the cafeteria to promote healthy foods that do not list a specific provider, vendor, or sponsor.

**Implementation**

The Superintendent shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures.

**Evaluation**

The Campus shall comply with federal requirements for evaluating this policy and the wellness plan.

**Public Notification**

The Campus shall annually inform and update the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy, the wellness plan, and the required implementation assessment.

**Records Retention**

The Campus shall retain all the required records associated with the wellness policy, in accordance with law and the Campus's records management program.