

# Harmony Public Schools-Waco District

## Local Wellness Policy

Harmony Public Schools Waco District shall follow nutrition guidelines 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.

### Development of Guidelines and Goals

The District shall develop nutrition guidelines and wellness goals in consultation with the local school health advisory council and with involvement from representatives of the student body, school nutrition staff, school administration, the Board, parents, and the public.

### Nutrition Guidelines

The District 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 are in accordance with the United States Department of Agriculture (USDA) Smart Snacks in School Standards.

### Smart Snacks Guidelines

Smart Snacks are science-based nutrition standards for snack foods and beverages sold to children at school during the school day.

USDA recent updates, as part of Child Nutrition Act, requires that all food (including beverages) sold outside of the school meal programs, on the school campus and at any time during the school day must meet the Smart Snacks nutrition standards.

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

#### **Smart Snacks Nutrition Standards for Foods**

- Any food sold in schools shall:
  - Be a “whole grain-rich” grain product; or
  - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
  - List the second ingredient as one of the above if water is the first ingredient; or
  - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
  - Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).\*( On July 1, 2016, foods may not qualify using the 10% DV criteria)
- Foods shall also meet several nutrient requirements:
  - Calorie limits:
    - ° Snack items: ≤ 200 calories
    - ° Entrée items: ≤ 350 calories
  - Sodium limits:
    - ° Snack items: ≤ 230 mg\*\* On July 1, 2016, snack items must contain ≤ 200 mg sodium per item
    - ° Entrée items: ≤ 480 mg

Fat limits:

- ° Total fat: ≤35% of calories
- ° Saturated fat: < 10% of calories
- ° Trans-fat: zero grams

Sugar limit:

- ° ≤ 35% of weight from total sugars in foods

### **Smart Snacks Nutrition Standards for Beverages**

- All schools may sell:
  - Plain water (with or without carbonation)
  - Unflavored low fat milk
  - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
  - 100% fruit or vegetable juice and
  - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.
- Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.
  - No more than 20-ounce portions of
  - Calorie-free, flavored water (with or without carbonation); and
  - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
  - No more than 12-ounce portions of
  - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

### **Other Requirements**

- Fundraisers are considered by the USDA to be events that include 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 USDA Smart Snacks in School Standards.
  - The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
  - The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
  - The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.
- Accompaniments
  - Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
  - This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.

## Competitive Food Guidelines

A competitive food is defined as Foods and/or beverages sold to students that compete with the school's operation of the NSLP and/or SBP. This definition includes, but is not limited to, food and/or beverages sold in a meal service line, in vending machines, in school stores, or as part of fundraisers.

### **When Competitive Food Nutrition Standards Apply**

The Competitive Food Nutrition Standards\* apply only to food and/or beverages *sold* during the *school day* on the *school campus*.

\*Use Section 20, Competitive Food Nutrition Standards, for detailed information about standards.

**a. Elementary Schools:** Schools do not sell competitive food and/or beverages to students (or provide access to competitive foods to students through indirect sales) anywhere on the school campus throughout the school day except for those items made available by the school food service department.

Elementary classrooms may serve one nutritious snack per day in the morning or afternoon (not during meal times) 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 Schools 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.

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.

**b. Middle or Junior High Schools\*:** Schools do not sell competitive food and/or beverages to students (or provide access to competitive foods to students through indirect sales) anywhere on the school campus from 30 minutes before to 30 minutes after meal periods except for those food items made available by the school food service department.

**c. High Schools\*:** Schools do not sell competitive food and/or beverages to students (or provide access to competitive foods to students through indirect sales) in any area where reimbursable school meals are served and/or consumed during the meal periods except for those food items made available by the school food service department.

\*if there are Elementary Grade levels with Middle and High Schools, Elementary Competitive Food Nutrition Standards apply overall.

## Exemptions

- Smart Snacks "Free Dates": Up to four "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.

- School nurses: This policy shall not apply to the school nurses' provision of health care to individual students

- 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).

- Field Trips / Competitions: This policy shall not apply to students who leave campus for school-approved field trips and competitions. A school official shall approve the dates and purposes of the field trips and competitions in advance.
- 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.
- Instructional Use of Food in Classroom: Students may consume food prepared in class for instructional purposes. This should be done on an occasional basis, and these items may not be provided or sold to other students or other classes. Food and/or beverages provided for students as part of a class or cultural heritage event for instructional or enrichment purposes shall be exempt from the policy. However, these food and/or beverages may not be served during the meal periods in areas where school meals are served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students.
- 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.
- Lauren’s Law: A parent/legal guardian or grandparent may bring in any food product (cakes/cupcakes) for the classroom on his or her child’s birthday.

It does not:

- Require the teacher to stop instruction to allow for the birthday party;
- Allow the parents/legal guardians or grandparents a right of access to the classroom; or
- Allow balloons, decorations, gifts, and the like.

Parents/guardians should notify school administration 2 school-days in advance if they are going to bring in any food product (cakes/cupcakes) for the classroom on his or her child’s birthday.

The principals shall have discretion on when to allow the consumption of the food products.

The food products cannot be consumed or provided to students during meal periods in areas where reimbursable meals are served and consumed.

## Nutrition Education

The school shall implement, in accordance with law, a coordinated health program with a nutrition education component [see EHAB and EHAC] and shall use health course curriculum that emphasizes the importance of proper nutrition [see EHAA].

In addition, the district establishes the following goals for nutrition education.

- Students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
- Nutrition education shall be a district wide priority and will be integrated into other areas of the curriculum, as appropriate.
- Staff responsible for nutrition education shall be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
- The Child Nutrition staff, teachers, and other school personnel shall coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.
- Educational nutrition information shall be shared with families and the general public to positively influence the health of students and community members.

## Physical Activity

The district 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 [see EHAB and EHAC].

In addition, the district establishes the following goals for physical activity:

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

## School Based Activities

The district shall create an environment conducive to healthy eating and physical activity through implementation of the following policies.

- Sufficient time shall be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable. The USDA recommends 15–20 minutes for breakfast and 18– 25 minutes for lunch.
- Withholding food as punishment (e.g., restricting a child's selection of milk at meal time or not allowing a la carte items because of behavioral problems) shall be prohibited.
- The lunchroom facilities shall be safe, clean, and visually promote a message of healthy eating and wellness.
- Students shall have access to free potable water during mealtimes. The water may be provided through water fountains inside or directly adjacent to the cafeteria, water dispenser, or water pitcher and cups.
- Nutrition and physical activity shall be promoted to students and their families at suitable school sponsored events.

## Annual Progress Reports

The District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. **This annual report will be published on the schools' websites.**

## Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy. The position responsible for managing the triennial assessment and contact information is District Child Nutrition Director. The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

**This triennial progress report will be published on the schools' websites.**

## Revisions and Updating the Policy

The DWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Calendar