



TFS-Texas Local Wellness Policy

TFS-Texas is committed to providing a school environment that enhances learning and the development of lifelong wellness. TFS-Texas shall follow nutrition guidelines that advance student health and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based learning and activities. The network shall support all students by implementing measurable goals to promote sound nutrition and student health to reduce childhood obesity. It is the beliefs and policy of the network...

- That children are the foundations of a healthy society.
- Those well-nourished and physically active children are better able to learn.
- All students in TFS-Texas will have opportunities, support, and encouragement to be physically active on a regular basis.
- Qualified child nutrition professionals will provide all students, regardless of income, 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
- Will provide a clean, safe, pleasant atmosphere and enough time for students to eat.
- All schools in our district will participate in federal school meal programs including the School Breakfast Program (SBP) and National School Lunch Program (NSLP). Some sites will participate in the After-School Snack Program (ASSP), Seamless Summer Program (SSP), Child and Adult Care Food Program (CACFP), and Summer Food Service Program (SFSP).
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish relationships between health education and school meal programs.
- That the cafeteria is a classroom. In the cafeteria, we communicate how to choose balanced, nutritious meals and teach appropriate behavior at mealtimes.

TFS-Texas works to make lunch time a pleasurable experience for students. We believe that giving students ample time to sit after receiving their meal will increase their consumption of healthy foods and help develop lifelong, healthy habits. We encourage all schools to give students a minimum of 20 minutes to sit and enjoy their meal once they have received it.

Nutrition Education & Promotion

TFS-Texas aims to teach, encourage, and support healthy eating by students. To help ensure the health and well-being of each student attending any school in the TFS-Texas Network, the governing board encourages teachers, principals, and food service employees to recognize the lunch period as an integral part of the educational program of the network and to work to implement the goals of this policy.

The network shall implement, in accordance with law, a coordinated health program with a nutrition education component. TFS-Texas aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- Fosters the adoption and maintenance of healthy eating behaviors.
- Provides nutrition topics that are integrated within our health, advisory, and character instruction for all grade levels (K-12).
- The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings. Nutrition education shall be a network-wide priority and shall be integrated into other areas of the curriculum, as appropriate.
- Educational information will be shared with families and the public to positively influence the health of students and community members
- The network shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
- The network shall collaborate with their current food vendor (where applicable) to provide families nutrition education and exposure to a variety of fruits and vegetables.

Development of Guidelines and Goals

TFS-Texas shall develop nutrition 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 authorities, school administration, parents, health professionals, board members, and members of the community.

The goal of SHAC is to determine areas of growth in our network and to make recommendations for improvement regarding school health and nutrition. Texas Education Agency requires that SHAC proposals be presented to the Board at the end of each school year for approval and implementation for the following school year.

Nutrition Guidelines

TFS-Texas shall ensure that nutrition guidelines for reimbursable school meals and all other food and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity. All National School Lunch Program and School Breakfast Program meals shall be at least as restrictive as federal regulations and guidance and that all food available on campus are in accordance with the United States Department of Agriculture (USDA) Smart Snacks in School Standards. According to USDA, the "School Day" shall begin at midnight until 30 minutes after the last bell.

Foods and Beverages Provided and Sold

To help ensure the health and well-being of each student attending TFS-Texas schools, the governing board encourages teachers, school leaders, and food service employees to recognize the lunch period as an integral part of the educational program of the district and to work to implement the goals of this policy.

The governing board will ensure the following:

- An economically suitable meal program will make available a nutritious breakfast, lunch, and snack (where applicable) to every student at every school so that students are prepared to learn to their fullest potential.
- Food services will work toward preparing meals from fresh ingredients, offer a variety of fresh fruits and vegetables, and where possible prepare meals from scratch.
- Food items served and sold in schools shall reflect the cultural diversity of the student body.
- There shall be nutrition standards regulating all food and beverages sold or served at school, including school meals, a la carte items, vended items, fundraiser items, and items given to students as part of a celebration.
- Access to food or water may not be used as a reward or punishment for academics or behavior.
- Meals will be appealing to students and served in a pleasant environment with sufficient time to eat, while fostering good eating habits, enjoyment of meals, good manners, and respect for others.
- Elementary and middle schools shall not have vending machines or school stores with food items accessible by students. If a vending machine is available to staff on a campus, it must be in an area that is restricted to students or in a room that can be locked while students are present
- Schools and school food service will promote food-centered activities that are healthy, enjoyable, developmentally appropriate, culturally relevant and participatory, such as contests, promotions, taste testing, farm visits, school gardens, and cooking lessons and demonstrations.

Nutrition Standards for Competitive Foods and Beverage

Smart Snacks are science-based nutrition standards for food and beverages provided to students at school during the day. Smart Snacks guidelines pertain to a la carte, competitive foods, fundraisers, and classroom snacks provided to students in elementary, middle and high schools. Smart Snacks shall not apply to food sold during non-school hours, weekend activities, and off-campus fundraising events.

Smart Snacks will:

- Be a grain product that contains 50% or more whole grain main food groups: fruit, vegetable, dairy products, and protein foods.

- Contain 10% of the daily value (DV) of a naturally occurring nutrient of public health concern including calcium, potassium, vitamin D, or dietary fiber.
- Be a combination of food that contains at least one-fourth cup of fruit or vegetable: or list the second ingredient as one of the above (fruit or vegetable) if water is the first ingredient.

Competitive Foods Defined

Includes all food and beverages that are not provided by school food service. This includes items sold in vending machines, in school stores or through school fundraisers conducted by parents or other groups and organizations. Outside food and beverages provided for events such as pizza parties, etc., are also considered competitive.

- Students at the K-8 level will not be involved in the sale of candy, sodas, cookies, sweets, or other foods of minimal nutritional value at any school-sponsored event or for any fundraising activity.
- No unhealthy food or beverage items may be advertised on school grounds including sodas, energy drinks, sports drinks, chips, pastries, and other snack foods.
- Neither the district nor individual schools may sign exclusive contracts with soft drink, fast food, or snack food companies.
- Foods of minimal nutritional value may not be provided in celebration of a student or staff member's birthday in class or during meal times. Foods that meet the nutrition standards may be supplied after lunch service.
- Foods of Minimal Nutritional Value may be sold thirty minutes after the school day has ended. This does not apply to weekend activities.
- Schools will follow all rules and regulations surrounding fundraising during school hours as it affects meal service. KTX encourages schools to participate in non-food related fundraising activities. Some examples include but are not limited to, walk, jog, or read-a-thons, recipe books, raffles, auctions, etc.

Foods of Minimal Nutritional Value (FMNV) include:

- Coffee and Energy Drinks
- Soda
- Sweetened Water/ Popsicles\
- Chewing Gum
- Candies
- Chips
- Pastries

The Network shall establish the following exemptions:

Smart Snacks “Exemptions”: There is a maximum of 6 days per campus during the school year where there are no restrictions on fundraising. These days must be documented and coordinated with the Child Nutrition Department, the fundraising organizations, and schools.

School nurses: This policy shall not apply to the school nurses' provision of healthcare 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 restricted food items for behavior modification (or other suitable need).

Field Trips: This policy shall not apply to school-approved field trips. A school official shall approve the dates and purposes of the field trips 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 the classroom 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 meal periods in areas where school reimbursable meals are served or consumed and regular meal service (breakfast and lunch) must continue to be available to all students.

Athletic, UIL, Band, and Other Competitions: This policy shall not apply to students who leave campus to travel to athletic, UIL, band, or other competitions or functions. The school day shall be considered to have ended for these

Increase Participation in School Nutrition Programs and Ensure that No Student Goes Hungry

- All schools should offer free breakfast to all students regardless of income.
- The district and schools shall encourage maximum participation in meal programs. Cafeteria cashiers, teachers and other staff present in the cafeteria will remain aware to the extent possible of students who refuse food.
- Teachers, staff and parents are encouraged to eat with students.
- Nutrition Services will survey students at least twice per year to get feedback on food being served and to solicit suggestions.

Physical Education and Physical Activity

When children and adolescents participate in consistent physical activity every day, multiple health benefits accrue. Regular physical activity builds healthy bones and muscles, improves muscular strength and endurance, reduces the risk for developing chronic disease risk factors, improves self-esteem, and reduces stress and anxiety. Beyond these known health effects, physical activity may also have beneficial influences on academic performance.

The network does not choose between having healthy or educated students. We believe that academic performance improves by advancing health and fitness opportunities. Moreover, at a

time when budgets are a primary concern we continue to believe that devoting school resources in support of student health also supports academics.

The network 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 per TEA guidelines. All TFS-Texas students will receive 30 minutes of physical activity daily. In compliance with Texas Education Code §§ 28.004(k), 38.0141, parents of KTX students may require, in writing, the results of their child's physical fitness assessment results at the conclusion of the school year. TFS-Texas physical education teachers are given ample opportunity for professional development throughout the school year to ensure our students are receiving a high level of instruction.

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

- The network will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.
- The network will encourage teachers to integrate physical activity into the academic curriculum, where appropriate.
- Students will be encouraged to participate in after school activity programs. • The network will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
- The Network will encourage students, parents, staff, and community members to use the district's recreational facilities that are available outside the school day.

In order to establish a positive relationship with fitness for students it is strictly prohibited for any teacher, staff member, volunteer or community collaborator to use any form of physical activity as a form of punishment. Additionally, it is strictly prohibited to withhold physical activity, including recess, for any student as a form of punishment. Because student safety is a priority during physical activity, if any PE class has more than 45 students per one teacher, an additional teacher's aide must be present.

Alcohol/Drugs/Tobacco/Vaping

All TFS-Texas schools are declared to be alcohol-free, tobacco-free, and drug-free zones. These substances are prohibited in the school building and on school grounds (including parking lots, athletic facilities, and on school transportation). Violators are subject to criminal sanctions.

No student shall possess, use, transmit or be under the influence of any prohibited substance, including, but not limited to, cigarettes, e-cigarettes, tobacco, juking device, any narcotic drug, hallucinogenic, amphetamine, barbiturate, marijuana, alcoholic beverage, toxicant inhalant, or other intoxicant (as those items are defined by law), or over-the-counter drugs, or medications/remedies, such as but not limited to, homeopathic products, vitamins, herbs, dietary supplements, hemp etc.:

- On school grounds during any school term
- Off school grounds at a school activity, function, or event
- Within 300 feet of TFS-Texas property
- On TFS-Texas, or District, buses or TFS-Texas, or District transportation vehicles

This policy shall apply in the event pills or other substances are simulated or represented as any of the previously mentioned controlled substances or over-the-counter drugs and shall apply to any type of drug paraphernalia. This policy shall apply even if the substance is considered to be a legal substance.

A student who uses a drug as authorized by a licensed physician through a prescription specifically issued for the student's use shall not be considered to have violated this rule as long as they follow the guidelines set forth in this Student Handbook regarding Distribution of Medication. Lockers may be searched for any contraband including alcohol and drugs. Students are held responsible for any prohibited item(s) found in their locker or on their person and are subject to disciplinary action.

Students are prohibited from possessing or using any type of tobacco product, electronic cigarettes (e-cigarettes), or any other electronic vaporizing device, while on school property at any time or while attending an off-campus school-related activity. TFS-Texas and its staff strictly enforce prohibitions against the use of all tobacco products, e-cigarettes, or any other electronic vaporizing device, by students and all others on school property and at school-sponsored and school-related activities. Students who violate any of these policies on alcohol, tobacco, and drug use shall be subject to disciplinary action deemed appropriate by a school administrator, up to and including expulsion.

Measurement of Implementation and Evaluation

The Food Services Department and School Leadership shall oversee the implementation of this policy and shall develop administrative procedures for measuring the implementation of the wellness policy.

The Food Services staff, at the school and/or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Director of School Operations or designee at the school level.

Violations

The Texas Department of Agriculture (TDA) shall enforce and diligently monitor schools to ensure compliance with this policy.

Public Notification

The Network shall annually inform and update the public about the content and implementation of the Wellness Policy, including posting on its website copies of the policy, the Wellness Plan, and the required implementation assessment.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- 1. Mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
- 2. Fax:**
(833) 256-1665 or (202) 690-7442; or
- 3. Email:**
program.intake@usda.gov

This institution is an equal opportunity provider.