

## **Wellness Policy: Compass Rose Academy**

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

**Mission Statement:** The mission of Compass Rose Academy is to promote a healthy lifestyle for students, parents and staff which will lead to lifelong maintenance of healthy habits. This mission will be accomplished by the development and implementation of our district wellness policy which will incorporate nutrition education and standards, physical activity and any other school related activities.

### **Physical Education Goals**

#1 Schools will provide opportunities for students to maintain physical fitness.

#2 Schools will adopt or exceed the state standards for physical activity.

### **Nutrition Standards**

Goal #1 Schools will comply with the current USDA Dietary Guidelines for Americans and the Texas Public Schools Nutrition Policy.

THE TEXAS PUBLIC SCHOOL NUTRITION POLICY HAS ALREADY PROVIDED A VERY SOLID BASE TO SETTING STANDARDS

Goal #2 Schools will comply with the current USDA Dietary Guidelines for Americans, Texas Public School Nutrition Policy as well as adhere to the following restrictions.

\*A SCHOOL MAY OPT TO BE MORE RESTRICTIVE.

- A la carte
- Fundraisers
- Others

### **Other School Related Activities**

#1 Schools will create a total school environment that is conducive to being physically active.

## **Nutrition Education Guidelines**

Goal #1 Schools will educate, encourage and support healthy eating all students of all ages.

### Guidelines:

- Schools will promote fruits, vegetables, whole grains, low fat & fat free dairy, healthy food preparation and health enhancing nutrition practices.
- The school cafeteria serves as a "Learning Lab" to all students to apply critical thinking skills taught in the classroom.
- Nutrition Education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- School will promote enjoyable, developmentally and culturally appropriate participatory activities.
- Schools will offer nutrition education at each grade level as a part of a sequential, comprehensive, standards based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.

## **Physical Activity Guidelines**

Goal #1 Schools will provide opportunities for students to regularly participate in physical activity and maintain physical fitness.

### Guidelines:

- Schools will implement physical activities from adopted curriculums.
- Schools will encourage classroom teachers to provide short activity breaks between lessons or classes.
- Schools will provide daily recess period prior to lunch.

Goal #2 Schools will adopt or exceed the state standards for physical activity.

### Guidelines

- Policies ensure that state physical education classes have student teacher ratio similar to others.
- Policies ensure state-certified physical education instructors.
- Time allotted consistent with research and standards, 30 minutes per day or 135 minutes per week.
- Schools will provide opportunities for activity through physical education classes, recess and integration in curriculum.

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### **A la carte**

- SHAC determines competitive food selections.
- Nutrition information for products offered is readily available near the point of purchase.

### **Fundraisers**

- Food and beverages sold at fundraisers include healthy choices and provide age appropriate selections for all school levels.

### **Others**

- Promotional activities to encourage physical activity, academic achievement in compliance with local guidelines.
- Promotional activities connected to healthy lifestyles.

## **Other School Based Activities Guidelines**

Goal #1 Schools will create a total school environment that is conducive to being physically active.

Guidelines:

- After-school programs will encourage physical activity and promote healthy habits.
- Schools will not deny student participation in recess or other physical activity as a form of discipline or classroom make-up time.
- Each school's weekly newsletter will provide information about healthy eating and the benefits of physical activity.

### **Health Services Clinic Responsibilities**

To respect the privacy of students and make health aides available to respond to emergencies, should any arise at the campus: School clinics will be used primarily for the medical attention of students and staff. School clinics will remain open during the entirety of the school day with a trained adult available at the clinic at all times. School clinic personnel will not administer any over the counter medication without written permission from parents and/or a physician. This includes the treatment for pediculosis capitis, head lice.

### **Monitoring and Policy Review Monitoring.**

The district designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the campus designee or Principal will ensure compliance with those policies in their school and will report on the school's compliance to the school district designee. The district designee will develop a summary report every three years on district-wide compliance with the district's established wellness policies based on input from schools within the district. That report will be provided to the school board and also distributed to school health councils, parent/teacher organizations, school principals, and school health services personnel in the district. Policy Review. Assessments of

existing wellness policies will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Signature

A handwritten signature in black ink, appearing to be "B. R.", written over a horizontal line.

Date

1/24/2019