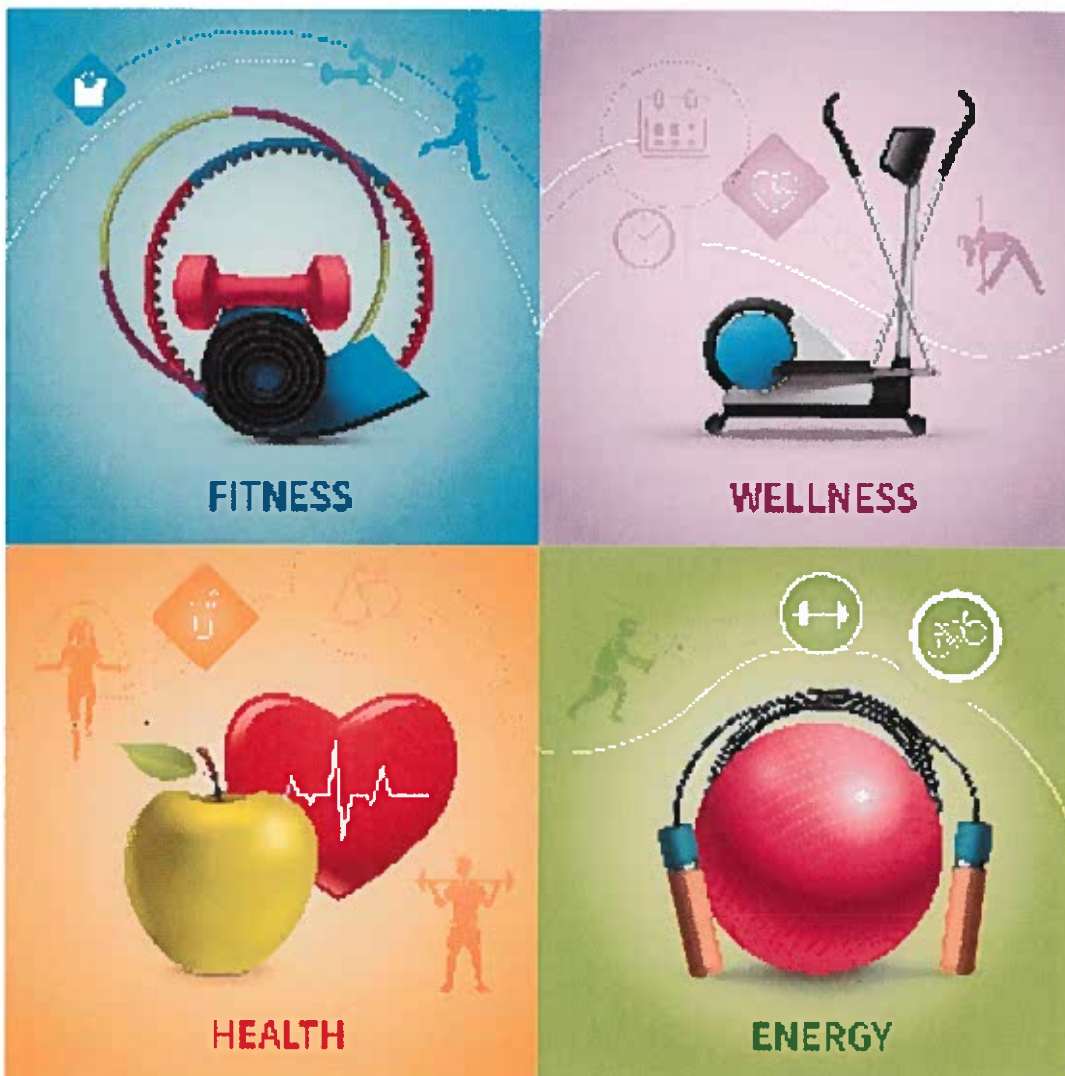




A.W.BROWN

LEADERSHIP ACADEMY

LOCAL WELLNESS POLICY



Mission Statement

A.W. Brown Leadership Academy (AWBLA) is committed to providing a school environment that enhances learning and development of lifelong wellness. AWBLA shall follow nutrition guidelines that advances student health and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based learning and activities. The district 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 district...

- That children are the foundations of a healthy society.
- Those well-nourished and physically active children are better able to learn.
- All students in AWBLA 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).
- 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 mealtime.

AWBLA 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 15 minutes to sit and enjoy their meal once they have received it.

Therefore,

I. The A. W. Brown Leadership Academy Charter District adopted and has implemented the following Local Wellness Policy as of **April 25, 2023**.

II. Development of policy involved the following parties consisting of the identified diverse Groups which serves as AWBLA Oversight Team:

- **Parents**
- **Scholars**
- **Representatives of the School Food Authority**
- **Representatives of the School Board Members**
- **School Administration, Health, and Physical Education**
- **Community Leaders**
- **Sanitation**
- **Facilities**

Nutrition Education & Promotion

AWBLA aims to teach, encourage, and support healthy eating by students. To help ensure the health and well-being of each student attending AWBLA, 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 district and to work to implement the goals of this policy.

The district shall implement, in accordance with law, a coordinated health program with a nutrition education component. AWBLA 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 (PK-8).
- 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 district 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. We will accomplish this by having health and wellness-based community activities, and educational materials sent home to families.
- The district shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
- The district 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

AWBLA 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 district 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

AWBLA shall ensure that nutrition guidelines for 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 are to help ensure the health and well-being of each student attending AWBLA, 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.

Nutrition Standards for Competitive Foods and Beverages

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.

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 district 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 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 per TEA guidelines.

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.

Physical Education Goals

The District will provide scholars with physical education, using an age-appropriate, sequential physical education curriculum consistent with TEKS standards for physical education.

The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students will be provided an equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the FitnessGram see information below.)

Scholars will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.

As a requirement of The Texas Education Code, and in an effort to promote lifelong physical activity among youth, all scholars in grades 3-12, enrolled in a physical education course will be assessed using Fitness Gram as the assessment tool.

Fitness Gram is the assessment used for The Presidential Youth Fitness Program as well as by the Texas Education Agency. It is a comprehensive fitness assessment for youth. It includes a variety of health-related physical fitness tests designed to address cardiovascular fitness, muscle strength, muscular endurance, flexibility, and body composition. Fitness Gram is also a report card that summarizes the child's performance on each component of health-related fitness. The information can be used to help parents, scholars, and teachers in planning their personal fitness programs. The philosophy of the program is "HELP: Health is available to Everyone for a Lifetime--and it's Personal.

- *Cardio:*
 1. Jumping jacks
 2. Laps around gym
 3. Timed running (down & back)
 4. Jumping rope
- *Gross Movement/Motor Skills:*
 1. Lunges
 2. Squats
 3. Arm Rotations
 4. Bicycles
 5. Stretching
- *Strengths/Weights/Muscular Endurance:*

1. Sit-ups
 2. Push-ups
 3. Bicycles
 4. Push Ups
 5. Mountain Climbers
- *Texas Essential Knowledge & Skills Curriculum adoption:*
 1. Includes grade level specific lesson plans
 2. Emphasis is on fun and movement, games and traditional sports
 3. Minimal equipment is needed
 - *Nutrition:*
 1. The scholars will be able to describe the relationship between food intake and physical activity such as calories consumed and calories expended
 2. The scholars will be able to explain the link between physical activity/inactivity and health such as reduce stress and burn calories
 3. The scholars will be able to explain the relationship between physical activity and stress relief and demonstrate stress relief activities such as brisk walking, gentle stretching, and muscle tension and release.
 4. The scholars will be able to describe the need for rest and sleep in recovering from exercise
 5. The scholars will identify sources of information on skill improvement, fitness, and health such as books and technology.

Goals and Guidelines for Other School-Based Activities

- Provide a clean, safe, enjoyable eating environment for scholars.
- Provide adequate time for scholars to enjoy eating healthy foods with friends, scheduled as near the middle of the school day as possible.
- Prohibit the use of food as a reward or punishment (i.e. candy).
- Provide adequate space and serving areas to ensure scholar access to school meals with minimum wait time.
- Ensure fundraising efforts are supportive of healthy eating.
- Provide ongoing professional training and development for food service staff and teachers in the areas of nutrition and physical education.
- Provide scholar access to physical activity facilities outside school hours.
- Parent advisory groups will coordinate with staff regarding regular parent-staff physical activities (e.g. parents vs teachers basketball games & co-ed volleyball).
- Wellness for scholars and their families will be promoted at suitable school activities (All Content Fair; Parent Conferences; Daddy Day Care; SHAC (School Health Advisory Committee); Christmas Programs; Enrollment Activities).

Goals and Guidelines for Health Services

It is the goal of A.W. Brown Leadership Academy Health Services to comply with guidelines of Texas Department of State Health Services and the Texas School Health Programs and to apply the Health Services component of the Whole School, Whole Community, Whole Child (WSCC) model.

AWBLA Health Services department will:

- Perform required vision, hearing, scoliosis, and Acanthosis Nigricans screenings as required by the Texas Department of State Health Services
- Comply with the requirements of the Texas Administrative Code as it pertains to school Health Services
- Intervene with scholar's actual and potential health problems
- Provide assessment and planning for the management of scholar's chronic health conditions
- Promote wellness and access to preventative services for scholars and staff
- Advocate for the health of scholars and staff **and** for a safe school environment
- Collaborate with school and community support services to increase the ability of scholars and families to:
 - adapt to health and social stressors or socioeconomic barriers to health,
 - enable management of such stressors and,
 - advocate for their own health and learning need

Measurement of Implementation and Evaluation

The Superintendent or designee shall oversee the implementation of this policy and shall develop administrative procedures for measuring the implementation of the wellness policy. The Food Services Manager, 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 Chief Operations Officer or designee at the school level.

Student Health Advisory Committee

The AWBLA Student health advisory committee (SHAC) meets a minimum of 4 times per year. The SHAC consists of members of a variety of AWBLA employees, as well as AWBLA parents and students. AWBLA encourages the creation of wellness groups or committees at the school level to participate in monitoring wellness practices and policy implementation.

The School Health Advisory Committee/Council will review the Wellness Plan annually and make recommendations to the board of trustees.

Violations

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

Public Notification

The district 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.

Records of Retention

The District shall retain all required records associated with the Wellness Policy, in accordance with law and the District's records management program.

Board ApprovalA handwritten signature in blue ink, appearing to read "Lou Ann Phillips", written over a horizontal line.

Lou Ann Phillips, President- Board of Directors

A handwritten date "11/14/2023" in blue ink, written over a horizontal line.

Date