



District Wellness Policy

Board Approved 6/24/2021

Mission Statement

The mission of Golden Rule Schools 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.

Development and Purpose of Guidelines:

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and staff establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence student's eating habits.

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff is encouraged to model healthy eating and physical activity as a valuable part of daily life. Golden Rule Schools shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

Component 1: A Commitment to Nutrition and Physical Activity

A. Golden Rule Schools Board of Trustees shall appoint a School Health Advisory Committee (SHAC).

1. One of its missions shall be to address nutrition and physical activity issues and will develop, implement, and evaluate guidelines that support a healthy nutrition environment.
2. This committee shall offer revisions to these guidelines annually or more often if necessary.

B. School Administration will address the following concerns,

1. Kinds of foods available on their campus.
2. Sufficient meal time.
3. Nutrition Education and Physical Activity.

C. Nutrition education shall be integrated across the curriculum and physical activity will be encouraged daily

D. The school food service staff will participate in making decisions and guidelines that will affect the school nutrition environment.

Component 2: Quality School Meals

- A. GRS will offer breakfast, lunch, and will participate in a district-wide universal feeding program providing meals to all students. Students and staff are highly encouraged to promote and participate in these programs.
- B. School food service staff that are properly qualified according to current professional standards and regularly participate in professional development activities will administer the Child Nutrition Programs.
- C. Food safety will be a key part of the school foodservice operation.
- D. Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the Texas Department of Agriculture, Conforming to good menu planning principles, and featuring a variety of healthy choices that are served at the proper temperature.
- E. School personnel, along with parents, will encourage students to choose and consume full meals.
 - 1. Positive nutrition statements will be provided to students on a daily basis.
 - 2. Cafeteria monitors will encourage students to consume full meals.

Component 3: Other Healthy Food Options

- A. The SHAC will develop and recommend to the administration guidelines on nutrition standards for food and beverages offered through parties, celebrations, social events, and any school function. (See attachment A-C).
- B. Foods and beverages other than those provided through the school food service department may not be available to elementary and middle school students until the end of the regular day.
- C. School staff shall limit the use of food as a reward for students' accomplishment. The withholding of food as punishment for students is prohibited.
- D. The school district will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.
- E. Organizations shall only use non-food items or foods designed for delivery and consumption after school hours as fund-raisers.

Component 4: Pleasant Eating Experiences

- A. Drinking fountains will be available for students to get water at meals and throughout the day.
- B. A short snack free recess for elementary and secondary students is encouraged to be scheduled after lunch.
- C. School personnel will schedule enough time so students do not have to spend too much

time waiting in line.

D. School should not schedule tutoring, pep rallies, assemblies, club/organization meetings, and other activities during meal time.

E. Adequate time to eat in a pleasant dining environment should be provided. The minimum eating time for each child after being served will be 10 minutes for breakfast and 20 minutes for lunch.

F. Parents are highly encouraged to dine with students in the cafeteria.

G. Creative, innovative methods will be used to keep noise levels appropriate.

Component 5: Nutrition Education

A. Students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating physical activity throughout the school setting.

B. Schools will consider student needs in planning for a healthy school nutrition environment.

C. School will promote healthy food choices and will not allow advertising that promotes less nutritious food choices (see Attachment C).

D. Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at registration, Open Houses, Health Fairs, teacher in- services.

Component 6: Implementation

A. The SHAC shall be composed of parents and school district staff. Each campus principal shall insure that the campus is represented on the district level SHAC.

B. The SHAC members from each campus will conduct a review of their respective campuses in the fall semester of each year to identify areas for improvement. These groups will report their findings to the campus principal and develop with him/her a plan of action for improvement.

C. The SHAC may assign campus groups, excluding classroom teachers, to do peer review of another campus in the spring semester of each year.

D. The SHAC may hear reports from each campus group after each review period. Before the end of each school year the committee will recommend to the Superintendent any revisions to the Student Nutrition/Wellness Plan it deems necessary.

E. The SHAC, via Food Service Manager, will report quarterly to the Superintendent the progress of the committee and this status of compliance by the campuses.

NUTRITION GUIDELINES

The Charter shall ensure that nutritional guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with the Texas Public School Nutrition Policy.

In addition to legal requirements, the Charter shall:

- Teachers will be provided with education and guidelines on the use of food as a reward in the classroom (see Attachment B);
- The Charter will ensure that the nutrition programs meet TDA Standards
- The Child Nutrition department will analyze school menus based on USDA approved software
- The staff responsible for nutrition will be adequately prepared and will participate in professional development activities to effectively deliver the designed program.
- Food service staff will be trained in the appropriate substitution of foods in order to meet nutritional goals of the program.

WELLNESS GOALS: NUTRITION EDUCATION

The Charter shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use a health course curriculum that emphasizes the importance of proper nutrition.

In addition, the Charter establishes the following goals for nutrition education:

- Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
- Nutrition education will be taught in health and integrated into other areas of the curriculum, as appropriate.
- Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
- Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.
- The food service staff, teachers, and other school personnel will promote nutritional messages throughout the school environment to encourage student understanding of good nutrition and its relation to wellness.
- Staff Development will be provided to Charter employees in nutrition and wellness to support employee wellness efforts.

WELLNESS GOALS: PHYSICAL ACTIVITY

The Charter 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.

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

- School work provides the opportunity for every student to receive regular, age appropriate, quality physical education.

- Schools recommend that students participate in physical activity before, during and after school in accordance with nationally recommended guidelines.
- The health TEKS will be integrated with the physical educational curriculum.
- Elementary school will provide at least 15 minutes of daily recess on days that they do not have physical education.
- Schools shall not use participation or non-participation in physical education class or recess as a way to punish or discipline students.
- Schools will implement physical activities from adopted curriculums.
- The physical education curriculum will promote family centered activities through, at least one, form of media. (online, paper, etc)
- The physical education curriculum shall include topics of physical, mental and social wellness.
- The physical education curriculum shall include nutritional values and healthy food choices in daily meals.
- Athletic programs shall provide a healthy pre-and or post game snacks for all students' athletes participating completing within the program by means of volunteers.

WELLNESS GOALS: SCHOOL-BASED ACTIVITIES

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

- Schools will allow for sufficient time to eat meals in lunchroom facilities that are clean, safe, and comfortable.
- Schools will not use foods or beverages, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.
- Wellness for students and their families will be promoted at suitable school activities.
- Employee wellness education and involvement will be promoted at suitable school activities.



Attachments

Attachment A

Golden Rule Schools, Inc

Student Nutrition/Wellness Plan

Guidelines for Food and Beverages Offered to Students at School and School Functions

All foods and beverages, other than school meals, made available to students during allowable times must meet the following portion size and nutrition standards.

Food Item:	Elementary School	Middle School	High School
Chips (regular)	1 oz	1 oz.	1 oz.
Baked chips, crackers popcorn, trail mix, seeds	1.5 oz.	1.5 oz.	1.5 oz.
Dried fruit, jerky, pretzels			
Cookies/cereal bars	2 oz.	2 oz.	2 oz.
Baked goods	3 oz.	3 oz.	3 oz.
Frozen Desserts, Ice Cream	4 oz.	4 oz.	4 oz.
Yogurt	8 oz.	8 oz.	8 oz.
Whole Milk	8 oz.	8 oz.	8 oz.
Reduced Milk	8 oz.	16 oz.	16 oz.
Beverages other than milk or FMNV	6 oz.	12 oz.	12 oz.
Water exempt			
Fruit Drinks/ Slushies	6 oz.	6 oz.	8 oz.
(50% juice minimum)			
All other food/beverages	No More than 9 grams of fat per package. (except nuts & seeds) and no more than 35% By weight or 15 grams per serving of added sugar.		

Attachment A cont.

At any school function healthy food choice options should be available to students. Some suggested foods are listed below to include on refreshment tables, price lists, etc.

- Raw vegetables sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit and 100% fruit juices
- Frozen fruit juice pops
- Dried fruits (raisins, bananas chips, etc.)
- Trail Mix (dried Fruits and nuts)
- Dry roasted peanuts, tree nuts, and soy nuts
- Low fat meats and cheese sandwiches
- Party Mix
- Low sodium crackers
- Baked corn chips & fat free potato chips with salsa and low fat dips
- Low fat muffins, granola bars, and cookies
- Angel food cake
- Flavored yogurt and fruit parfaits
- Jell-O and low fat pudding cups
- Low fat ice creams, frozen yogurts, sherbets
- Low fat and skim milk products
- Pure ice cold water

Food to avoid – Consume only occasionally (recommended no more than once per month)

- Carbonated and caffeinated beverages
- High sugar content candies and desserts
- High fat foods
- High sodium foods

The use of foods of minimal nutritional value as learning incentives should not be practiced, and healthy food choices or non-food items should be substituted.

Organizations operating concessions at school functions should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at lower profit margin to encourage selection by students.

Approved Times for the Availability of Foods and Beverages other than School Meals

- ✓ Elementary Schools – after the end of the regular school day
- ✓ Middle School –after the end of the regular school day
- ✓ High School-after the end of the regular school day

Attachment B

Golden Rule Schools, Inc.

Student Nutrition/Wellness Plan

Foods of Minimal Nutritional Value

Students may not be in possession of any of the foods or beverages listed below at school except during time approved by this policy.*

- Soda water- any carbonated beverage. No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals and protein.
- Water Ices – any frozen, sweetened water such as “...sicles” and flavored ice with the exception of products that contain fruit or fruit juice.
- Chewing Gum – any flavored products from natural or synthetic gum and other ingredients that form an insoluble mass for chewing.
- All Candies – any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of other ingredients, including powdered drink mix.
- Certain Chips and Snack Foods – any portions larger than or nutritional content other than those indicated on Attachment A.
- **Approved Times for the Availability of Foods of Minimal Nutritional Value**
 - ✓ Elementary Schools – after the end of the regular school day
 - ✓ Middle School – after the end of the regular school day
 - ✓ High School-after the end of the regular school day

Exemption

Six days will be exempt from the inaccessibility of the Foods of Minimal Nutritional Value listed above. These items may not be made available during meal times in the areas where school meals are being served and/or consumed. The designated day will be:

For Grades PreK - 12th Grade

- The last day before Thanksgiving Break
- The last day before Winter Break
- The last day of school before Easter Holiday
- Valentine’s Day or the Friday before if it falls on a weekend
- Cinco de Mayo or the Friday before if it falls on a weekend
- Last day of School

Attachment C

Recommended Nutrition Information

Texas Department of Agriculture Food and Nutrition Division

Suggestions for Nutritious Snack

Beverages:

- Fruit juices
- Fruit Smoothies
- Milk, non-fat or low-fat, plain or flavored
- Approved sparkling or plain water

Low – fat Grain Foods:

- Mini-bagel bread sticks
- Animal crackers
- Graham crackers
- Soft pretzel, plain or flavored
- English muffin
- Hard pretzels
- Mini rice cakes, flavored
- Low – fat sports bars
- Fig Newtons
- Baked tortilla chips with salsa
- Low – fat fruit or grain muffins
- Vanilla wafers
- Dry cereal, individual servings

Fresh Fruits and Vegetables:

- In-season, fresh fruit
- Carrots, broccoli, cauliflower with low –fat dip or salad dressing

Additional Treats:

- 100% fruit snacks
- Fruit bars
- Frozen low-fat yogurt
- Frozen fruit bars
- Low-fat pudding
- Fat free popcorn or as a parfait
- Beef Jerky
- Yogurt splits or parfaits
- Low-fat string cheese

Attachment C cont.

- Low-fat sandwich cookies

Entrée Suggestions for School Parties:

- Salads made with pasta, meat
- Bean burrito and/or vegetables
- Grilled or baked vegetable or cheese quesadilla
- Pasta with marinara sauce
- Sub sandwiches
- Pizza bagels
- Tortilla wraps filled with meat and/or vegetables
- Baked potato with vegetable or chill topping

Non-Food Reward Ideas:

- Pencils, Stars
- Stickers, Certificates
- Coupon for extra computer time
- Free time, reading time
- Movie coupons

Restricted Food Policy

Federal regulations prohibit the sale of certain foods, determined to be of minimal nutritional value, in the foodservice area during meal periods.

Restricted Foods

The foods that are restricted from sale/distribution to students are classified in these four categories:

- Soda water – any carbonated beverage. No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals and protein.
- Water Ices – any frozen, sweetened water such as “...sicles” and flavored ice with the exception of products that contain fruit or fruit juice.
- Chewing Gum – any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- All Candies – any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types:
 - Hard Candy – A product made predominantly from sugar and corn syrup that may be flavored and colored, is characterized by a hard brittle texture and includes such

Attachment C cont.

- items as sour balls, lollipops, fruit balls, candy sticks, starlight mints, after dinner mints, jaw breakers, sugar wafers, rock candy, cinnamon candies, breath mints, and cough drops.
- Jellies and Gums – A mixture of carbohydrates that are combined to form a stable gelatinous system of jellylike character and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit-flavored slices.
- Marshmallow Candies – an aerated confection composed of sugar, corn syrup, invert sugar, 20 percent water, and gelatin or egg white to which flavors and colors may be added.
- Fondant – A product consisting of microscopic-sized sugar crystals that are separated by a thin film of sugar and/or invert sugar solution such as candy corn, soft mints.
- Licorice- A product made predominantly from sugar and corn syrup that is flavored with an extract made from the licorice root.
- Spun Candy – A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.
- Candy Coated Popcorn – Popcorn that is coated with a mixture made predominantly from sugar and corn syrup.

Recommended Distributable Foods

Example of Healthy Products:_____

Animal crackers, graham crackers

Granola bars, whole grain fruit bars

Animal crackers
cereal bars

Apple/blueberry/strawberry fat-free

Nuts and seeds-plain or with spices
cereal/nut mix

Baked chips, corn nuts, rice cakes,

Trail mix-plain, unsalted trail mix

Popcorn/nut mix

Dried fruit-raisins, cranberries

Fruit flavored snacks

Fat-free popcorn

Pretzels-any flavor

Beef jerky-95% fat free

Light popcorn