



## **Cityscape Schools' School Wellness Policy**

Cityscape Schools is committed to the health and well-being of students and staff within our learning community. We believe that healthy eating habits and regular physical activity improve the ability to achieve academically. All Cityscape schools are committed to fighting childhood obesity and maintaining lifelong healthy habits. Cityscape Schools is committed to following and exceeding current health and nutrition guidelines as set forth by the Healthy Hunger Free Kids Act of 2010 (HHFKA 2010), USDA Food and Nutrition Service, Texas Department of Agriculture, US Department of Health and Human Services, US Department of Education and the Center for Disease Control and Prevention.

### **Development of Guidelines and Goals**

Cityscape Schools shall develop nutritional guidelines and wellness goals in consultation with involvement from parents, students and representatives of the Child Nutrition Program, the school board, school administrators, members of the Student Health Advisory Committee (SHAC), teachers of physical education, and school health professionals. Cityscape Schools will review this policy once a year with the input of the teams listed.

### **Implementation and Compliance**

- Campus administrators shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of this policy.
- The Food Services manager shall be responsible for the implementation of the HACCP Food Safety plan and enforcing nutrition standards around the School Breakfast and Lunch Program.
- Classroom teachers shall be responsible for integrating wellness policy requirements into the daily curriculum as appropriate.
- Parents shall support a coordinated effort in partnership with the school to encourage healthy habits at home and school.
- All members of Cityscape Schools shall be responsible for complying with wellness policy requirements.
- Cityscape Schools will establish a structured School Health Advisory Committee with members consisting of parents, representatives of the Child Nutrition Program, school board, school administrators, the public, teachers of physical education and school health professionals to enhance the proficiency of implementation and compliance of the wellness policy and goals.



## **Wellness Goals**

### **Nutrition Education and Promotion**

Cityscape Schools shall implement, in accordance with law, a Coordinated School Health Program with a nutrition education component and shall implement health curriculum that emphasizes the importance of proper nutrition.

In addition, Cityscape Schools has established the following goals for nutrition education:

- All students in grades Pre-K through 8 shall receive “nutrition education” as part of a structured and systematic unit of instruction through physical education classes.
- All students will have nutrition education integrated into other areas of curriculum as appropriate.
- 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.
- Child nutrition staff, teachers, physical educators, nurses and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom and other appropriate settings.
- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.

### **Physical Activity and Promotion**

Cityscape Schools 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, Cityscape Schools has established the following goals for physical activity:

- Students in grades K-6 will be provided with a minimum average of 150 minutes of physical education per week.
- Cityscape Schools will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports and those who may be athletically gifted.
- Physical Education classes will regularly emphasize moderate to vigorous activity.
- Physical Education will encourage life-long physical activity and wellness through the instruction of individual and team based activities.



- Cityscape Schools will not disproportionately emphasize team sports.
- Cityscape Schools will encourage teachers to integrate physical activity into the academic curriculum where appropriate.
- Before school and after school physical activity programs will be offered when appropriate and students will be encouraged to participate.
- Cityscape Schools will encourage parents to support their children's participation to be active role models and to include physical activity in family events.
- Cityscape Schools will encourage students, staff and community members to use the school's recreational facilities that are available outside of the school day.
- Teachers and other school and community personnel will not use physical activity (e.g. running laps, pushups) or withhold opportunities for physical activity (e.g. recess, physical education) as a form of punishment.

## **Nutritional Guidelines**

Cityscape Schools shall ensure that nutritional guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods sold on each campus are in accordance with the USDA Smart Snacks Guidelines and Texas Nutrition Policy.

In addition to legal requirements, Cityscape Schools shall strive to achieve the following:

### **Food as Reward or Recognition**

- Using free food to reward behavior or academic performance should be very limited, requiring justification and approval from a campus director.
- Free food cannot be provided until the participants lunch period has ended and cannot be used to supplant their lunch.
- Free food must be provided by the school, a teacher or an approved vendor and be nut-free.

### **Campus Fundraisers and Food Sold on Campus (vending machines)**

- Campus fundraisers and foods sold on campus that meet the Smart Snack rules can be sold during the school day in accordance with the time and place restrictions as established by the Texas Nutrition Policy and with approval using an appropriate form. Ready-to-eat food sales cannot compete with meal services.
- Campus food fundraisers that do not meet the Smart Snack rules cannot be sold during the school day.
- Failure to properly track and maintain documentation of foods sold during the school day can affect school meal funding when identified in TDA administrative reviews.

## **School Meals**



Cityscape's goal is to meet and exceed the Healthy Hunger Free Kids Act 2010 (HHFKA) requirements in all applicable schools across our school network.

### **CNP and School Wellness References:**

Dietary Guidelines for Americans 2010

<http://www.cnpp.usda.gov/DietaryGuidelines.htm>

American Alliance for Health, Physical Education, Recreation and Dance

<http://www.aahperd.org/>

Centers for Disease Control and Prevention – Division of Nutrition, Physical Activity and Obesity

<http://www.cdc.gov/nccdphp/dnpao/index.html>

Nutrition.gov

<http://www.nutrition.gov/>

CATCH USA

[www.catchusa.org](http://www.catchusa.org)

Texas Department of Agriculture and Smart Snacks Regulations

[www.squaremeals.org](http://www.squaremeals.org)

My plate (the new food pyramid)

[www.choosemyplate.gov](http://www.choosemyplate.gov)

Alliance for Healthier Generation and Smart Snacks product calculator

[www.healthiergeneration.org](http://www.healthiergeneration.org)