

The University of Texas Elementary School

Local Wellness Policy

Federal Public Law (PL 108.265 Section 204) states that beginning July 1, 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.

Wellness Policy Mission Statement

The University of Texas Elementary School (UTES) is committed to providing a school environment that enhances learning and development of lifelong wellness practices. In harmony with teaching to the mind, body and spirit of each child, our mission is to encourage healthy eating habits and regular physical activity so that each child is equipped to achieve their potential academically and socially.

The purpose of the local wellness policy is to ensure that our mission is realized by addressing the following components of school wellness:

- School-Wide Nutritional Guidelines
- Nutrition Education
- Physical Activity
- Other School-Based Activities

The local wellness policy indicated herein took effect the school year beginning August 1st, 2006.

Development of Guidelines and Goals

The University of Texas Elementary School shall adopt nutritional guidelines and wellness goals in consultation with the following school and community representatives:

- Teachers (classroom, health, and physical education)
- Administrators
- Students
- Food Service
- School Management Board
- Parents
- Health-Care Professionals
- Public

Nutrition Guidelines

The University of Texas Elementary School 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 campus are in accordance with the USDA Smart Snack Guidelines.

A. Food as a Reward

Food shall not to be used as a reward or a punishment for student behavior, unless it is detailed in a student's Individualized Education Program (IEP).

B. Classroom Snacks and Parties

Food and beverages provided in the classroom shall comply with the fat and sugar limits of the USDA Smart Snack guidelines. Snacks may not consist of candy or dessert type items (cookies, cakes, cupcakes, pudding, ice cream, etc.) except in circumstances found in the policy exemptions.

C. School Related Events and Fundraisers

Healthy food and beverage options shall be included at concessions at school-related events and fundraising activities during school hours.

Food and beverages provided in the classroom shall comply with the USDA Smart Snack guidelines. Snacks may not consist of candy or dessert type items (cookies, cakes, cupcakes, pudding, ice cream, etc.) except in circumstances found in the policy exemptions.

*The University of Texas Elementary School
Local Wellness Policy*

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards. See tables below:

Food/Nutrient	Standard	Exemptions to the Standard
General Standard for Competitive Food.	<p>To be allowable, a competitive FOOD item must:</p> <ol style="list-style-type: none"> (1) meet all of the proposed competitive food nutrient standards; and (2) be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient*; <i>or</i> (3) have as the first ingredient* one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); <i>or</i> (4) be a combination food that contains at least ¼ cup fruit and/or vegetable; or (5) contain 10% of the Daily Value (DV) of a nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber). Effective July 1, 2016 this criterion is obsolete and may not be used to qualify as a competitive food. <p>*If water is the first ingredient, the second ingredient must be one of items 2, 3 or 4 above.</p>	<ul style="list-style-type: none"> • Fresh fruits and vegetables with no added ingredients except water are exempt from all nutrient standards. • Canned and frozen fruits with no added ingredients except water, or are packed in 100% juice, extra light syrup, or light syrup are exempt from all nutrient standards. • Canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable are exempt from all nutrient standards.
NSLP/SBP Entrée Items Sold A la Carte.	Any entrée item offered as part of the lunch program or the breakfast program is exempt from all competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program.	
Sugar-Free Chewing Gum	Sugar-free chewing gum is exempt from all competitive food standards.	
Grain Items	Acceptable grain items must include 50% or more whole grains by weight, or have whole grains as the first ingredient.	
Total Fats	Acceptable food items must have ≤ 35% calories from total fat as served.	<ul style="list-style-type: none"> • Reduced fat cheese (including part-skim mozzarella) is exempt from the total fat standard. • Nuts and seeds and nut/seed butters are exempt from the total fat standard.

*The University of Texas Elementary School
Local Wellness Policy*

Food/Nutrient	Standard	Exemptions to the Standard
		<ul style="list-style-type: none"> • Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the total fat standard. • Seafood with no added fat is exempt from the total fat standard. <p>Combination products are not exempt and must meet all the nutrient standards.</p>
Saturated Fats	Acceptable food items must have < 10% calories from saturated fat as served.	<ul style="list-style-type: none"> • Reduced fat cheese (including part-skim mozzarella) is exempt from the saturated fat standard. • Nuts and seeds and nut/seed butters are exempt from the saturated fat standard. • Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the saturated fat standard. <p>Combination products are not exempt and must meet all the nutrient standards.</p>
Trans Fats	Zero grams of trans fat as served (≤ 0.5 g per portion).	
Sugar	Acceptable food items must have $\leq 35\%$ of weight from total sugar as served.	<ul style="list-style-type: none"> • Dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no added nutritive sweeteners are exempt from the sugar standard. • Dried whole fruits, or pieces, with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, tart cherries, or blueberries) are exempt from the sugar standard.

*The University of Texas Elementary School
Local Wellness Policy*

Food/Nutrient	Standard	Exemptions to the Standard
		<ul style="list-style-type: none"> • Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the sugar standard.
Sodium	<p>Snack items and side dishes sold a la carte: ≤ 230 mg sodium per item as served. Effective July 1, 2016 snack items and side dishes sold a la carte must be: ≤200 mg sodium per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: ≤480 mg sodium per item as served, including any added accompaniments.</p>	
Calories	<p>Snack items and side dishes sold a la carte: ≤ 200 calories per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: ≤350 calories per item as served including any added accompaniments.</p>	<ul style="list-style-type: none"> • Entrée items served as an NSLP or SBP entrée are exempt on the day of or day after service in the program meal.
Accompaniments	Use of accompaniments is limited when competitive food is sold to students in school. The accompaniment must be included in the nutrient profile as part of the food item served and meet all proposed standards.	
Caffeine	<p>Elementary and Middle School: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances.</p> <p>High School: foods and beverages may contain caffeine.</p>	
<i>Beverages</i>		
Beverages	<p>Elementary School</p> <ul style="list-style-type: none"> • Plain water or plain carbonated water (no size limit); • Low fat milk, unflavored (≤8 fl oz); • Non fat milk, flavored or unflavored (≤8 fl oz), including nutritionally equivalent milk alternatives as permitted by the 	

*The University of Texas Elementary School
Local Wellness Policy*

Food/Nutrient	Standard	Exemptions to the Standard
	<p>school meal requirements;</p> <ul style="list-style-type: none"> • 100% fruit/vegetable juice (≤8 fl oz); and • 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤8 fl oz). <p>Middle School</p> <ul style="list-style-type: none"> • Plain water or plain carbonated water (no size limit); • Low-fat milk, unflavored (≤12 fl oz); • Non-fat milk, flavored or unflavored (≤12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements; • 100% fruit/vegetable juice (≤12 fl oz); and • 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤12 fl oz). <p>High School</p> <ul style="list-style-type: none"> • Plain water or plain carbonated water (no size limit); • Low-fat milk, unflavored (≤12 fl oz); • Non-fat milk, flavored or unflavored (≤12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements; • 100% fruit/vegetable juice (≤12 fl oz); • 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤12 fl oz); • Other flavored and/or carbonated beverages (≤20 fl oz) that are labeled to contain ≤5 calories per 8 fl oz, or ≤10 calories per 20 fl oz; and • Other flavored and/or carbonated beverages (≤12 fl oz) that are labeled to contain ≤40 calories per 8 fl oz, or ≤60 calories per 12 fl oz. 	

The University of Texas Elementary School

Local Wellness Policy

UTES Nutritional Guidelines

In an effort to promote good health and nutrition, the Management Board has approved the following Nutritional Guidelines to be enforced in the 2006-2007 school year.

- Foods with Minimum Nutritional Value (FMNV) are restricted during the school day from 7:20 am until 3:30 pm. This includes candy, gum, soda and popsicles (unless they contain fruit juice).
- Competitive foods are restricted during breakfast and lunch periods. Fried foods such as French fries and fried chips are restricted to once a week. Chips are restricted during breakfast. This would include fries in a “Happy Meal” type lunch. We recommend juice or milk for the drink option for these types of meals. The school may decide on three school events to be designated as a special time for consuming FMNV.
- The school supports the USDA Smart Snack guidelines.
- Campus approved field trips and 2 holiday events are exempt from the nutrition policy.

Nutrition Education

The University of Texas Elementary School shall implement, in accordance with Texas Education Code 38.014 and 28.002, a coordinated school health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition.

In addition, the University of Texas Elementary School establishes the following goals for nutrition education:

- The staff responsible for nutrition education shall be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.
- All members of the coordinated school health program team, including teachers, food service staff, parents, and administrators shall be trained yearly to properly implement the selected coordinated school health program, including its nutrition education piece.
- The school cafeteria shall serve as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom.
- Nutrition education shall involve sharing information with families and the broader community to positively impact students and the health of the community.
- Faculty, staff, and administrators shall strive to be appropriate role models for students and demonstrate healthy eating habits.

Physical Education and Activity

*It is the unique role of quality physical education programs to develop the health-related fitness, physical competence, and cognitive understanding about physical activity for all students so that they can adopt healthy and physically active lifestyles. **National Association for Sport and Physical Education***

To ensure a healthy future, our children shall be taught the importance of daily physical activity for good health and the physical skills that will allow them to participate in physical activity for a lifetime. In addition, they deserve to experience the personal enjoyment that can come from being physically active. Therefore, physical education classes at the our school shall allow students sufficient activity time for health-related fitness, will teach them a variety of skills so they are capable of participating in an assortment of lifetime physical activities, and will allow students to experience the implicit fun and enjoyment that can come from leading a healthy, active lifestyle.

The National Association for Sport and Physical Education (NASPE) and the Texas Essential Knowledge and Skills (TEKS) for Physical Education provide the curricular framework for our program.

The University of Texas Elementary School Local Wellness Policy

Physical activities, lessons, and teaching strategies shall come from established programs in the physical education curriculum to provide students with maximal opportunities to be physically active, practice skills, and connect this learning to principles of good health and positive nutrition.

The University of Texas Elementary School shall implement, in accordance with education code 38.014, a coordinated school health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grade levels.

In addition, the University of Texas Elementary School establishes the following goals for physical activity:

- Time allotted for physical activity will be consistent with research, national and state standards. For example, the National Association for Sport and Physical Education includes recommendations for at least 60 minutes and up to several hours of physical activity per day for children 5 to 12 years of age. Children should have several opportunities for physical activity lasting 15 minutes or more approximately every two hours, especially during the daytime hours.
- Physical activity shall be integrated across curricula and throughout the school day. Movement may be made part of science, math, social studies and language arts.
- Policies ensure that state-certified physical education instructors teach all physical education classes.
- Policies ensure that physical education classes have a student/teacher ratio similar to other classes.
- A minimum of one daily recess period shall be provided, which is not used as a punishment or a reward.
- Adequate equipment shall be available for all students to participate in physical education.
- Students and community members shall be educated about the importance of moderate to vigorous physical activity and students shall be encouraged to participate in recreational physical activities outside of the normal school day.
- Faculty, staff, and administrators shall strive to be appropriate role models for students and demonstrate active lifestyles.

Other School Based Activities

The University of Texas Elementary School shall consider the guidelines and goals of the local wellness policy when planning any school-based activities, including school events, field trips, and assemblies, to ensure that a consistent message is communicated to students in all school contexts.

In addition, the University of Texas Elementary School shall offer special school-wide events that explicitly promote student wellness.

Implementation

The Chairperson of the School Health Advisory Council shall supervise the implementation of the local wellness policy and shall develop a tool for evaluating the degree of execution in each of the wellness component areas. A full evaluation of wellness policy compliance shall be performed annually by the SHAC and shall be reported to the Principal/CEO.