



## Wellness & Nutrition Policy 2019-2020

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.

The following are the Nutritional Goals and Guidelines for Rhodes School for the Performing Arts. The Chief Operation Officer shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.

### **General Food Guidelines & Goals:**

- A wide variety of fresh fruits and vegetables is offered at each campus.
- A bright, multi-colored plate with lots of variety in texture and flavor is presented for all students.
- Daily research to find new ways to make our student's traditional household foods healthier while remaining respectful of what is prepared at home and each culture.
- The last week of the month a full breakfast and lunch menu will be distributed to all the schools on the campus.
- The menu is provided on the school's website: [www.rhodesschool.org](http://www.rhodesschool.org)
- Rhodes School for the Performing Arts follows the NSLP Meal Pattern K-8 guideline provided by Texas Department of Agriculture.

### **Avoiding Obesity**

"Obesity is the most prevalent, fatal, chronic disease of the 21st Century. No other human condition combines obesity's prevalence and prejudice, sickness and stigma, death and discrimination. Obesity is a leading cause of mortality, morbidity, disability, and discrimination in health care, education, and employment. According to a recent RAND studies the health consequences of obesity are as significant as or greater than smoking, problem alcohol consumption and poverty. The consequences of obesity include various cancers, heart disease, stroke, type 2 diabetes, osteoarthritis, sleep apnea, and problem pregnancy and childbirth among others." Please see: <http://www.obesity.org/subs/advocacy/GovtReform2004.shtml>.

Rhodes School for the Performing Arts is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

**To accomplish these goals**

- Child Nutrition Programs will comply with federal, state, and local requirements. Child Nutrition Programs are accessible to all children.
- Nutrition education is provided and promoted in the classroom, eating areas, to parents, by attending relevant trainings at the Education Service Center.
- Meaningful physical activity programs that can connect to students' lives outside of formal physical education classes by offering a variety in Crayon Club, the after-school program, Expeditionary Learning Field trips, and etc.
- School-based activities are consistent with local wellness policy goals.
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and/or physical activity will not be used as a reward or punishment.

**Rhodes School for the Performing Arts Local Wellness Policy Guidelines**

**Nutrition Education**

- Rhodes School for the Performing Arts follows the health education curriculum standards and guidelines as stated by the Texas Education Agency. Each campus will link nutrition education activities with the coordinated school health program in activities such as Multicultural Week.
- Students in pre-kindergarten through 8<sup>th</sup> grade will receive nutrition education that is interactive and teaches the skills they need to adapt to healthy eating habits.
- Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts if applicable.
- The physical education teacher adequately prepares and participates regularly in professional development activities.

**Physical Activity**

- Physical activity is integrated across curriculum and throughout the school day such as physical education, dance, and The Baby Sonic Boom Marching Band. Also, movement is made a part of science, math, social studies and language arts.

- Physical education courses will be an environment student learn, practice and assessed on developmentally appropriate motor skills, social skills, and knowledge.
- Healthy eating habits and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at the appropriate after-school events. Parents are also given recipes for quick, low-cost, and nutritional meals to try with their child. For example, it is a tradition for parents to receive the superintendents Michelle Bonton's Famous Chili Recipe:

**1 POUND OF GROUND TURKEY**  
**1 PKG TACO SEASONING MIX**  
**1 CAN OF RO-TEL TOMATOES**  
**1 CAN OF BLACK BEANS (DRAINED)**  
**8 OUNCES OF FROZEN CORN**

**BROWN THE GROUND TURKEY UNTIL FULLY COOKED ADD IN ALL OTHER INGREDIENTS.**

**COOK FOR 10 MINUTES OR UNTIL HEATED THROUGH**

**MAKES 4 SERVINGS 350 CALORIES EACH**

#### **Other School Based Activities**

- After-school program, Crayon Club, will encourage physical activity and healthy habit formation.
- Support for the health of all students can be demonstrated by hosting vision and hearing screenings.
- The Rhodes School will organize local wellness committees comprised for families, teachers, administrators, health professionals, physical education teachers and students to implement and improve nutrition and physical activity in the school environment.
- The school counselor will integrate the importance of daily physical activity and healthy eating habits into her guidance lessons on responsibility and self-discipline.
- The school counselor and health aide will hold growth and development meetings with fourth through eighth graders stressing the importance of healthy eating and physical activity and the significant impact it has on the growth and development of healthy bodies.

#### **Nutrition Guidelines**

- All foods available on campus will comply with the current USDA Dietary Guidelines for Americans and the Texas Public School Nutrition Policy with respect to vending machines, a la carte, beverage

contracts, fundraising, concession stands, student stores, school parties/celebrations.

- The Rhodes School will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines.
- Food service Department at Rhodes School for the Performing Arts will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.
- Promotional activities will be limited to programs that are requested by school officials to support teaching and learning.
- Students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.

### **Eating Environment**

- The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.
- Lunch periods are scheduled 10:30 a.m.-1:30 p.m.
- Cafeterias will include enough serving areas to decrease the waiting time in serving lines.
- Lunch areas are attractive and spacious for seating the required number of students.
- Drinking water is available for students at lunch time and throughout the school day.
- Food is not be used as a reward or a punishment for student behaviors.
- The required posting is visible to all students and staff.

### **Child Nutrition Operations**

- The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods needed to stay healthy and informed.
- Rhodes School for the Performing Arts will strive to increase participation in the available federal Child Nutrition program, NSLP.
- The Food Service staff has adequate pre-service training in food service operations.
- Rhodes School for the Performing Arts works with quality vendors that meet the school's policy, culture, and the requirements of the child nutrition program.

## **Food Safety/Food Security**

- All foods prepped on each campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- For the safety and security of the food and facility, access to the food service operations are limited to the food service staff. For more information review Texas Department of Agriculture website for additional food security guidelines.

## **Nondiscrimination**

Charter School adheres to the Texas Department of Agriculture's nondiscrimination statement and to its own policy of handling discrimination complaints.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.

## ***Discrimination Complaint Policy and Procedure***

The cafeteria displays the nondiscrimination poster in a prominent location for public viewing in the serving area.

*Procedures: The food service managers at each campus are required to:*

1. Listen to a parent complaint or concern, try to answer questions, and provide parents with a discrimination complaint form to be completed.
2. The completed complaint form will be given to the Child Nutrition Director.

*Procedures: The Child Nutrition Director will:*

1. Forward the discrimination complaint form to the Food and Nutrition Division of the Texas Department of Agriculture at:  
Food and Nutrition Division  
P.O. Box 12847  
Austin, TX 78711
2. The Texas Department of Agriculture will forward the information to USDA.