



Rhodes School

for the Performing Arts

Wellness & Nutrition Policy 2024-2025

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 the implementation of the local wellness policy.

The following are the Nutritional Goals and Guidelines for The 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 are offered at each campus.
- A bright, multi-colored plate with lots of variety in texture and flavor are presented for all students.
- Daily research to find new ways to make our students' traditional household foods healthier while remaining respectful of what is prepared at home and in each culture.
- The menu is provided on the school's website: www.rhodeschool.org
- The Rhodes School for the Performing Arts follows the NSLP Meal Patterns for comingled PK-8th grade guidelines provided by the 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 study, 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>.

The Rhodes School for the Performing Arts is committed to providing a school environment that enhances learning and the 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, and 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, 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.

The Rhodes School for the Performing Arts Local Wellness Policy Guidelines

Nutrition Education

- The 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 8th 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 the curriculum and throughout the school day such as physical education, dance, and percussion. In addition, movement is made a part of science, math, social studies and language arts.
- Physical education courses will be an environment where students learn, practice, and assessed on developmentally appropriate motor skills, social skills, and knowledge.
- Healthy eating habits and physical activity are 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(ren). For example, it is a tradition for parents to receive in the handbook the Founder 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 programs, Crayon Club and 21st Century, 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 for the Performing Arts welcomes local wellness feedback from 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, physical education teachers, and director will integrate the importance of daily physical activity and healthy eating habits into their guidance lessons on responsibility and self-discipline.
- The health aide, school counselor, physical education teachers and director 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 concerning vending machines, a la carte, beverage contracts, fundraising, concession stands, student stores, and school parties/celebrations.
- The Rhodes School for the Performing Arts will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines.
- The Child Nutrition Department at The Rhodes School for the Performing Arts will offer a variety of age-appropriate healthy food and beverage selections in adherence to the required meal pattern and federal, state and local laws and guidelines.
- 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 meals. A minimum of 30 minutes is allotted for both breakfast and lunch meal times.
- Breakfast times are from 7:15 a.m. – 9:00 a.m.
- Lunch periods are scheduled between 10:00 a.m. - 1:00 p.m.
- Cafeterias have serving areas that minimize the waiting time in the serving lines.
- Lunch areas are attractive and spacious for seating the required amount of students.
- Drinking water is available for students at lunchtime and throughout the school day.
- Food is not used as a reward or a punishment for student behaviors.
- The required postings are 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.
- The Rhodes School for the Performing Arts will strive to increase participation in the available federal Child Nutrition programs offered within the district such as but not limited to NSLP, SBP, SSO, FFVP, DOD, etc.
- The Child Nutrition staff has adequate pre-service training in food service operations.
- The 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 Child Nutrition Department operations are limited to the Child Nutrition Department staff. For more information review the 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, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail:

*U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
fax: (833) 256-1665 or (202) 690-7442; or
email: 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 throughout the serving area.

Procedures: The Child Nutrition Kitchen Managers are required to:

1. Listen to a parent's 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 District Child Nutrition Coordinator.

Procedures: The District Child Nutrition Department Coordinator 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.