



Jean Massieu Academy
"Signing, Soaring, Succeeding"

WELLNESS POLICY

The District shall follow state and federal nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities.

GUIDELINES AND GOALS

The District shall maintain nutritional guidelines and wellness goals in consultation with the local school health advisory committee (SHAC) and with representatives of the district child nutrition department, school administration, the school board, parents and the public. Part of the mission of the district is to improve the health of the entire community by teaching students and families' ways to establish and maintain life by teaching students and families' ways to establish and maintain life-long healthy eating and physical activity habits. The mission shall be accomplished through nutrition education, physical education and activity, and food served in our schools.

NUTRITION GUIDELINES

The District shall ensure that nutrition 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 Healthy Hunger Free Kids Act of 2010.

The District shall provide each campus with education and guidelines on the use of food as a reward.

The District shall comply with the attached competitive foods and FMNV guidelines for school-sponsored fundraising activities that involve serving or selling food (see definitions).

NUTRITION POLICIES

Competitive Foods Policy

Campuses may not serve competitive foods, or provide access to them through direct or indirect sales, to students anywhere on school premises throughout the school day until 2:00 pm.

Birthday Party Policy

TDA recognizes that celebrating birthdays with a classroom party is a time-honored tradition that provides the opportunity for parental involvement in the education of their children, which is beneficial for students, parents, and teachers. Foods otherwise restricted by the policy are permitted in classroom student birthday parties. Foods should be commercially packaged or prepared in a licensed facility. Food items offered are encouraged to be healthy, low-fat items. Such parties will be scheduled on the last Friday of the month during the last period of the school day, after 2:00 pm. Federal regulations prohibit FMNV to be served during meal periods. Parents/students may NOT bring cake or other foods to the cafeteria during meal service periods for students other than their own child(ren).



Snack Policy

Classes may allow one nutritious snack per day under the teacher's supervision. The snack may be in the morning or afternoon, but may not be 30 minutes prior to, during, or 30 minutes after the regular meal period for that class.

FMNV Policy

Campuses may NOT serve or provide access for students to FMNV and all other forms of candy at any time anywhere on school remises until the end of the last scheduled (secondary) class of the school day.

Such food and beverages may not be sold or given away to students on school premises by school administrators or staff, students or student groups, parents or parent groups, guest speakers, or any other person, company, or organization.

Exemptions

Field Day: Food items that meet Smart Snack requirements can be sold for Field Day on our campus beginning at 9:00 am through the end of the school day. Use this link <https://foodplanner.healthiergeneration.org/calculator/> to determine if items meet Smart Snack regulations or contact the Food Services Department for assistance. This event must be approved by the Superintendent. The food items may not be given and or sold during meal times in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students in accordance with federal and state regulations.

Field Trips: School - approved field trips are exempt from these policies. A school official must approve the dates and purposes for the field trips in advance.

Instructional Use of Food in the Classroom: For instructional purposes, teachers may use foods as long as the food items are NOT considered FMNV. Students may consume food prepared in class for instructional purposes. However, this should be on an occasional basis and food may NOT be provided or sold to other students or classes. Food provided for students as a part of a class or school cultural heritage event for instructional or enrichment purposes would be exempt from the policy. However, FMNV may not be served 30 minutes prior to, during, or 30 minutes after meal service periods and regular meal service (breakfast and lunch) MUST continue to be available to all students.

School Events/Fundraisers: Students may be given FMNV, or other restricted foods during the school day for up to six (6) different events each school year to be determined by campus. The exempted events must be determined by the campus. The exempted events must be approved by a school official. During these events FMNV may not be given 30 minutes prior to, during, or 30 minutes after meal times in areas where school meals are being served or consumed, and regular meal service must continue to be available to all students in accordance with federal regulations.

School Sick Bay/Clinic: These policies do not apply to the school "sick bay" or clinic



using FMNV's during the course of providing healthcare to individual students.

STAAR Test Days: Schools/parents may provide one (1) additional nutritious snack per day for students taking the STAAR Test. All snacks must be prepackaged, must comply with the nutrition requirements of the United States Department of Agriculture (USDA) and may NOT contain any FMNV or consist of candy, chips, or dessert type items (cookies, cakes, cupcakes, pudding, ice cream, frozen desserts, etc.).

Students with Special Needs: These policies do not apply to students with special needs whose Individualized Education Program (IEP) plan indicates the use of an FMNV or other food item for behavior modification (or other suitable need).

DEFINITIONS

Competitive Foods

Foods and beverages sold or made available to students that compete with the school's operation of the NSLP or SBP are considered "competitive foods". This definition includes, but is not limited to, food and beverages sold or provided in vending machines, school stores, or as part of a fundraiser. School fundraisers include food sold by school administrators or staff, students or student groups, parents or parent groups, or any other person, company, or organization.

FMNV (Foods of Minimal Nutritional Value)

FMNV refers to the four (4) categories of food and beverages that are restricted by USDA under the Child Nutrition Program.

- 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/or protein.
- Water Ices: Any frozen, sweetened water such as "...sicles" and flavored ice with the exception of products that contain 100% fruit or fruit juice.
- Chewing Gum: any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- Certain 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 (sucrose) and corn syrup that may be flavored and colored, is characterized by a hard, brittle texture, and includes, but is not limited to, such 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 jelly - like character and are generally flavored and colored, and include, but are not limited to, gum drops, jelly beans, jellied and fruit -



- flavored slices.
- Marshmallow Candies: An aerated confection composed of sugar, corn syrup, invert sugar, 20% 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 in solution such as candy corn or 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: Popped corn that is coated with a mixture made predominantly from sugar and corn syrup.

School Day

Texas Department of Agriculture defines a school day as the midnight before, to 30 minutes after the end of the official last period for the entire school campus.

Smart Snacks

If offered, the Smart Snack regulations are summarized below:

All foods shall meet the nutrition standards set forth by the Healthy, Hunger Free Kids Act. It must also include one of the following; a fruit, a vegetable, a dairy product, a protein food or a whole-grain rich product

OR Contain 10% of the Daily Value of a naturally occurring nutrient of public health concern (i.e. calcium, potassium, vitamin D or dietary fiber) **OR** Be a combination food that contains ¼ cup of fruit or vegetable.

Specific Nutrient Standards for Food

- Snack items: < 200 calories per portion as sold (including any added accompaniments such as butter, cream cheese, salad dressing, etc.)
- Entrée items: < 350 calories per portion as sold
- Sodium: Snack item < 200 mg
Entrée item < 480 mg
- Total Fat: < 35% of total calories from fat per portion as packaged
- Saturated Fat: < 10% of total calories per portion as packaged
- Trans Fat: Zero grams of trans fat per portion as packaged
- Total Sugars: < 35% of calories from total sugars in foods
- Caffeine:

Elementary and Middle- Foods and beverages must be caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances.

High School- No caffeine restrictions.

Specific Nutrition Standards for Beverages

All grade levels in Texas:

Soft Drink Prohibition. Soft drinks may not be sold during the school day to any age/grade group in Texas public, charter and private schools that participate in the National School Lunch



Program or School Breakfast Program. For purposes of this section, soft drinks redefined as non-juice, carbonated beverages that contain natural or artificial sweeteners.

Elementary:

- Plain water (no size limit)
- Low fat milk, plain (< 8 oz.)
- Nonfat milk, plain or flavored (< 8 oz.)
- 100% fruit/vegetable juice (< 8 oz.)

Middle School:

- Plain water (no size limit)
- Low fat milk, plain (< 12 oz.)
- Nonfat milk, plain or flavored (< 12 oz.)
- 100% fruit/vegetable juice (< 12 oz.)

High School:

- Allowed Any Time:
- Plain water (no size limit)
- Low fat milk, plain (< 12 oz.)
- Nonfat milk, plain or flavored (< 12 oz.)
- 100% fruit/vegetable juice (< 12 oz.)
- Other calorie free caffeinated or non-caffeinated beverages that comply with the FDA standard of less than 5 calories/serving. (< 20 oz.)
- Other caffeinated or non-caffeinated "lower calorie" beverages that include two alternatives up to 12 ounce portion sizes of: < 40 calories/ 8 oz. serving or (< 60 calories/ 12 oz. serving) or < 50 calories/ 8 oz. serving or (< 75 calories/ 12 oz. serving)

PHYSICAL ACTIVITY GOALS

- Schools will provide opportunities for every student to develop the knowledge and skills for specific physical activities.
- JMA will provide opportunities for students to regularly participate in physical activity.
- JMA will help students understand the short and long term benefits of a physically active lifestyle.
- JMA will instruct students using the TEKS (state standards)for Physical Fitness/PE grades K-9th

PHYSICAL ACTIVITY GUIDELINES

- JMA encourages parents and guardians to support their children's participation in physical activity, to be physically active role models, and include physical activity in family events.
- JMA will provide training to enable teachers, and other school staff to promote enjoyable lifelong physical activity among students.
- Time allotted for physical activity will be consistent with research, and state standards. 30 minutes of structured daily physical activity or 135 minutes a week in grade K-6.
- Physical activity participation will take into consideration the "balancing equation " of food intake and physical activity.
- Teachers will be provided with incentives to join in before and/or after school physical



activities.

- JMA will implement physical activity activities from the Healthy and Wise Curriculum.
- Children and community members will have access to recreation facilities before and after school hours and during vacation periods.

OTHER SCHOOL BASED ACTIVITY GOALS

- JMA will provide a healthy learning environment for all students.
- All school and community members will be encouraged to participate in all health related activities.
- JMA will encourage parents, teachers, school administrators, students, food service professionals and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

OTHER SCHOOL BASED ACTIVITY GUIDELINES

- Support for the health of all students is demonstrated by health screenings, substance abuse awareness and abstinence programs, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
- School organized local wellness committees, will be comprised of families, teachers, administrators and students.
- JMA will provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- JMA encourages all students to participate in school meals programs and protect the identity of students who eat free and reduced price meals.
- JMA will make efforts to keep school or district owned physical activity facilities open for use by students outside school hours.
- JMA encourages and provides opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas.
- The local wellness committee will plan, implement and improve nutrition and physical activity in the school environment.

Board Approved 3/5/2015 – Jean Massieu Foundation Board

Revised 8/28/201

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Reviewed 04/21/2021

Revised 08/11/2022



Resources for Local School Wellness Goals on Nutrition and Physical Activity

Crosscutting:

- *School Health Index*, Centers for Disease Control and Prevention, <<http://apps.nccd.cdc.gov/shi/>>
- Local Wellness Policy website, U.S. Department of Agriculture, <<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>>
- *Fit, Healthy, and Ready to Learn: a School Health Policy Guide*, National Association of State Boards of Education, <www.nasbe.org/HealthySchools/fithealthy.mgi>
- *Preventing Childhood Obesity: Health in the Balance*, the Institute of Medicine of the National Academies, <www.iom.edu/report.asp?id=22596>
- *The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools*, Action for Healthy Kids, <www.actionforhealthykids.org/docs/specialreports/LC%20Color%20_120204_final.pdf>
- *Ten Strategies for Promoting Physical Activity, Healthy Eating, and a Tobacco-free Lifestyle through School Health Programs*, Centers for Disease Control and Prevention, <www.cdc.gov/healthyyouth/publications/pdf/ten_strategies.pdf>
- *Health, Mental Health, and Safety Guidelines for Schools*, American Academy of Pediatrics and National Association of School Nurses, <<http://www.nationalguidelines.org>>
- *Cardiovascular Health Promotion in Schools*, American Heart Association [link to pdf]

School Health Councils:

- *Promoting Healthy Youth, Schools and Communities: A Guide to Community-School Health Councils*, American Cancer Society [link to PDF]
- *Effective School Health Advisory Councils: Moving from Policy to Action*, Public Schools of North Carolina, <www.nhealthyschools.org/nhealthyschools/htdocs/SHAC_manual.pdf>



Nutrition:

General Resources on Nutrition

- *Making it Happen: School Nutrition Success Stories*, Centers for Disease Control and Prevention, U.S. Department of Agriculture, and U.S. Department of Education, <[http://www.cdc.gov/HealthyYouth/nutrition/Making- It-Happen/](http://www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/)>
- *Changing the Scene: Improving the School Nutrition Environment Toolkit*, U.S. Department of Agriculture, <www.fns.usda.gov/tn/Healthy/changing.html>
- *Dietary Guidelines for Americans 2005*, U.S. Department of Health and Human Services and U.S. Department of Agriculture, <www.health.gov/dietaryguidelines/dga2005/document/>
- *Guidelines for School Health Programs to Promote Lifelong Healthy Eating*, Centers for Disease Control and Prevention, <www.cdc.gov/mmwr/pdf/rr/rr4509.pdf>
- *Healthy Food Policy Resource Guide*, California School Boards Association and California Project LEAN, <www.csba.org/ps/hf.htm>
- *Diet and Oral Health*, American Dental Association, <<http://www.ada.org/public/topics/diet.asp>>

School Meals

- *Healthy School Meals Resource System*, U.S. Department of Agriculture, <<http://schoolmeals.nal.usda.gov/>>
- *School Nutrition Dietary Assessment Study–II*, a U.S. Department of Agriculture study of the foods served in the National School Lunch Program and the School Breakfast Program, <www.cspinet.org/nutritionpolicy/SNDAIIfind.pdf>
- *Local Support for Nutrition Integrity in Schools*, American Dietetic Association, <www.eatright.org/Member/Files/Local.pdf>
- *Nutrition Services: an Essential Component of Comprehensive Health Programs*, American Dietetic Association, <www.eatright.org/Public/NutritionInformation/92_8243.cfm>
- *HealthierUS School Challenge*, U.S. Department of Agriculture, <www.fns.usda.gov/tn/HealthierUS/index.htm>
- *Breakfast for Learning*, Food Research and Action Center, <www.frac.org/pdf/breakfastforlearning.PDF>
- *School Breakfast Scorecard*, Food Research and Action Center, <www.frac.org/School_Breakfast_Report/2004/>
- *Arkansas Child Health Advisory Committee Recommendations* [includes recommendation for professional development for child nutrition professionals in



schools],

<www.healthyarkansas.com/advisory_committee/pdf/final_recommendations.pdf>

Meal Times and Scheduling

- *Eating at School: A Summary of NFSMI Research on Time Required by Students to Eat Lunch*, National Food Service Management Institute (NFSMI) [Attach PDF file]
- *Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools*, National Food Service Management Institute, <www.nfsmi.org/Information/Newsletters/insight24.pdf>

Nutrition Standards for Foods and Beverages Sold Individually

- *Recommendations for Competitive Foods Standards* (a report by the National Consensus Panel on School Nutrition), California Center for Public Health Advocacy, <www.publichealthadvocacy.org/school_food_standards/school_food_standards/Nutrition%20Standards%20Report%20-%20Final.pdf>
- State policies for competitive foods in schools, U.S. Department of Agriculture, <www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/state_policies_2002.htm>
- *Nutrition Integrity in Schools*, (forthcoming), National Alliance for Nutrition and Activity
- *School Foods Tool Kit*, Center for Science in the Public Interest, <www.cspinet.org/schoolfood/>
- *Foods Sold in Competition with USDA School Meal Programs* (a report to Congress), U.S. Department of Agriculture, <www.cspinet.org/nutritionpolicy/Foods_Sold_in_Competition_with_USDA_School_Meal_Programs.pdf>
- *FAQ on School Pouring Rights Contracts*, American Dental Association, <http://www.ada.org/public/topics/softdrink_faq.asp>

Fruit and Vegetable Promotion in Schools

- *Fruits and Vegetables Galore: Helping Kids Eat More*, U.S. Department of Agriculture, <www.fns.usda.gov/tn/Resources/fv_galore.html>
- *School Foodservice Guide: Successful Implementation Models for Increased Fruit and Vegetable Consumption*, Produce for Better Health Foundation. Order on-line for \$29.95 at <www.shop5aday.com/acatalog/School_Food_Service_Guide.html>.
- *School Foodservice Guide: Promotions, Activities, and Resources to Increase Fruit and Vegetable Consumption*, Produce for Better Health Foundation. Order on-line for \$9.95 at <www.shop5aday.com/acatalog/School_Food_Service_Guide.html>



- National Farm-to-School Program website, hosted by the Center for Food and Justice, <www.farmtoschool.org>
- Fruit and Vegetable Snack Program Resource Center, hosted by United Fresh Fruit and Vegetable Association, <<http://www.uffva.org/fvpilotprogram.htm>>
- Produce for Better Health Foundation website has downloadable fruit and vegetable curricula, research, activity sheets, and more at <www.5aday.org>

Fundraising Activities

- *Creative Financing and Fun Fundraising*, Shasta County Public Health, <www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlean/fundrai_ser1.pdf>
- *Guide to Healthy School Fundraising*, Action for Healthy Kids of Alabama, <www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA%2031%20-%20Fundraising.pdf>

Snacks

- *Healthy School Snacks*, Center for Science in the Public Interest
- Materials to Assist After-school and Summer Programs and Homeless Shelters in Using the Child Nutrition Programs (website), Food Research and Action Center, <www.frac.org/html/building_blocks/afterschsummertoc.html>
- Smart Snacks Calculator, a tool to determine the healthiness of a snack, Texas Department of Agriculture, www.squaremeals.org .

Rewards

- *Constructive Classroom Rewards*, Center for Science in the Public Interest, <www.cspinet.org/nutritionpolicy/constructive_rewards.pdf>
- *Alternatives to Using Food as a Reward*, Michigan State University Extension, <www.tn.fcs.msue.msu.edu/foodrewards.pdf>
- *Prohibition against Denying Meals and Milk to Children as a Disciplinary Action*, U.S. Department of Agriculture Food and Nutrition Service [Link to PDF]

Celebrations

- *Guide to Healthy School Parties*, Action for Healthy Kids of Alabama, <www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA%2032%20-%20parties.pdf>
- *Classroom Party Ideas*, University of California Cooperative Extension Ventura County and California Children's 5 A Day Power Play! Campaign,



<http://ucce.ucdavis.edu/files/filelibrary/2372/15801.pdf>

Nutrition and Physical Activity Promotion and Food Marketing:

Health Education

- *National Health Education Standards*, American Association for Health Education, http://www.aahperd.org/aahe/pdf_files/standards.pdf

Nutrition Education and Promotion

- U.S. Department of Agriculture Team Nutrition website (lists nutrition education curricula and links to them), www.fns.usda.gov/tn/Educators/index.htm
- *The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions*, U.S. Food and Drug Administration and U.S. Department of Agriculture's Food and Nutrition Service, www.fns.usda.gov/tn/resources/power_of_choice.html
- *Nutrition Education Resources and Programs Designed for Adolescents*, compiled by the American Dietetic Association, www.eatright.org/Public/index_19218.cfm

Integrating Physical Activity into the Classroom Setting

- *Brain Breaks*, Michigan Department of Education, www.emc.cmich.edu/brainbreaks
- *Energizers*, East Carolina University, www.ncpe4me.com/energizers.html

Food Marketing to Children

- *Pestering Parents: How Food Companies Market Obesity to Children*, Center for Science in the Public Interest, www.cspinet.org/pesteringparents
- *Review of Research on the Effects of Food Promotion to Children*, United Kingdom Food Standards Agency, www.foodstandards.gov.uk/multimedia/pdfs/foodpromotiontochildren1.pdf
- *Marketing Food to Children* (a report on ways that different countries regulate food marketing to children [including marketing in schools]), World Health Organization (WHO), <http://whqlibdoc.who.int/publications/2004/9241591579.pdf>
- *Guidelines for Responsible Food Marketing to Children*, Center for Science in the Public Interest, <http://cspinet.org/marketingguidelines.pdf>
- *Commercial Activities in Schools*, U.S. General Accounting Office, www.gao.gov/new.items/d04810.pdf



Eating Disorders

- Academy for Eating Disorders, <www.aedweb.org>
- National Eating Disorders Association, <www.nationaleatingdisorders.org>
- Eating Disorders Coalition, <www.eatingdisorderscoalition.org>

Staff Wellness

- *School Staff Wellness*, National Association of State Boards of Education [link to pdf]
- *Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small*, Partnership for Prevention, <www.prevent.org/publications/Healthy_Workforce_2010.pdf>
- *Well Workplace Workbook: A Guide to Developing Your Worksite Wellness Program*, Wellness Councils of America, <www.welcoa.org/wellworkplace/index.php?category=7>
- *Protecting Our Assets: Promoting and Preserving School Employee Wellness*, (forthcoming), Directors of Health Promotion and Education (DHPE)

[Physical Activity Opportunities and Physical Education:](#)

General Resources on Physical Activity

- *Guidelines for School and Community Programs to Promote Lifelong Physical Activity among Young People*, Centers for Disease Control and Prevention, <www.cdc.gov/mmwr/preview/mmwrhtml/00046823.htm>
- *Healthy People 2010: Physical Activity and Fitness*, Centers for Disease Control and Prevention and President's Council on Physical Fitness and Sports, <www.healthypeople.gov/document/HTML/Volume2/22Physical.htm#_Toc49038080 3>
- *Physical Fitness and Activity in Schools*, American Academy of Pediatrics, <<http://pediatrics.aappublications.org/cgi/reprint/105/5/1156>>

Physical Education

- *Opportunity to Learn: Standards for Elementary Physical Education*, National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368§ion=5>>
- *Opportunity to Learn: Standards for Middle School Physical Education*. National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/Template.cfm?template=ProductDisplay.cfm&Productid=726§ion=5>>



- *Opportunity to Learn: Standards for High School Physical Education*, National Association for Sport and Physical Education. Order on-line for \$7.00 at <http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=727§ion=5>
- *Substitution for Instructional Physical Education Programs*, National Association for Sport and Physical Education, www.aahperd.org/naspe/pdf_files/pos_papers/substitution.pdf
- *Blueprint for Change, Our Nation's Broken Physical Education System: Why It Needs to be Fixed, and How We Can Do It Together*, PE4life, www.pe4life.org/articles/blueprint2004.pdf

Recess

- *Recess in Elementary Schools*, National Association for Sport and Physical Education, www.aahperd.org/naspe/pdf_files/pos_papers/current_res.pdf
- *Recess Before Lunch Policy: Kids Play and then Eat*, Montana Team Nutrition, www.opi.state.mt.us/schoolfood/recessBL.html
- *Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools*, National Food Service Management Institute, www.nfsmi.org/Information/Newsletters/insight24.pdf
- The American Association for the Child's Right to Play, <http://www.ipausa.org/recess.htm>

Physical Activity Opportunities Before and After School

- *Guidelines for After School Physical Activity and Intramural Sport Programs*, National Association for Sport and Physical Education, www.aahperd.org/naspe/pdf_files/pos_papers/intramural_guidelines.pdf
- *The Case for High School Activities*, National Federation of State High School Associations, www.nfhs.org/scriptcontent/va_custom/vimdisplays/contentpagedisplay.cfm?content_id=71
- *Rights and Responsibilities of Interscholastic Athletes*, National Association for Sport and Physical Education, www.aahperd.org/naspe/pdf_files/pos_papers/RightandResponsibilities.pdf

Safe Routes to School

- *Safe Routes to Schools Tool Kit*, National Highway Traffic Safety Administration, www.nhtsa.dot.gov/people/injury/pedbimot/bike/saferouteshtml/



- *KidsWalk to School Program*, Centers for Disease Control and Prevention, <www.cdc.gov/nccdphp/dnpa/kidswalk/>
- *Walkability Check List*, Pedestrian and Bicycle Information Center, Partnership for a Walkable America, U.S. Department of Transportation, and U.S. Environmental Protection Agency, <www.walkinginfo.org/walkingchecklist.htm>

Monitoring and Policy Review:

- *School Health Index*, Centers for Disease Control and Prevention (CDC), <<http://apps.nccd.cdc.gov/shi/>>
- *Changing the Scene: Improving the School Nutrition Environment Toolkit*, U.S. Department of Agriculture, <www.fns.usda.gov/tn/Healthy/changing.html>
- *Criteria for Evaluating School-Based Approaches to Increasing Good Nutrition and Physical Activity*, Action for Healthy Kids, <www.actionforhealthykids.org/docs/specialreports/report_small.pdf>
- *Opportunity to Learn: Standards for Elementary Physical Education*, National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368 §ion=5>>
- *Opportunity to Learn: Standards for Middle School Physical Education*. National Association for Sport and Physical Education. Order on-line for \$7.00 at <http://member.aahperd.org/Template.cfm?template=ProductDisplay.cfm&Productid=72_6§ion=5>
- *Opportunity to Learn: Standards for High School Physical Education*. National Association for Sport and Physical Education. Order on-line for \$7.00 at <<http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=727 §ion=5>>



Jean Massieu Academy

WELLNESS COMMITTEE

Committee Members

CN Director

CN Manager

PE Teacher

Vice Principle/Special Programs

JMA Student

JMA Parent or Community Member



Jean Massieu Academy

WELLNESS COMMITTEE

Committee Members

CN Director

CN Manager

PE Teacher

Vice Principle/Special Programs

JMA Student

JMA Parent or Community Member



Jean Massieu Academy

WELLNESS COMMITTEE

Meeting Agenda

Date: _____

➤ Members Present - Sign In Sheet

➤ Review Minutes

➤ Goals

➤ Events

➤ Activities

➤ Comments

Jean Massieu Academy

Assessment of School Wellness Policy

To Be Completed Triennially (Every Three Years)

1. Did your site based decision making committee, school wellness committee, and/or other school committee composed of school administrators, teachers, school nurse/health professionals, parents, students, and members of the public provide input to achieve the goals and/or activities as outlined in the school wellness policy for your school or administered by your school during the year? (I.e. Healthy Eating, Jump Rope for Heart, Faculty Challenges, etc)

Circle One: Yes or No (please explain)

Please review the goals from the School Wellness Policy below and note your responses:

2. The nutritional quality of foods served by the child nutrition department meets or exceeds the standards set by the Texas Department of Agriculture.

Please note whether you agree with the following:

Yes No

The meals served will:

- | | | |
|--|---|--|
| a. Be appealing to students | ✓ | |
| b. Be served in clean pleasant surroundings | ✓ | |
| c. Meet nutritional requirements | ✓ | |
| d. Offer a variety of fruits and vegetables | ✓ | |
| e. Serve only low fat or fat free milk | ✓ | |
| f. Ensure that half of the grains served are whole grain | ✓ | |

3. Nutrition and physical activity will be promoted.
Jean Massieu Academy will teach, encourage, and support healthy eating by stakeholders.

Please note whether you agree with the following:

Yes No

Schools provide nutrition education and engage in nutrition promotion that:

- | | | |
|--|---|--|
| g. Is provided at each grade level to protect student/stakeholder health | ✓ | |
| h. Is part of classroom instruction as well as health/PE classes | ✓ | |
| i. Includes developmentally appropriate participatory activities | ✓ | |
| j. Promotes healthy food choices such as low fat, fruits, & vegetables | ✓ | |
| k. Emphasizes the relationship between food intake and exercise | ✓ | |
| l. Emphasizes and reinforces physical activity and a healthy lifestyle | ✓ | |

- a. Physical activity opportunities and physical education will be encouraged for all stakeholders.

Please note whether you agree with the following:

Yes No

Schools provide education toward and promote physical activities so that:

- | | | |
|---|---|--|
| m. All students have daily PE or its equivalent up to 135 min/week | ✓ | |
| n. Elementary students have at least 15 min/day of supervised recess | ✓ | |
| o. After school programs encourage daily periods of physical activity | ✓ | |
| p. Physical activity and a healthy lifestyle are promoted for all stakeholders | ✓ | |
| q. School facilities are available after hours for individuals or groups to conduct physical activities or offer other nutrition or health related activities | ✓ | |

Completed By: JMA Wellness Comm. Date: 08/26/22