

#### **400.130 STUDENT WELLNESS**

The governing body ("Board") of INSPIRE ACADEMIES adopts the following policy which shall be effective on the date that the policy is adopted by the Board.

### **Inspire Academies (non-residential campuses)**

#### **SECTION 1. Introduction**

SECTION 1.1 Introduction. INSPIRE ACADEMIES shall support the general wellness of all students by implementing measurable goals to promote sound nutrition and student health and to reduce childhood obesity.

#### **SECTION 2. Development**

SECTION 2.1. Local Committee. The local committee, on behalf of INSPIRE ACADEMIES with the direction of the Child Nutrition Coordinator, shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law. In the development, implementation, and review of these guidelines and goals, the committee shall permit participation by parents, students, representatives of INSPIRE ACADEMIES's food service program, physical education teachers, school health professionals, members of the Board, school administrators, and members of the public.

SECTION 2.2. Wellness Plan. The local committee shall develop a wellness plan to implement INSPIRE ACADEMIES's nutrition guidelines and wellness goals. The wellness plan shall, at a minimum, address:

- 2.2.1. Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;
- 2.2.2. Objectives, benchmarks, and activities for implementing the wellness goals;
- 2.2.3. Methods for measuring implementation of the wellness goals;
- 2.2.4. INSPIRE ACADEMIES's standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and
- 2.2.5. The manner of communicating to the public applicable information about INSPIRE ACADEMIES's wellness policy and plan.

The local committee shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.

#### **SECTION 3. Nutritional Guidelines**

SECTION 3.1. Foods and Beverages Sold. INSPIRE ACADEMIES's nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when INSPIRE ACADEMIES allows an exemption for fundraising activities as authorized by state and federal rules.

SECTION 3.2. Foods and Beverages Provided. INSPIRE ACADEMIES shall establish standards for all foods and beverages provided, but not sold, to students during the school day. These standards shall be addressed in INSPIRE ACADEMIES's wellness plan.

#### **SECTION 4. Wellness goals**

SECTION 4.1. Nutrition Promotion and Education. INSPIRE ACADEMIES shall implement, in accordance with law, a coordinated school health program with a nutrition education component. INSPIRE ACADEMIES's nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by INSPIRE ACADEMIES.

SECTION 4.2. INSPIRE ACADEMIES establishes the following goals for nutrition promotion:

4.2.1. INSPIRE ACADEMIES's food service staff, teachers, and other personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.

4.2.2. INSPIRE ACADEMIES shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

4.2.3. INSPIRE ACADEMIES shall ensure that food and beverage advertisements accessible to students outside of school hours on school property contain only products that meet the federal guidelines for competitive foods.

SECTION 4.3. INSPIRE ACADEMIES establishes the following goals for nutrition education:

4.3.1 INSPIRE ACADEMIES shall provide professional development so that Staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

4.3.2. INSPIRE ACADEMIES shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

SECTION 4.4. Physical Activity. INSPIRE ACADEMIES 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.

INSPIRE ACADEMIES establishes the following goals for physical activity:

4.4.1. INSPIRE ACADEMIES shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.

4.4.2. INSPIRE ACADEMIES shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

4.4.3. INSPIRE ACADEMIES shall make appropriate before-school and afterschool physical activity programs available and shall encourage students to participate.

4.4.4. INSPIRE ACADEMIES shall make appropriate training and other activities available to school employees in order to promote enjoyable, lifelong physical activity for employees and students.

4.4.5 INSPIRE ACADEMIES shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

SECTION 4.5. Other School-Based Activities. INSPIRE ACADEMIES establishes the following goals to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities:

INSPIRE ACADEMIES establishes the following goals for other school-based activities:

4.5.1. INSPIRE ACADEMIES shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

4.5.2. INSPIRE ACADEMIES shall promote wellness for students and their families at suitable campus activities.

4.5.3. INSPIRE ACADEMIES shall promote employee wellness activities and involvement at suitable campus activities.

### **SECTION 5. Implementation**

SECTION 5.1. The Superintendent or Designee shall over-see the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures.

### **SECTION 6. Evaluation**

SECTION 6.1. INSPIRE ACADEMIES shall comply with federal requirements for evaluating this policy and the wellness plan.

### **SECTION 7. Public Notification**

SECTION 7.1. INSPIRE ACADEMIES shall annually inform and update the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy, the wellness plan, and the required implementation assessment.

### **SECTION 8. Records Retention**

SECTION 8.1. INSPIRE ACADEMIES shall annually inform and update the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy, the wellness plan, and the required implementation assessment.

## **Inspire Academies (Residential campuses)**

### **SECTION 1. Introduction**

SECTION 1.1 Introduction. INSPIRE ACADEMIES shall support the general wellness of all students by implementing measurable goals to promote sound nutrition and student health and to reduce childhood obesity. All of our sites operate in residential facilities. Students live at these facilities for an average period of thirty to sixty days while they are moving through the TDFPS System. The wellness policy will outline goals established for sites participating in the National Breakfast and Lunch Programs.

### **SECTION 2. Development**

SECTION 2.1. Wellness Plan. On behalf of INSPIRE ACADEMIES, the Child Nutrition Department will review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law.

### **SECTION 3. Nutritional Guidelines**

SECTION 3.1. INSPIRE ACADEMIES's nutrition guidelines for reimbursable school meals shall be designed to promote student health and reduce childhood obesity and shall be at least as

restrictive as federal regulations and guidance. These guidelines will be established for sites participating in the National Breakfast and Lunch program.

#### **SECTION 4. Wellness goals**

SECTION 4.1. Nutrition Promotion. INSPIRE ACADEMIES establishes the following goals for nutrition promotion:

4.1.1. Goal. INSPIRE ACADEMIES Food Service staff shall consistently promote healthy nutrition messages in cafeterias.

SECTION 4.2. Nutrition Education. INSPIRE ACADEMIES establishes the following goals for nutrition education:

4.2.1 Goal. INSPIRE ACADEMIES shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

SECTION 4.3. Physical Activity. INSPIRE ACADEMIES 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.

4.3.1. Goal. INSPIRE ACADEMIES shall make appropriate training and other activities available to employees to promote enjoyable, lifelong physical activity for employees and student.

SECTION 4.4. Other School-Based Activities. INSPIRE ACADEMIES establishes the following goals to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities:

4.4.1. Goal. INSPIRE ACADEMIES shall promote employee wellness activities and involvement at suitable campus activities.

#### **SECTION 5. Implementation**

SECTION 5.1. The Child Nutrition Department shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures.

#### **SECTION 6. Triennial Progress Assessments**

SECTION 6.1. INSPIRE ACADEMIES shall comply with federal requirements for evaluating this policy and the wellness plan. Once every three years INSPIRE ACADEMIES will evaluate compliance with the wellness policy. The evaluation will include progress made in attaining the goals of the wellness policy.

#### **SECTION 7. Public Notification**

SECTION 7.1. INSPIRE ACADEMIES shall annually inform and update the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy, the wellness plan, and the required implementation assessment.

#### **SECTION 8. Records Retention**

SECTION 8.1. INSPIRE ACADEMIES shall retain all required records associated with the wellness policy, in accordance with law and INSPIRE ACADEMIES's records management program. INSPIRE ACADEMIES will retain records to document compliance with the requirements of the

wellness policy at the central office located at 10325 Bandera Rd, San Antonio TX 78250.

Documentation maintained in this location will include but will not be limited to:

- 8.1.1 The most recent assessment on the implementation of the local school wellness policy,
- 8.1.2. Documentation of efforts to review and update INSPIRE ACADEMIES Wellness Policy; including an indication of who is involved in the update and methods INSPIRE ACADEMIES uses to make stakeholders aware of their ability to participate in the policy,
- 8.1.3. Documentation to demonstrate compliance with the annual public notification requirements,
- 8.1.4. Documentation stating the progress made in the wellness policy goals.