

**SAM HOUSTON STATE UNIVERSITY  
CHARTER SCHOOL  
WELLNESS POLICY  
2017-2018**

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## **PURPOSE**

Sam Houston State University Charter School (SHSU Charter School or the School) is committed to the optimal development of every student. SHSU Charter School believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to foster positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. Through this policy and the Wellness Plan, SHSU Charter School shall support the general wellness of all students by implementing measurable goals to promote sound nutrition, student health, and reduce childhood obesity.

## **SCHOOL HEALTH ADVISORY COMMITTEE (SHAC)**

SHSU Charter School will convene a representative School Health Advisory Committee (SHAC) that shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law.

The SHAC shall permit, but not be limited to, participation by representatives of the School's food service provider(s), teachers, other employees of the school site, members of the Board, school administrators, students, parents, and members of the public. The SHAC will meet at least four times per year.

## **WELLNESS PLAN**

The School Health Advisory Committee shall develop a Wellness Plan to implement the School's nutrition guidelines and wellness goals. The Wellness Plan shall, at minimum, address:

- Strategies for soliciting involvement by and input from persons interested in the Wellness Plan and Wellness Policy;
- Objectives, benchmarks, and activities, for implementing the wellness goals.
- Methods for measuring implementation of the wellness goals;
- The School's standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and
- The manner of communicating to the public applicable information about the School's Wellness Plan and Wellness Policy.

The SHAC shall review and revise the plan on a regular basis and also recommend revisions to the Wellness Policy when necessary.

## **NUTRITION**

SHSU Charter School aims to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

### **Food and Beverages Provided**

SHSU Charter School shall establish standards for all foods and beverages provided, but not sold, to students during the school day. These standards shall be addressed in the School's Wellness Plan.

### **Food and Beverages Sold**

SHSU Charter School'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 guidelines, except when the School allows an exemption for fundraising activities as authorized by state and federal rules.

## **WELLNESS GOALS**

### **Nutrition Promotion and Education**

Nutrition promotion and education can positively influence lifelong eating behaviors through using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

SHSU Charter School nutrition promotion activities shall encourage participation in the National School Lunch Program.

### **Physical Activity**

SHSU Charter School shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least 235 minutes of physical activity each week, including recess and PE.

The School establishes the following goal for physical activity: SHSU Charter School shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students.

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

SHSU Charter School shall integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, or physical activity facilities. The School shall coordinate and integrate other initiatives related to physical activity, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives.

## **IMPLEMENTATION**

The School Health Advisory Committee Coordinator shall oversee the implementation of this Wellness Policy and the development and implementation of the Wellness Plan and appropriate administrative procedures.

## **EVALUATION**

### **Triennial Progress Assessment**

At least once every three years, SHSU Charter School will evaluate compliance with the Wellness Policy to assess the implementation of the policy and include:

- The extent to which the sites are in compliance with the Wellness Policy; and
- A description of the progress made in attaining the goals of the School's Wellness Policy.

The SHAC, in collaboration with individual schools, will monitor each site's compliance with the Wellness Policy. The School will actively notify households/families of the availability of the triennial progress report.

### **Revisions and Updates**

The School Health Advisory Committee will update or modify the Wellness Policy based on the results of the triennial assessments and/or as the School's priorities change, community needs change, wellness goals are met, new health science, information, and technology emerges, and new Federal or state guidance or standards are issued. The Wellness Policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

## **PUBLIC NOTIFICATION**

SHSU Charter School will actively inform families and the public each year of basic information about this policy, including its content, and any updates to the policy and implementation status. The School will make this policy, the Wellness Plan, and the required implementation assessment available on the district website. The School will provide as much information as possible about the school nutrition environment.