

Uplift Education School Wellness Policy

Uplift Education schools are committed to the health and well being of scholars and staff within our learning community. Uplift Education believes that healthy eating habits and regular physical activity improves the ability to achieve academically. All Uplift Education schools are committed to fighting childhood obesity and maintaining lifelong healthy habits. Uplift Education is committed to following and exceeding current health and nutrition guidelines as set forth by the Healthy Hunger Free Kids Act of 2010 (HHFKA 2010), USDA Food and Nutrition Service, Texas Department of Agriculture, US Department of Health and Human Services, US Department of Education and the Center for Disease Control and Prevention.

Development of Guidelines and Goals

Uplift Education shall develop nutritional guidelines and wellness goals in consultation with involvement from parents, students and representatives of the Uplift Child Nutrition Program, the school board, school administrators, members of the Student Health Advisory Committee (SHAC), teachers of physical education and school health professionals. Uplift will review this policy once a year with the input of the teams listed.

Implementation and Compliance

- The Directors of the schools shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of this policy.
- The Kitchen manager shall be responsible for the implementation of the HACCP Food Safety plan and enforcing nutrition standards around the National School Breakfast and Lunch Program.
- Classroom teachers shall be responsible for integrating wellness policy requirements into the daily curriculum as appropriate.
- Parents shall support a coordinated effort in partnership with the school to encourage healthy habits at home and school.
- All members of Uplift Education shall be responsible for complying with wellness policy requirements.
- Uplift Education will establish a structured School Health Advisory Committee with members consisting of parents, representatives of the Child Nutrition Program, school board, school administrators, the public, teachers of physical education and school health professionals to enhance the proficiency of implementation and compliance of the wellness policy and goals.

Wellness Goals

Nutrition Education and Promotion

Uplift Education schools shall implement, in accordance with law, a Coordinated School Health Program with a nutrition education component and shall implement health curriculum that emphasizes the importance of proper nutrition.

In addition, Uplift Education schools have established the following goals for nutrition education:

- All Uplift scholars in grades K-8 shall receive “nutrition education” as part of a structured and systematic unit of instruction through physical education classes.
- All Uplift Scholars will have nutrition education integrated into other areas of curriculum as appropriate.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.
- Child nutrition staff, teachers, physical educators, nurses and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom and other appropriate settings.
- Nutrition Education will involve sharing information with families and the broader community to positively impact students and the health of the community.

Physical Activity and Promotion

Uplift Education schools 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.

In addition, Uplift Education schools established the following goals for physical activity:

- Scholars in grades K-6 with shall strive to provide a minimum average of 30 minutes of physical education per day (135 minutes per week) to all full day scholars.
- Uplift Education schools will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports and those who may be athletically gifted.
- Physical Education classes will regularly emphasize moderate to vigorous activity.
- Physical Education will encourage life long physical activity and wellness through the instruction of individual and team based activities.
- Uplift Education will not disproportionately emphasize team sports.



- Uplift Education schools will encourage teachers to integrate physical activity into the academic curriculum where appropriate.
- Before school and after school physical activity programs will be offered when appropriate and students will be encouraged to participate.
- Uplift Education schools will encourage parents to support their children’s participation to be active role models and to include physical activity in family events.
- Uplift Education schools will encourage students, staff and community members to use the school’s recreational facilities that are available outside of the school day.
- Teachers and other school and community personnel will not use physical activity (e.g. running laps, pushups) or withhold opportunities for physical activity (e.g. recess, physical education) as a form of punishment.

Nutritional Guidelines

Uplift Education schools shall ensure that nutritional guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods sold on each campus are in accordance with the USDA Smart Snacks Guidelines and Texas Nutrition Policy.

In addition to legal requirements, Uplift Education schools shall strive to achieve the following:

Food as Reward or Recognition

- Using free food to reward behavior or academic performance should be very limited, requiring justification and approval from a campus director.
- Free food cannot be provided until the participants lunch period has ended and cannot be used to supplant their lunch.
- Free food must be provided by the school, a teacher or an approved vendor and be nut-free.

Exempt Days from Participating in Meal Service Programs

- Before the school year begins, a school (Primary, Middle, or High) can formally request 3 school-wide special days with campus operations where meal service is suspended at breakfast and/or lunch using the Activity Request Form.
- On Exempt Days, all foods must be provided free of charge to the scholars during the school day.

Uplift Campus Fundraisers and Food Sold on Campus (vending machines)

- Campus fundraisers and foods sold on campus that meet the Smart Snack rules can be sold during the school day in accordance with the time and place restrictions as established by the Texas Nutrition Policy and with approval using the Activity Request Form. Ready-to-eat food sales can’t compete with meal services.
- Campus food fundraisers that do not meet the Smart Snack rules cannot be sold during the school day.
- Failure to properly track and maintain documentation of foods sold during the school day can affect school meal funding when identified in TDA administrative reviews.

School Meals

- Uplift Education’s goal is to meet and exceed the Healthy Hunger Free Kids Act 2010 (HHFKA) requirements in all applicable schools across our school network.

CNP and School Wellness References:

- Dietary Guidelines for Americans 2010
<http://www.cnpp.usda.gov/DietaryGuidelines.htm>
- American Alliance for Health, Physical Education, Recreation and Dance
<http://www.aahperd.org/>
- Centers for Disease Control and Prevention – Division of Nutrition, Physical Activity and Obesity
<http://www.cdc.gov/nccdphp/dnpao/index.html>
- Nutrition.gov
<http://www.nutrition.gov/>
- CATCH USA
www.catchusa.org
- Texas Department of Agriculture and Smart Snacks Regulations
www.squaremeals.org
- My plate (the new food pyramid)
www.choosemyplate.gov
- Alliance for Healthier Generation and Smart Snacks product calculator
www.healthiergeneration.org