

Sec. 1. WELLNESS

Doral Academy of Texas shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students by implementing measurable goals to promote sound nutrition and health through nutrition education, physical activity, and other school-based activities. This document, referred to as the “wellness plan” (the plan), is intended to implement policy FFA(LOCAL), which has been adopted by the Board to comply with the requirements for a school wellness policy. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b; 7 C.F.R. Part 210]

The District’s local school health advisory council (SHAC) will work on behalf of the District to review and consider evidence-based strategies and techniques to develop and implement nutrition guidelines and wellness goals required by federal law.

Sec. 2. DEVELOPMENT OF LOCAL WELLNESS PLAN

The Superintendent or designee shall appoint a school wellness council (“SWC”) to review and consider evidence-based strategies and techniques and to develop nutrition guidelines and wellness goals as required by law. In developing, implementing, and reviewing the guidelines and goals of the local wellness plan, the SWC will allow participation by parents; students; representatives of Doral Academy of Texas’s food service provider; Doral Academy of Texas physical education teachers, campus and/or district-level administrators, and school health professionals; Board members; and community members.

The SWC shall develop a wellness policy to implement Doral Academy of Texas’s nutrition guidelines and goals. The local wellness plan must address, at a minimum:

1. Strategies for soliciting involvement by and input from individuals interested in the wellness plan and policy;
2. Activities, benchmarks, and objectives for implementing wellness goals;
3. Methods for measuring implementation of wellness goals;
4. Doral Academy of Texas’s standards for foods and beverages provided (but not sold) to students during the school day and while on campus; and
5. Methods for communicating to the public information about Doral Academy of Texas’s local wellness plan.

The SWC will review and revise the wellness plan on a regular basis, and recommend revisions to the plan when necessary for board approval.

Sec. 3. NUTRITION GUIDELINES

Doral Academy participates in the U.S. Department of Agriculture's (USDA's) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). As required by federal law, the District has established nutrition guidelines to ensure that all foods and beverages sold or marketed to students during the school day on each campus adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

School Meals: Meals served through the National School Lunch and Breakfast Program will:

1. Be appealing and attractive to children.
2. Be served in clean and pleasant setting.
3. Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.
4. Offer a variety of milk including fat free flavored milk and no more than 1% fat content.
5. Comply with the current USDA Dietary Guidelines for Americans.
6. Be baked, not fried.
7. Include more local fresh fruits and vegetables.
8. Include whole grain products.

Doral Academy establishes the following goals for nutrition promotion:

1. The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.
2. The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

Doral Academy establishes the following goals for nutrition education:

1. The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

Doral Academy’s nutrition promotion activities will encourage participation in the National School Lunch Program, the School Breakfast Program, and any supplemental food and nutrition programs offered by the District. Doral Academy will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards.

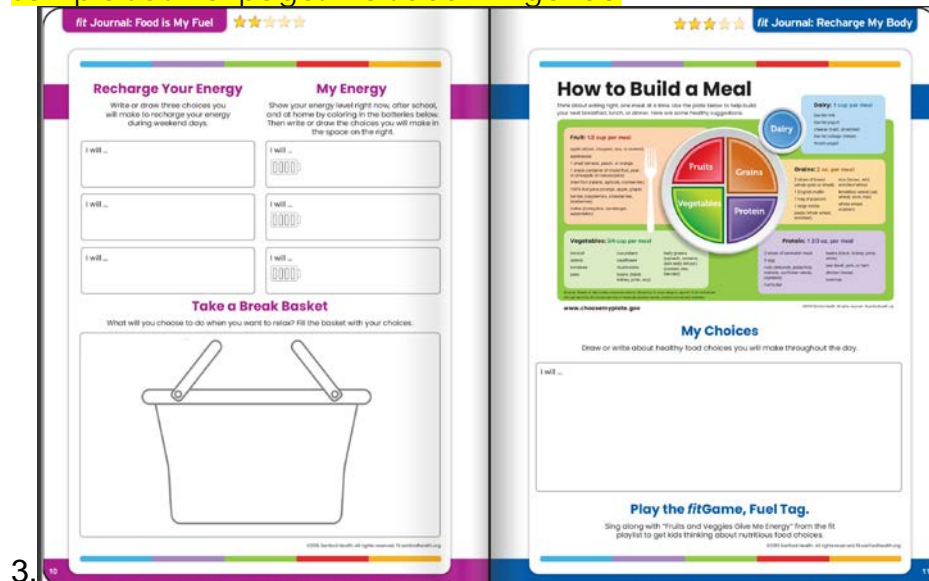
Health Education and Life Skills. Healthy living skills will be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

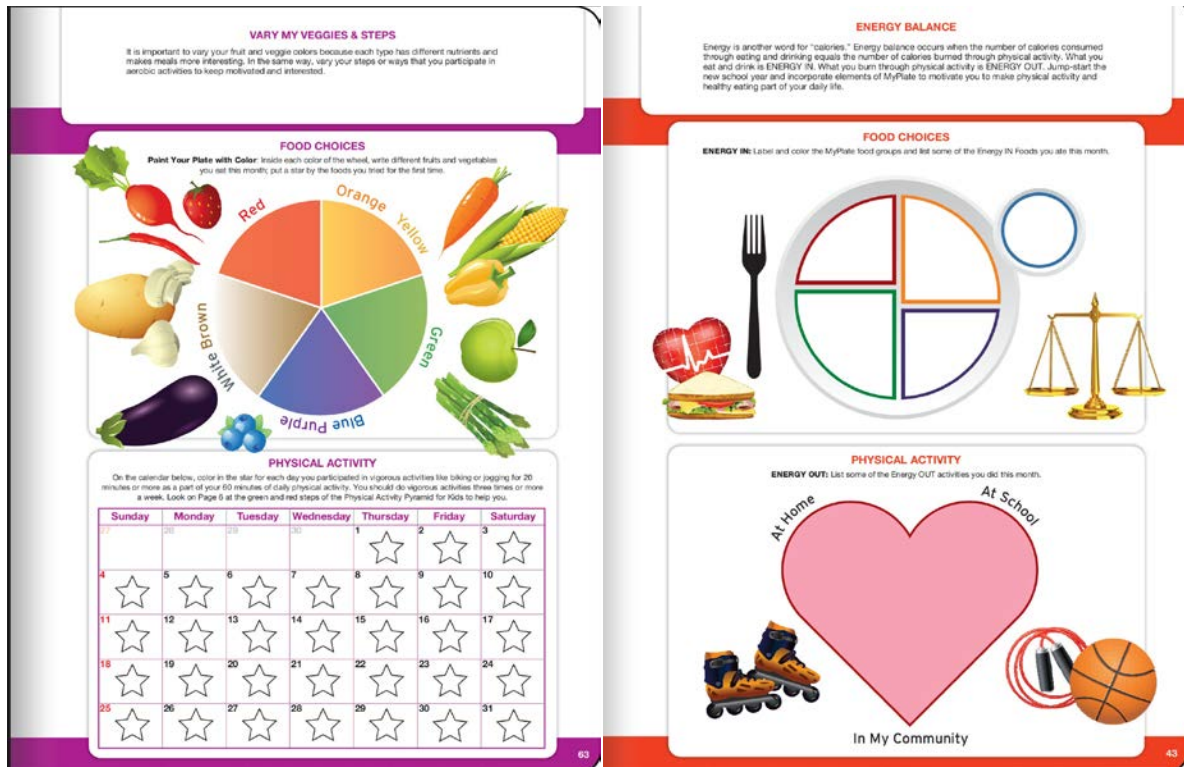
The school shall provide for an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks.

Students are provided with a “Healthy Habits” organizational agenda to help students stay organized with their daily academic assignments and Homework. In addition, The healthy living skills are embedded throughout the agenda and include:

- (a) Weekly goals
- (b) Get Fit goals
- (c) Eat Well Tips
- (d) Activity Zone
- (e) Take Home Healthy Habit Challenge (Monthly)- Students can track daily progress

Sample Journal pages included in Agenda:





Foods and Beverages Sold

The District will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, the District will comply with the federal requirements for competitive foods. Competitive foods and beverages are not part of the regular meal programs and occur through sales such as a la carte options or vending machines. For purposes of this plan, these requirements will be referred to as “Smart Snacks” standards or requirements.

Vending Machines

1. Vending machine snacks will meet USDA Smart Snacks standards.
2. Beverage vending machines where student meals are served or eaten shall include healthier options such as 100% fruit juice and water.
3. Beverage vending machines in secondary school sites shall include non-carbonated drinks with less than 150 calories per container and no more than 1/3rd of the choices shall be carbonated drinks.

Other Foods Items Provided or Sold on Campus

1. High energy drinks with elevated levels of caffeine will not be available for sale on school campus.
4. The use of food and physical activity as punishment is prohibited.

Doral Academy of Texas’s follows the USDA and NLSP federal regulations for all reimbursable meals provided to students and nutrition guidelines for reimbursable school meals and other foods and beverages sold or marketed to students during the school day will be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when Doral Academy of Texas allows an exemption for allowable fundraising activities.

Exceptions for Fundraisers

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six days per year per campus when a food or beverage is sold as part of a District fundraiser.

Doral Academy will allow the following exempted fundraisers for the 2022 – 2023 school year:

Campus or organization: Doral Academy of Texas

Food or beverage: Candy, Pizza, Ice-Cream, Soda, Hot Chocolate

Number of days: 6 days

Foods and Beverages Provided

Doral Academy will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person’s child or grandchild on the occasion of the student’s birthday or to children at a school-designated function, such as class parties fieldtrips, field days, concession stands, etc.

In addition, the District has established the following local standards for other foods and beverages made available to students:

- o Healthy foods meeting Smart Snack standards will be encouraged at school events.
- o Non-food items will be encouraged for fundraisers.
- o Classroom parties or Celebrations will be after lunch and foods that meet Smart Snack Standards will be encouraged.
- o Competitive foods will comply will nutrition standards as required.

Sec. 4. WELLNESS GOALS

a) *Nutrition Education*

Doral Academy of Texas shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition. This program will encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental nutrition and food programs offered by Doral Academy of Texas.

Additionally, Doral Academy of Texas establishes the following goals for nutrition education:

1. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. Nutrition education will be a Doral Academy of Texas-wide priority and will be integrated into other areas of the curriculum, as appropriate.
3. Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
4. The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.
5. Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.

b) *Physical Activity*

Doral Academy of Texas shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the amount of physical activity for all grades required by the Texas Education Code or Commissioner Rule.

In addition, Doral Academy of Texas establishes the following goals for physical activity:

1. Doral Academy of Texas will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.
2. Physical education classes will regularly emphasize moderate to vigorous activity.
3. Doral Academy of Texas will encourage teachers to integrate physical activity into the academic curriculum where appropriate.
4. Doral Academy of Texas will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events and community events.

c) *Other School-Based Activities*

Doral Academy of Texas establishes the following goals for creating an environment conducive to healthy nutrition and physical activity and to promote a consistent wellness message to the school community:

1. Doral Academy of Texas shall allow sufficient time for students to eat meals in facilities that are clean, comfortable, and safe.
2. Doral Academy of Texas shall promote employee wellness activities and involvement at suitable school activities.

Sec. 5. IMPLEMENTATION

The Superintendent shall appoint a school wellness council ("SWC") to review and consider evidence-based strategies and techniques and to develop nutrition guidelines and wellness goals as required by law and shall oversee the implementation of this policy and the development of the local wellness plan and appropriate administrative procedures related to this wellness policy.

Sec. 6. EVALUATION

Doral Academy of Texas shall comply with federal requirements for evaluating this policy and the wellness plan. Generally, Doral Academy of Texas's compliance with the local wellness plan shall be assessed at least once every three years to review policy compliance, assess progress, and determine areas in need of improvement.

The School Wellness Council (SWC) shall conduct the assessment, which will consider:

1. The extent to which each school is in compliance with the local school wellness policy;
2. The extent to which the local school wellness policy aligns with model local school wellness policies; and
3. A description of the progress made toward attaining the goals described in the local wellness plan.

Doral Academy will also ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards. The SWC will monitor this by:

- All food and beverages marketed or promoted to students on the school campus during the school day must meet or exceed the USDA Smart Snacks standards.

This may include:

- Advertisements in school publications or school mailings
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product
- Food and beverage marketing often includes oral, written or graphic statements.

Although the District is not required to immediately remove or replace food and beverage advertisements on items such as menu boards or other food service equipment, or on scoreboards or gymnasiums, the SWC will make recommendations when replacements or new contracts are considered.

The evaluation process will also answer questions relating to whether the goals stated in the policy have been met. Basic questions that are important to policymakers, students, school staff, parents, and the general public will be addressed in the evaluation process. For example:

- Did the school change to healthier food options?
- Did participation in the Breakfast and/or Lunch Program change?
- Did the school promote good eating habits and healthy food options?
- Did the school provide students with opportunities to participate in a variety of physical activities?
- Did the students have a different number of minutes of physical activity?
- Did the school conduct student taste testing introducing healthier food items?

Sec. 7. PUBLIC NOTIFICATION

Doral Academy of Texas must annually inform and update the public about the content and implementation of this wellness policy, and make the policy and any

updates, along with the local wellness plan and program assessments, available to the public.

To comply with the legal requirement to annually inform and update the public about the content and implementation of the local wellness policy, Doral Academy will create a wellness page on its website to document information and activity related to the school wellness policy, including:

- A copy of the wellness policy;
 - A copy of this wellness plan, with dated revisions;
 - Notice of any Board-adopted revisions to FFA(LOCAL);
 - The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;
 - Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
 - The SHAC’s triennial assessment; and
 - Any other relevant information.
- The District will also publish the above information in appropriate District or campus publication.

Sec. 1. RECORDS RETENTION

Doral Academy of Texas shall retain all the required records associated with the wellness policy as required by law¹ and Doral Academy of Texas’s record management program. All records associated with Doral Academy’s Local Wellness Plan will be stored digitally on a secure server. Questions may be directed to the District’s Federal PEIMS Coordinator and/or the SWC Committee Chair.

42 U.S.C. 1758b, 7 C.F.R. Part 210.

¹ Doral Academies of Texa may refer to the Texas Department of Agriculture, Food and Nutrition Division’s “Administrator’s Reference Manual (ARM”) for the School Nutrition Program for guidance on record retention requirements.