

# Cedars International Academy

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## Student Nutrition and Wellness Policy

Revised 06/08/2017

### WELLNESS POLICY

Each district must establish a local school wellness policy for all schools participating in the National School Lunch Program and/or School Breakfast program under the jurisdiction of the district. The local school wellness policy is a written plan that includes methods to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meals and other food and beverages sold and otherwise made available on the school campus during the school day are consistent with applicable minimum federal standards. *7 C.F.R. 210.30(a)*

#### Purpose and Goal:

As documented, healthy eating habits are important for students. It helps them grow academically and physically. It promotes mental growth and lifelong health. Eating healthy reduce the risk of developing many chronic diseases heading toward your adult age. The responsibility has been given to the schools to help students as well as staff create healthy eating habits that will be essential throughout their life. With the assistance of the Texas Department of Agriculture and Region 13 service center all school nutritional programs have been well-planned and implemented.

Students shall develop the knowledge and skills available to them to select healthy food choices daily. Our staff is encouraged to model healthy eating habits and encourages physical activity as part of daily standards. Cedars International Academy will implement a simple plan to encourage the students on healthy eating, and physical activity plays an important part in their health. This plan will be useful at school and in the community, even considering the differences in cultural norms.

#### ACTION 1: Nutrition and Physical Activity

- A. Cedars International Academy Board of Trustees will appoint a School Health Advisory Committee (SHAC). Its missions will be to address nutrition and physical activity issues and will evaluate different guidelines that will support a healthy nutrition environment. These guidelines are revised annually or when necessary.
- B. The Food Service Director will address the kinds of foods available on campus, and along with the Superintendent, designate sufficient mealtimes.
- C. The Principal will address concerns such as nutrition education being integrated across the curriculum and enforcing physical activities.
- D. The Food Service Department will participate in making decisions that will help the school Nutrition environment.

## **ACTION 2: School Meals**

- A. Cedars International Academy participate the National School Lunch Program Offering Breakfast (*at no cost*), Lunch and Aftercare snacks.**
- B. The foodservice staff has been certified and does comply with the NSLP and will continue to comply with any revised requests submitted.**
- C. Foodservice Staff practice food safety daily.**
- D. The U.S. Department of Agriculture and the Texas Department of Agriculture has set the nutrition standards for healthy menu planning.**
- E. Food selections are of good quality; for food safety purposes, our department comply with all HACCP guidelines while receiving and preparing meals.**
- F. We encourage parents to join us in directing and demonstrating to students how to choose and consume full balanced and nutritional meals.**
- G. Student will be encouraged to give their input on their favorite's meals as well as least favorite.**

## **ACTION 3. FOCUSING ON HEALTHY FOOD OPTIONS**

- A. In following the guidelines on nutrition standards, School Parties. Selected parties are Valentine, Christmas, end of School parties (Birthday parties may occur during the last period of the school day upon request. See Administration and SFA for any changes and adjustments.**
- B. Foods of Minimal Nutritional Value are prohibited in the cafeteria area during lunch. Students will be asked to relinquish such foods to school staff, and in some cases it may be returned to the student at the end of the school day.**
- C. Cedars International Academy's Pre-K & Kindergarten classes may serve one nutritional snack per day (suggested time is afternoon) under the teacher's guidance. These snacks are provided by parents or other sources (not the food service) and may not be served in the food service area. The food service department will provide food and beverages throughout meal periods. Student however, may bring lunches from home. (Keeping in contrast with the FMNV rule. (3-B) All other food may be administered at the end of the last period of the school day.**
- D. In accordance with our offer verses serve method during Lunch, students have personal choices of foods they would like to eat. (meals must include at least one vegetable or fruit) Staff may not dictate what foods or beverages a student must select.**
- E. School administration should provide information to parents that will guide them to healthier meal choices**
- F. The selling of foods for fundraiser or clubs by parent or staff should be held only during preselected date. All functions will be examined by the SHAC team before scheduling, and may not be sold in food service area during meal times.**
- G. The delivery of foods by a vendor (Chicken, Sandwich Shop. Pizza etc.) Or dropped off by a parent must first come through administration. And it is than given to the student. Student may not order carry out.**

## **ACTION 4. LUNCH ROOM ADMISPHERE**

- A. The school should not schedule any programs in the cafeteria during meal times.**
- B. A short recess is encouraged before meal time, exercise, (walking or running) will make coming to lunch less distracted and students ready to eat.**
- C. School staff should encourage students to practice washing and sanitizing their hands**

- before each meal. (let's not hold up the serving line for this method)
- D. School personnel along with food service staff, will schedule enough time for students to eat their meals with as little wait time as possible. Minimum meal time for breakfast is 20 minutes allowing 10 minutes for serving, and 30 minutes for lunch allowing 10 minutes for serving.
  - E. Students may purchase water from the snack counter or use a nearby water fountain.
  - F. Students may socialize among themselves, using inside voices. Lunch monitors will supervise the dining room and serve as role models to the students. Parents are encouraged to dine with their children in the cafeteria.
  - G. Students purchasing counter snacks should purchase during the time he or she goes through the lunch line
  - H. Ice cream will be purchase only on Fridays or after school. (Exceptions are High School)

## **ACTION 5. TEACHING NUTRITION**

- A. In following the health education curriculum standards and the guidelines stated by the Texas Education Agency, Cedars International Academy will combine nutrition education activities with the school health program.
- B. All grade levels will receive the teaching and skills they need to healthy eating habits. Teachers are to integrate nutrition education into curriculums such as math, science, social studies and language arts.
- C. The Cedars International Academy nutrition team promotes the involvement of students, parents and the community. Our team participates in nutrition programs available through USDA.

## **ACTION 6. MEAL COUNTS AND CLAIMS**

- A. Cedars International Academy counting system is POS (*point of service*) each meal is calculated at the end of the serving line using scanning device for each meal served
- B. Each meal is carefully exam before entered as a reimbursable meal
- C. All students will be served a meal.
- D. Staff working in the cafeteria must choose one selected meal for Non-payment. (Breakfast or Lunch)
- D. Non-payment meals must be approved and paid by administration
- E. Rosters must be presented to FSA official for, field trips, ISS, Aftercare Snacks and Lunch Bunches. Rosters must be presented before the event.
- E. All monies collected for meals are prepaid or paid using online paying method.
- F. This facility does not except Personal Checks unless approved by administration.
- G. Student may not charge more than a week (5 days) of meals.

## **ACTION 7. PUBLICATIONS**

- A. Our staff members will initiate verbal healthy eating habits and demonstrate daily physical activities. All staff personnel will enforce these positive efforts.
- B. Our foodservice staff is very interested in any feedback concerning our food, service and conduct. We will provide a box along with comment cards for student and staff input.
- C. Cedar International Academy has supplied a web site with information linking to the School Food Service. ([www.cedars-academy.org](http://www.cedars-academy.org) click *Health and Nutrition*)
- D. Cedar International Academy will induce healthy food choices and display advertisements of colorful and exciting foods

## **ACTION 8. INTRODUCING SHAC**

- A. The School Health Advisory Committee, consist of parents and school staffs. The principal must select a parent and staff member to join along with The Food Service Consultant, Staff Administer and Student Advisory Personnel in developing the SHAC program.
- B. The School Health Advisory Committee will conduct reviews quarterly per school year. Any findings will be reported to the principle and discuss a plan for improvement.
- C. After hearing report from each quarterly review, the SHAC committee will recommend the Principal and revisions to the Nutrition Wellness Policy Plan.

**CEDARS INTERNATIONAL ACADEMY  
STUDENT NUTRITION/WELLNESS POLICY PLAN  
(Food of Minimal Nutritional Value)**

Students may not be in possession of any of the foods or beverages listed below at school except during times approved by this policy:

1. Soda Water-any carbonated beverages
2. Water Ices-any frozen, sweetened water such as Ice sickles, unless it contains fruit or fruit juice.
3. Chewing Gum
4. All Candies
5. Large bags of chips or snack foods (may not be consumed at one lunch period except the High School) Student may not share food among each other.

**CEDARS INTERNATIONAL ACADEMY  
SCHOOL SNACK**

Students may purchase a snack for additional food or an al a carte item, priced from \$.50 to \$1.50

**SNACK LIST**

- |                     |                         |
|---------------------|-------------------------|
| 1. Bottle Water     | 8. Fresh Fruit          |
| 2. Gatorade         | 9. Ice Cream            |
| 3. Orange Juices    | 10. Yogurt              |
| 4. Apple Juice      | 11. Grain Muffins       |
| 5. Nutri-grain Bars | 12. W/G Pop tart        |
| 6. Cheese Crackers  | 13. W/G Animal crackers |
| 7. Baked Chips      | 14. Cookies             |
|                     | 15. Fruit Popsicle      |

Be aware, some juice sizes may not be appropriate for the elementary students to purchase. (Must not purchase juices over 6ounces)

Applications for participation in the free and reduced-price food programs shall be distributed Districtwide at the beginning of each school year, and shall be available in the office of the principal at any time. The food service director or designee shall determine eligibility. Applications for free and reduced-price meal program participation shall be submitted to the office of the principal.

The District may require evidence to substantiate information submitted on an application for participation in the District free and reduced-price meal program.