



**Texas Serenity Academy
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Wellness Policy: Texas Serenity Academy Charter School

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

Mission Statement: The Wellness Policy Committee of Texas Serenity Academy Charter School is committed to providing a school environment that enhances learning and development of lifelong wellness practices as well as promoting physical activity and nutrition education for all students, staff, parents, and community members.

Nutrition Education Goals

Goal #1 Schools will provide nutrition education to students, staff, and community.

- a. Nutrition education promotes fruits, vegetables, whole grain products, low-fat and fat free dairy products, healthy food preparation methods, and health-enhancing practices.
- b. Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.

Goal #2 Schools will educate, encourage, and support healthy eating for all students.

- a. Various curriculums will be used to support Nutrition education at the school. Teachers will follow curriculum outlines when and where applicable. Teachers will use the state adopted health textbooks when and where applicable.
- b. The school cafeteria will display posters to promote healthy eating and display other nutrition education materials.
- c. Students will be educated on the importance of starting each day with a healthy breakfast and encouraged to do so everyday.

Physical Education Goals and Guidelines

Goal #1 Schools will provide opportunities for students to regularly participate in physical activity.

- a. Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.
- b. Students are given opportunities for physical activity through a range of after-school programs including, but not limited to, interscholastic athletics, and physical activity clubs.
- c. Policies ensure that state-certified physical education instructors teach all physical education courses and are supported and encouraged to participate in professional development opportunities.

Goal #2 Schools will adopt and implement state standards for physical activity.

- a. Time allotted for physical activity will be consistent with research and state standards. A set amount of time for structured daily physical activity must be met weekly in all grades. (K-8th).
- b. The school will implement physical activities from designated physical education curriculum.

Nutrition Standards

Goal #1 Schools will comply with the current USDA Dietary Guidelines for Americans and the Texas Public Schools Policy.

Other School Related Activities

Goal #1 Schools will create a total school environment that is conducive to being physically active.

- a. Schools will encourage students to wear appropriate attire during physical related activity.
- b. After-school programs will promote the development of healthy habits.
- c. Local wellness policy goals are considered in planning school-based activities (such as school events, field trips, dances, and assemblies)
- d. The school district makes drinking fountains available in all schools, so students can have access to water at meals throughout the day.

Goal #2 The school district encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy lifestyles.

- a. School organized local wellness committees will be comprised of families, teachers, administrators, and students.
- b. School newsletters will be used as an avenue for reaching parents and the community for information about the benefits of a healthy lifestyle.
- c. The school district will schedule lunch time as near the middle of the school day as possible.

Monitoring & Evaluation

Monitoring of implementation will occur through Food Services, Athletics and other persons within the local education agency as appropriate. Periodic formal evaluations will occur as required.