



2022-2023

HMPS WELLNESS HANDBOOK

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BOARD APPROVED: 03/02/2023



Horizon Montessori Public Schools

"Tomorrow's Education Today"

2402 E. Business Hwy. 83 Weslaco, Texas 78596

HMPS WELLNESS HANDBOOK

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I. WELLNESS

HMPS shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities. Schools have the responsibility to model and maintain lifelong healthy eating patterns for students and staff. HMPS shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity, this plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff.

II. Development Of Guidelines and Goals

The district shall develop nutrition guidelines and wellness goals in consultation with the local school health advisory council and with involvement from representatives of the student body, school food service, school administration, the Board, parents, and the public. Federal law requires that participants be involved in the developing and implementing of a review and/or update of the wellness policy. Central Administration shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.

The School Health Advisory Council (SHAC) will work on behalf of the district to revise and consider evidence-based strategies and techniques to implement and develop nutritional guidelines as required by federal law. The SHAC shall be composed of parents, students, district's food service personnel, physical education teachers, school health professionals, board members, administrators, and members of the public.

III. Nutritional Foods and Beverages served on Campus

***School Meals**

Horizon Montessori Public Schools will offer Breakfast (School Breakfast Program), Lunch (National School Lunch Program) and Supper (CACFP-AT RISK) programs and will participate in the Seamless Summer Option (SSO) during the summer feeding program. These meals will be served in a clean setting and will meet the USDA nutritional standards. Food safety will be part of this school food service operation. Students and Staff are highly encouraged to participate and promote in these programs offered.

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***Breakfast**

To ensure that all children are offered a breakfast meal, the schools will operate a universal breakfast which means, at no cost to any of the students. HMPS will utilize methods that maximizes participation such as breakfast in the classroom, cafeteria and/or grab-n-go breakfast.

***Mealtimes and Scheduling**

To ensure that all children have meals with sufficient and reasonable time to consume in the cafeteria, Child Nutrition Management will communicate with the school principal for the grade level mealtimes. Schools will not schedule activities during mealtimes, this includes tutoring, clubs and meetings unless students may eat during such activities. Meals will not be withheld as punishment. No meal will be used as a reward for student accomplishment. There will be student access to restroom and water fountains during mealtimes.

***Sharing Of Any Foods and Beverages**

School staff and the Child Nutrition Department will not allow sharing of any food or beverages during mealtimes.

***Approved times for the Availability of Foods of Minimal Nutritional Value**

Three days will be exempt from the inaccessibility of the Foods of Minimal Nutritional Value. These items may not be made available during any mealtime and area where school meals are being served and/or consumed. Designated days will be submitted by the districts administration or principals.

***Allergies**

- The school nurse will identify those students with life-threatening allergies using the Student Health Data Form completed by parent/guardians at the time of enrollment.
- If the allergy is food-related, the school nurse will notify the Director of Nutrition Services who will then alert the food manager of that school building.
- The school nurse and the food manager will review monthly the list of students with severe food allergies to ensure that both departments have the correct students listed.
- The school nurse will complete an Emergency Action Plan (EAP) for all students with a life- threatening allergy. The necessary staff will be given a copy of the EAP which will provide specific treatment instructions for that student.
- **OUR DISTRICT IS A PEANUT FREE ESTABLISHMENT:**
 - A) The district does not serve any peanut product to our students during the school day or any school activity/event before, during and after school.**
 - B) Students are not allowed to bring any peanut product during the school day or any school activity/event before, during and after school.**

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***Pork**

Due to our diverse school population. The district does not serve any pork products.

- A) *The district does not serve any pork product to our students during the school day or any school activity/event before, during and after school.***
- B) *Students may bring their own individual (no sharing) lunch with pork products during the school day or any school activity/event before, during and after school.***

IV. Nutritional Foods and Beverages Sold on Campus

***Fundraising Activities**

School fundraising activities involving sale of foods will only be permitted after school. Sales on food and beverages that meet the Smart Snacks Standard and sales of nonfood items are not limited under the federal policy. Fundraising activities that occur during non-school hours for example: weekends, or at off campus events are not limited under the nutritional standards.

V. Physical Activity

The district 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, the district establishes the following goals for physical activity:

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

VI. School-Based Activities

The district establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities:

1. Sufficient time will be allowed for students to eat meals.
2. Facilities will always be clean and safe.
2. Wellness for students and their families will be promoted at suitable school activities.
3. Employee wellness education and involvement will be promoted at suitable school activities.

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VII. Marketing

Students will receive positive, motivating messages, both verbal and non-verbal about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages. Schools will consider student need in planning for a healthy school nutrition environment. Students will be asked for input and feedback using student surveys. The district will promote healthy food choices and physical activity to students, parents, school staff, administrators, and community members. Information will be shared at registration, open house, school meetings, school functions and health fairs. School will work with a variety of methods to spread the word to the community about a health school nutrition environment.

VIII. Implementation

The nutrition service coordinator shall oversee the implementation and development of the wellness plan and makes sure all required implementation is assessed.

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