Sec. 1. WELLNESS

Midland Academy Charter 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.

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 Midland Academy Charter's food service provider; Midland Academy Charter 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 Midland Academy Charter'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. Midland Academy Charter'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 Midland Academy Charter'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.

Sec. 3. NUTRITION GUIDELINES

Midland Academy Charter's 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 Midland Academy Charter allows an exemption for allowable fundraising activities.

Midland Academy Charter shall also establish standards for all foods and beverages provided (but not sold) to students during the school day; these standards must be included in the school wellness plan.

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Sec. 4. WELLNESS GOALS

a) *Nutrition Education*

Midland Academy Charter 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 Midland Academy Charter.

Additionally, Midland Academy Charter 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 Midland Academy Charter-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*

Midland Academy Charter 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, Midland Academy Charter establishes the following goals for physical activity:

1. Midland Academy Charter 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. Midland Academy Charter will encourage teachers to integrate physical activity into the academic curriculum where appropriate.
4. Midland Academy Charter will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

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c) ***Other School-Based Activities***

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

Sec. 5. IMPLEMENTATION

The Superintendent or designee 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

Midland Academy Charter shall comply with federal requirements for evaluating this policy and the wellness plan. Generally, Midland Academy Charter's compliance with the local wellness plan shall be assessed at least once every three years. The Superintendent or designee 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.

Sec. 7. PUBLIC NOTIFICATION

Midland Academy Charter 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.

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Sec. 8. RECORDS RETENTION

Midland Academy Charter shall retain all the required records associated with the wellness policy as required by law[1] and Midland Academy Charter's record management program.

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

[1] Midland Academy Charter 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.

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