

# KTX Wellness Policy Triennial Assessment

## Summary of Findings

KIPP Texas conducted a mandatory assessment of the Local Wellness Policy. Below is a summary of the results.

### SECTION 1: STRONG POLICIES AND ALIGNED PRACTICES

Below is a summary of areas where KIPP Texas is doing well at implementing policies in the Wellness Policy.

- KIPP Texas offers free breakfast and lunch daily that meets federal nutritional guidelines and standards. The Child Nutrition department regularly meets with stakeholders in an effort to increase participation in meal service to provide students with healthy meals.
- KTX Child Nutrition provides a monthly nutrition newsletter and created a nutrition education website that is available to KTX students, families, and staff.
- KTX physical education provides approved curriculum to students and ensures students are getting the required amount of physical activity while at school.
- The KTX Student Health Advisory Committee (SHAC) is comprised of KIPP employees of all levels, community members, and parents and meets the required minimum of 4 times per year.

### SECTION 2: UPDATE POLICIES

Below are updates to the Local Wellness Policy that will be submitted to the KTX board for approval.

#### **Vending Machines**

No KTX Elementary School or Middle School will have vending machines accessible to students. If a vending machine is available to staff on a campus, it must be in an area that is restricted to students or in a room that can be locked while students are present. KTX High Schools will have vending machines in serving areas. The machines will be filled with reimbursable meals that meet nutritional standards. Students will only be able to access meals during approved meal times.

#### **Alcohol/Drugs/Tobacco/Vaping**

All KIPP schools are declared to be alcohol-free, tobacco-free, and drug-free zones. These substances are prohibited in the school building and on school grounds (including parking lots, athletic facilities, and on school transportation). Violators are subject to criminal sanctions.

No student shall possess, use, transmit or be under the influence of any prohibited substance, including, but not limited to, cigarettes, e-cigarettes, tobacco, juling device, any narcotic drug, hallucinogenic, amphetamine, barbiturate, marijuana, alcoholic beverage, toxicant inhalant, or other intoxicant (as those items are defined by law), or over-the-counter drugs, or medications/remedies, such as but not limited to, homeopathic products, vitamins, herbs, dietary supplements, hemp etc.:

- On school grounds during any school term
- Off school grounds at a school activity, function, or event

- Within 300 feet of KIPP property
- On KIPP buses or KIPP transportation vehicles

This policy shall apply in the event pills or other substances are simulated or represented as any of the previously mentioned controlled substances or over-the-counter drugs and shall apply to any type of drug paraphernalia. This policy shall apply even if the substance is considered to be a legal substance.

A student who uses a drug as authorized by a licensed physician through a prescription specifically issued for the student's use shall not be considered to have violated this rule as long as they follow the guidelines set forth in the Student Handbook regarding Distribution of Medication. Lockers may be searched for any contraband including alcohol and drugs. Students are held responsible for any prohibited item(s) found in their locker or on their person and are subject to disciplinary action.

Students are prohibited from possessing or using any type of tobacco product, electronic cigarettes (e-cigarettes), or any other electronic vaporizing device, while on school property at any time or while attending an off-campus school-related activity. KIPP and its staff strictly enforce prohibitions against the use of all tobacco products, e-cigarettes, or any other electronic vaporizing device, by students and all others on school property and at school-sponsored and school-related activities. Students who violate any of these policies on alcohol, tobacco, and drug use shall be subject to disciplinary action deemed appropriate by a school administrator, up to and including expulsion.

### **Physical Education**

All KIPP Texas students will receive 30 minutes of physical activity daily.

In compliance with Texas Education Code §§ 28.004(k), 38.0141, parents of KTX students may require, in writing, the results of their child's physical fitness assessment results at the conclusion of the school year.

KTX physical education teachers are given ample opportunity for professional development throughout the school year to ensure our students are receiving a high level of instruction.

### **Student Health Advisory Committee**

The KTX Student health advisory committee (SHAC) meets a minimum of 4 times per year. The SHAC consists of members of a variety of KIPP Texas departments, as well as KIPP Texas parents and students. KTX encourages the creation of wellness groups or committees at the school level to participate in monitoring wellness practices and policy implementation.

### **Foods and Beverages Provided and Sold**

KIPP Texas aims to make lunch time a pleasurable experience for students. We believe that giving students ample time to sit after receiving their meal will increase their consumption of healthy foods and will create a more pleasant environment. We encourage all schools to give students a minimum of 20 minutes to sit and enjoy their meal once they have received it.

### **Fundraising**

Schools will follow all rules and regulations surrounding fundraising during school hours as it effects meal service. KTX encourages schools to participate in non-food related fundraising activities. Some examples include but are not limited to, walk, jog, or read-a-thons, recipe books, raffles, auctions, etc.

## **SECTION 3: OPPORTUNITIES FOR GROWTH**

Based on the assessment, the following are areas of potential growth for the implementation of the Wellness Policy.

**Nutrition Education**

More opportunity for hands-on nutrition education for all KIPP Texas students will be given by utilizing the Child Nutrition Education Manager and community programs in each region.

**Increase “Seat Time”**

KIPP Texas will encourage to schools to allow students longer time to sit and eat their meal. We believe this will increase participation in our program as well as increase student consumption of healthy foods.

**Increase Marketing of Healthy Food on Campus**

Repeated exposure to healthy food increases the likelihood that children will try what is offered. KIPP Texas, along with our vendors will continue to market healthy options to students, as well as provide promotional materials and events in the cafeteria and classrooms which will lead to lifelong healthy eating habits.

**Encourage Student Participation in Meal Service**

All KTX staff should encourage participation in meal service. A positive environment in the cafeteria will lead to a better relationship with food for students. Teachers and staff at the school level can help by encouraging students to try something on the menu, sitting down and eating with students at meal times, or educating students about the health benefits of the food being served. Teachers, staff, and students are welcome to contact Child Nutrition at any time to share glows and grows for food being offered in the cafeteria.