

# AMIGOS POR VIDA FRIENDS FOR LIFE

## Public Charter School

*An Amigos Por Vida - Friends for Life Houston and Education Corporation School*

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### **2025-2026 Amigos Por Vida-Friends For Life Health and Wellness Policy**

#### **Policy Statement:**

Amigos Por Vida - Friends for Life Public Charter School is committed to providing a school environment that enhances the learning and the development of lifelong wellness practices. At Amigos Por Vida – Friends For Life, we recognize that good health fosters student attendance and education. We also understand the vital role that the school plays in influencing and promoting wellness, protecting children's health, and supporting their ability to learn through healthy eating and physical activity.

We acknowledge that a healthy school environment goes beyond nutritious meals in the cafeteria and engages staff and community in the pursuit of activities and strategies to improve the long-term health and well-being of our students. We concede that the values of the community regarding nutrition and wellness determine what happens to the children when they are not in school.

Under Section 204 of the Federal Child Nutrition and WIC Reauthorization Act of 2004, Amigos Por Vida - Friends For Life will utilize the community frame as a reference to this policy. The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition, physical education, and activities policy.

#### **Policy Goals:**

#### **Component I: Commitment to Nutrition and Physical Activity**

- A. The Amigos Por Vida-Friends For Life Public Charter School Principal/Superintendent will appoint a School Health Advisory Committee (SHAC) to address and implement nutritional guidelines. These guidelines will foster student health and reduce childhood obesity. We will continue to promote the general wellness of all students through:

- **Nutrition education:**

Parenting sessions, student information, and reading materials that support healthy eating habits

- **Physical activity:**

- We will meet state regulations for physical education, including
- PK-5th Physical education for 135 minutes per week
- 6th-8th Physical education for 225 minutes every two weeks

- **Other school-based activities:**

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The development of after-school sports, field day, and fitness programs, including but not limited to cheerleading, cross-country, volleyball, flag football, and soccer teams.

This committee (SHAC) will offer annual revisions to the guidelines as needed.

B. The Principal/Superintendent will address concerns regarding the types of foods available on our campus, such as:

- Daily/weekly and monthly meal schedules
- Nutrition classes to discuss nutritional values
- Importance of physical activity

C. Nutrition classes will be integrated across the curriculum, and classes will be offered to parents regarding healthy food choices.

D. The school food service staff will participate in making decisions and creating guidelines that will maintain the school's vision regarding healthy eating habits.

- Our district will participate in the following federal school meal programs:
  1. School Breakfast Program
  2. National School Lunch Program

## **Component 2: Quality of Meals**

A. Amigos Por Vida – Friends For Life Public Charter School will offer breakfast, lunch, and after-school snacks programs. The school community will be encouraged to participate.

B. Highly qualified school food service staff will be trained to comply with the Child Nutrition Program.

C. Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the Texas Department of Agriculture. The handling of all foods will comply with all food service guidelines.

D. A variety of healthy food choices will be served at the proper temperature. (cold/hot)

E. Students will be allowed to provide input on food quality and taste through a survey and random taste testing opportunities.

Food and beverages sold or served at school will meet the nutritional recommendations of the U.S. Dietary Guidelines for Americans.

## **Component 3: Other Healthy Food Options**

A. The School Health Advisory Committee (SHAC) will develop guidelines and recommendations regarding nutritional standards for:

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- Food and beverages offered through celebrations
  - School functions - sporting and academic events
- B. Amigos Por Vida- Friends For Life will discourage students from sharing food or beverages during meal or snack times. (Due to allergies, diet restrictions, and proper hygiene practices).
- C. No outside foods or beverages will be available to students at any time.
- D. Classrooms may serve one nutritious snack per day (morning or afternoon). The snack may be provided by the school food service, teacher, or parents.
- E. School staff shall not withhold food as punishment for students.
- F. Students bringing food from home must comply with the appropriate serving size with age and nutritional value.
- Drinks: 8oz.
  - Snacks in a bag: 1.375 oz.
- G. The school district will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.
- H. When fund-raising, the PTO will only use non-food items of foods designed for delivery and consumption.

## **Component 4: Pleasant Eating Experiences**

- A. Water fountains are available for students at mealtimes and throughout the day.
- B. School personnel will assist all students in developing a healthy practice of washing hands before and after eating.
- C. Adequate time is provided for students to eat breakfast and lunch.
- D. Schools will encourage socializing among students
- E. The cafeteria will be adequately supervised by school personnel. Staff will always properly supervise the students by demonstrating proper conduct.

## **Component 5: Nutrition Education**

- A. Amigos Por Vida-Friends For Life Public Charter School will follow health education curriculum standards and guidelines, as stated by the Texas Education Agency.
- B. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.
- C. Nutrition education will be offered in the school with coordination between school food service staff and teachers.

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D. Amigos Por Vida-Friends For Life Public Charter School will participate in USDA nutrition programs. The school nutrition team will be responsible for these activities. The School Health Advisory Committee (SHAC) team members are as follows.

- Principal and Superintendent
- Parents
- Community Organizations (Collaborators and Partners)
- Child Nutrition Services Staff
- School Medical Assistance
- Physical Education Coaches
- Student and Family Support Specialist

## **Component 6: Physical Activity Opportunities and Physical Education**

A. All students, including students with disabilities and special healthcare needs, will receive:

- PK-5<sup>th</sup> Physical education for 135 minutes per week
- 6<sup>th</sup>-8<sup>th</sup> Physical education for 225 minutes every two weeks

Certified education teachers will teach classes; students will spend at least sixty percent of the class time participating in moderate to vigorous physical activity.

B. Recess is provided for students as follows:

- The PK3-8<sup>th</sup> grade for twenty minutes weekly

All outdoor recess will be supervised by teachers and must include structured physical activity provisions based on the available space and equipment.

C. Amigos Por Vida-Friends For Life Public Charter School highly values the health and well-being of every staff member. APV will plan and implement activities to support a healthy lifestyle. The plan will be based on input solicited from school staff and will outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

D. Use of school facilities outside of school hours - outdoor facilities should be available to students and staff before, during, and after the school day. School safety policies will apply at all times.

## **Component 7: Marketing**

A. Students will receive positive, motivating messages regarding healthy eating and physical activity throughout the school year. All school personnel will help reinforce these positive messages.

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B. Healthy eating and physical activity will be communicated to students, parents, teachers, administrators, and the community. Health and Wellness information will be provided at the following events.

- Open House
- Health Fairs
- Teacher in-services

C. The SHAC will provide information regarding a healthy school environment through newsletters.

## **Component 8: Implementation**

A. The School Health Advisory Committee (SHAC) shall be composed of Parents, Community members, Principal/Superintendent, School Medical assistants, Physical Education Teachers, Child Nutrition Service Staff, and Student and Family Support Specialists.

B. The School Health Advisory Committee (SHAC) members will view the implementation of the Wellness plan to identify areas in need of improvement. The committee will report its findings to the Principal/Superintendent and develop an improvement action plan.

C. The School Health Advisory Committee (SHAC) members will share their findings during the quarterly meetings. All members present will review the Student Nutrition/Wellness Policy, and recommendations will be presented to the Superintendent. The policy will be modified as needed.

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Rose Mary Valencia  
School Board President

9/16/25  
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Date:

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Kakoli Mukerji  
Principal & Interim Superintendent

9/16/25  
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Date:

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Sandra López  
School Board Secretary

9/16/25  
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Date:

Board approved on: 9/16/25 NU