

El Paso Education Initiative, Inc.

Howard Burnham Elementary School * DaVinci School for Science & the Arts * Vista Del Futuro
Elementary School

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The El Paso Education Initiative, Inc. (EPEI) participates in the United States Department of Agriculture Child Nutrition Program. EPEI promotes and conducts nutrition education activities that involve students, parents, and the community. The school nutrition team (SHAC Committee) responsible for these activities is composed of the principal, classroom and physical education teachers and parents.

The EPEI Wellness Policy addresses the following components of wellness at each of its campuses, Howard Burnham Elementary, Da Vinci School for Science and the Arts and Vista del Futuro Elementary.

PHYSICAL ACTIVITY

1. EPEI addresses physical activity through high-quality, daily physical education classes and after school athletic activities. EPEI has developed, implemented, and evaluated the guidelines that support an effective physical education program and school-wide physical activity initiatives. The Program will be revised annually as needed or as directed by the Board of Directors.
2. All students participate in physical education classes during the school day, Monday through Friday. In accordance with state law, Kindergarten students participate daily for 30 minutes, and 1st through 8th grade students participate daily for 45 minutes. Students at Da Vinci 9th -12th grade participate in Social Play for 30 minutes a day where they are encouraged to take part in physical activities and sports.
3. Daily physical activity is vigorously and enthusiastically promoted to students, parents, teachers, and staff. EPEI provides physical activity opportunities at various school related events including the following:
 - Wellness Wednesdays* at the Da Vinci School for Science and the Arts (DV) in which students run/walk a mile. Parents will be encouraged and invited to participate in the mile run/walk.
 - Work Out Wednesdays* at the Howard Burnham Elementary and Vista del Futuro Elementary Schools, during which students participate in different exercise stations every Wednesday.
 - At DV, supervised team sports are offered to students every day, including soccer, basketball, volleyball, football, flag football, flag tag, kick ball, dodge ball, soccer, and tennis.
 - After school activities offered to DV students are soccer, volleyball, and basketball.

- An Annual School Family Dance for which all students prepare several months in advance by learning ballroom and line dancing. Parents, grandparents, siblings, teachers and students participate in the event.
- State required Fitness Gram Testing for grades 3rd – 8th.
- Jump Rope for Heart Annual Fundraiser and event for American Heart Association.
- EPEI also participates in the Marathon Kids program, which involves our students in running/walking and emphasizes nutrition information and encourages students to eat 50% more fruits and vegetables.
- Many of our students also participate in city, county, and other organized sports leagues ranging from soccer and volleyball to basketball and flag football.

NUTRITION STANDARDS

1. The EPEI follows the Texas Department of Agriculture's policies regarding school meals (the Texas School Nutrition Policy) and guidelines regarding snacks, birthday parties, pizza parties, fast food, candy, and fundraising activities.
2. In accordance with Federal regulations, EPEI does not allow Foods of Minimal Nutritional Value to be sold or given away during meal periods where reimbursable meals are served and/or consumed. Such foods include: sodas, sweetened water, non-fruit juice popsicles or frozen treats, chewing gum, hard candies, jellies, marshmallows, fondant licorice, spun candy, and candy-coated popcorn.
3. Vending machines on each campus are limited to serving items after school in compliance with Foods of Minimal Nutritional Value (FMNV) Policy.
4. Soft drinks are not served to students and are not sold in vending machines on either campus. Carbonated beverages are not allowed on campus.
5. EPEI strongly discourages fast food brought for meals or snacks by students. The School District has stricter policies than the Department of Agriculture; therefore, students whose parents bring fast food items for lunch will be seated in a separate location from other students eating their cafeteria lunch.
6. EPEI complies with the FMNV Policy and the following foods are not allowed on campus: hard candy, jellies gums, marshmallow candies, fondant, licorice, spun candy, carbonated drinks, caffeine drinks, power drinks, coffee, coffee drinks, chili sauce, chili powder, candy-coated popcorn (caramel, chocolate), potato chips, chewing gum, soda water, water ices, cookies, cakes, cupcakes, pudding, ice cream, and frozen desserts.¹ Students will be asked to throw these items away if brought on campus.
7. Elementary School Classroom Snacks: All snacks (homemade and prepackaged) may not contain any FMNV or consist of candy or dessert type items (cookies,

cakes, cupcakes, pudding, ice cream or frozen desserts, etc.)¹ The School District has stricter policies than the Department of Agriculture; therefore this policy also applies to snacks students bring from home for their own consumption.

8. **Birthday Parties:** No food is permitted at student birthday parties.¹ Instead we encourage parents to bring pencils, stickers, little toys and non-edible treat bags. Celebrations should be held on the last Friday of the month at the end of the day and should not take more than ½ hour. All birthdays for the month are celebrated on that Friday. Teachers must be notified at least two weeks in advance if parents wish to celebrate a birthday on the last Friday of the month.
9. **Saturday School:** All policies discussed in this plan apply to Saturday School.
10. **Field Trips, Athletic, UIL, Band and Other Competitions:** The nutrition policy does not apply to students who leave campus for campus-approved field trips, or to travel to athletic, UIL, band or other competitions. The school day is considered to have ended for these students. School activities, athletic functions, etc. that occur after the normal school day are not covered by the policy.¹
11. **The district's child nutrition program offers healthy meals that are in compliance with USDA's Dietary Guidelines for Americans.**

¹*Nutrition Guidelines for Public Schools Participating in Child Nutrition Programs*

WELLNESS IMPLEMENTATION

Wellness Component	Implementation
Health Education	<ul style="list-style-type: none"> <li data-bbox="824 380 1323 558">☐ A TEKS-aligned Health curriculum is delivered to students in all grades, K-8, in the classroom and as part of their physical education classes. <li data-bbox="824 562 1323 993">☐ Permaculture The Permaculture Project involves teaching children the importance of growing healthy produce. Children learn how fruits and vegetables provide essential vitamins, minerals, fiber and other substances essential to good health. Herbs will be used by the cafeteria and produce will be sold by students and parents in a “Market Day”. <li data-bbox="824 997 1323 1176">☐ School activities include classroom instruction, parent training, school wide activities related to healthy living in which health issues are addressed. <li data-bbox="824 1180 1323 1358">☐ Parent, student and staff awareness activities are held throughout the school year related to drug and tobacco use and violence prevention.
Physical Activity and Physical Education (PE)	<ul style="list-style-type: none"> <li data-bbox="824 1371 1323 1549">☐ Kindergarten students participate in 30 minutes of PE Monday - Friday. 1st through 8th grade students participate in 45 minutes of PE Monday – Friday. <li data-bbox="824 1554 1323 1623">☐ After School organized sports are offered. <li data-bbox="824 1627 1323 1728">☐ Special PE events are conducted during the school day, such as Wellness Wednesday. <li data-bbox="824 1732 1323 1801">☐ Annual School Family Dance is held and all are invited to attend.
Nutrition	<ul style="list-style-type: none"> <li data-bbox="824 1812 1274 1839">☐ Federal Child Nutrition Program <li data-bbox="824 1843 1242 1871">☐ Texas School Nutrition Policy

Parental Involvement	<ul style="list-style-type: none"><li data-bbox="824 233 1344 373">□ Annual Jump Rope for Heart event In which parents participate with their children and raise money for the American Heart Association.<li data-bbox="824 380 1344 558">□ At the Da Vinci School, annual Hoops for Heart event in which parents participate with their children and raise money for the American Heart Association.<li data-bbox="824 564 1344 705">□ Various parent-sponsored events that help raise money for the school to pay for student uniforms, registrations fees, etc.