

Beaumont ISD - Wellness Plan

This document, referred to as the “wellness plan”, is intended to implement policy FFA(LOCAL), which has been adopted by the Board to comply with the requirements for a school wellness policy. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b; 7 C.F.R. Part 210]

The District’s local school health advisory council (SHAC) will work on behalf of the District to review and consider evidence-based strategies and techniques to develop and implement nutrition guidelines and wellness goals required by federal law.

Soliciting Involvement and Input

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The SHAC will solicit involvement and input from parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public by:

- Conducting monthly SHAC meetings with Wellness Policy discussed at least quarterly.
- Annual updates provided in a public forum at school board meetings.

Responsibility for Implementation

Each campus principal is responsible for implementing FFA(LOCAL) and this wellness plan at his or her campus, including submitting necessary information to the SHAC for evaluation OR through an annual scorecard/assessment tool.

The Supervisor of Health and Physical Activity is the District official responsible for overall implementation of FFA(LOCAL), including development of this wellness plan and any other appropriate administrative procedures, and for ensuring that each campus complies with the policy and plan.

The Board Policy FFA(LOCAL), Local Wellness Plan and the Wellness Plan Scorecard and all required documentation must be kept in a binder that is accessible for review.

Goals for Nutrition Promotion

Federal law requires that the District establish goals for nutrition promotion in its wellness policy. The District’s nutrition promotion activities will encourage participation in the National School Lunch Program, the School Breakfast Program, and any supplemental food and nutrition programs offered by the District.

The District will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards.

The SHAC will monitor this by:

- Including guidelines in our local administrative regulations requiring all food sales and marketing, other than Child Nutrition, be approved by the Director of Child Nutrition in order to ensure compliance.
- Implement local administrative regulation that requires campus administrators to keep record of items sold, other than Child Nutrition, and documentation that those items meet Smart Snacks. These will be reviewed by the Director or Child Nutrition.

Although the District is not required to immediately remove or replace food and beverage advertisements on items such as menu boards or other food service equipment, or on scoreboards or gymnasiums, the SHAC will make recommendations when replacements or new contracts are considered.

Implementing Goals for Nutrition Promotion

GOAL 1: The District’s food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.

Objective 1: Each campus and building will ensure healthy nutritional messages are accessible to all students, staff and stakeholders.

Action Steps: Support Child Nutrition monthly promotions to include but not limited to, social media and audio-visual displays. Implement highlighted healthy nutritional messages a minimum of once per month.

School and Community Stakeholders: Present monthly promotions and marketing to the School Health Advisory Council (SHAC).

Resources Needed: CATCH lessons or other verified educational websites to provide activity options to explore. Posters and educational materials from USDA.

Measures of Success: Wellness Assessment Tool and increased participation

GOAL 2: The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

Objective 1: The District will provide a link on their website to the Child Nutrition department in order to promote meal availability and participation as well as general nutrition information for children and families.

Action Steps: Include healthy nutritional tips via district wide messages to community stakeholders. To include but not limited to: Open House, Running Start, wellness activities/events, District Wellness Days, Physical Education Demonstration Days, athletic events, field days, health fairs, extra-curricular programs and events. Campuses will share Nutrition information such as campus menus and other information via social media and newsletters.

School and Community Stakeholders: Present monthly menus and education about the departments' digital menus to the School Health Advisory Council (SHAC).

Resources Needed: Computer access and internet access

Measures of Success: Wellness Assessment Tool. Use of NutriSlice Menu Tool from the public and District health services.

GOAL 3: The District shall ensure that food and beverage advertisements accessible to students outside of school hours on District property contain only products that meet the federal guidelines for competitive foods.

Objective 1: All vending machines, menu boards, trash can wraps and all other food equipment as well as disposable cups used for dispensed beverages that have beverage and food marketing, those advertised foods must meet Smart Snack standards.

Action Steps: Present this information to District and campus Administrators annually.

School and Community Stakeholders: Documentation of presentation provided to the School Health Advisory Council (SHAC).

Resources Needed: 100% compliance with federal and state regulations. Access to Smart Snack Standards and updates.

Measures of Success: Wellness Scorecard Documentation

Objective 2: All foods and beverages advertised and/or sold to students must meet Smart Snack Standards with the exception of six (6) exempt fundraiser days per campus as per Texas Department of Agriculture (TDA).

Action Steps: Present this information and a spreadsheet to campus Principals and District Administrators annually.

School and Community Stakeholders: Documentation of presentation provided to the School Health Advisory Council (SHAC).

Resources Needed: Smart Snack Standards, Smart Snack calculator, Spreadsheet to sign up for exempt days, computer access

Measures of Success: Wellness Assessment Tool AND compliance with the 6 exempt days.

Goals for Nutrition Education

Federal law requires that the District establish goals for nutrition education in its wellness policy. State law also requires that the District implement a coordinated health program with a component addressing nutrition services and health education at the elementary and middle school levels. [See EHAA]

Implementing Goals for Nutrition Education

GOAL 1: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Objective 1: District personnel will provide nutrition education through a variety of settings. The District will use the CATCH curriculum to provide nutrition/health lessons on K-8 campuses. Students will have nutrition education in grades 7-12 in their Health Education classes.

Action Steps: Select age appropriate lessons and present to students. Classroom lessons, wellness activities/events, health nutrition tips in newsletters and Child Nutrition will provide healthy promotions on the digital menu boards.

School and Community Stakeholders: Each campus has a menu board in their cafeteria and will receive health promotions on the board. Documentation of action steps taken will be presented to the School Health Advisory Council (SHAC)

Resources Needed: internet access, wifi access and seek out opportunities for health events

Measures of Success: Wellness Assessment AND Present documentation of information provided to said audience.

Objective 2: Students will have nutrition education in grades 7-12 in their Health Education/Wellness classes.

Action Steps: Select age appropriate lessons and present to students, Classroom lessons

School and Community Stakeholders: Curriculum will adopt the books, etc for Health studies and those books, etc will contain Nutrition education. Documentation of action steps taken will be presented to the School Health Advisory Council (SHAC)

Resources Needed: Curriculum Team to make decisions on Health Textbooks, internet access, wifi access.

Measures of Success: Wellness Scorecard Documentation AND Present documentation of information provided to said audience.

GOAL 2: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

Objective 1: Physical Education teachers will support the Coordinated School Health Nutrition Lessons by including at least 1 activity per 9 weeks that supports the overall nutrition/wellness goals on K-8 campuses.

Action Steps: Select age appropriate lessons and present to PE teachers and SHAC. PE Teachers must have the means to provide the education to the students - consider tools accessible to each campus and PE teacher.

School and Community Stakeholders: Present to SHAC

Resources Needed: CATCH curriculum, audio/visual materials

Measures of Success: Wellness Scorecard Documentation AND Present documentation of information provided to said audience.

GOAL 3: The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

Objective 1: Designated district personnel shall be provided staff development for the Nutrition Education Curriculum.

Action Steps: Encourage campuses to incorporate Nutrition training into back to school staff training and professional development days.

School and Community Stakeholders: Campus Principals, Health teachers,

Resources Needed: Nutrition Education courses that can be taken online and/or courses that are implemented into back to school training (PD days).

Measures of Success: Wellness Scorecard Documentation

Goals for Physical Activity

Federal law requires that the District establish goals for physical activity in its wellness policy. In accordance with state law, the District will implement a coordinated health program with physical education and physical activity components. The District will offer at least the required amount of physical activity for all grades [see BDF, EHAA, EHAB, and EHAC], as follows:

Implementing Goals for Physical Activity

GOAL 1: The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.

Objective 1: Each campus prohibits the use of physical activity withholding Physical Education class as punishment.

Action Steps: Notify campus administrators, staff, and parents of District's policy for using physical activity and withholding Physical Education class as punishment in the student handbook.

School and Community Stakeholders: Distribute fliers outlining policy to campus administrators and PE teachers.

Resources Needed: 1. Documentation that parents and staff are advised of the District's School Guidelines for using physical activity and withholding Physical Education class as punishment (e.g., website, fliers) 2. Self-reporting of instances where physical activity was used as a punishment or PE was withheld.

Measures of Success: Post policy on district and/or campus website and in Student Handbook.

GOAL 2: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

Objective 1: All teachers responsible for physical education on campus should participate at least once a year in professional development related to physical education.

Action Steps: 1. Physical Education Teachers will receive training at the beginning of the academic school year. 2. Teachers participate in ongoing physical education professional development provided in-district or out of district. 3. A record of professional development is recorded to note when and what professional development activities the teachers attend

School and Community Stakeholders: Make sure Administrators, Principals and Teachers know when staff development opportunities are offered

Resources Needed: Number of Physical Education trainings offered in the district. Dates and topics of physical education professional development meetings campus teachers have attended. Number of Physical Education teachers who participated in in-district PE training

Measures of Success: Document Physical Education Teacher’s day and time of training for each session they participate in and staff development they attend.

Objective 2: Each campus uses a variety of practices to include students with special health care needs in physical activities.

Action Steps: Encourage active participation; modifying type, intensity, ad length of activity if indicated in individualized education plans

1. Offer adapted PE classes
2. Use modified equipment and facilities
3. Ensure that students with chronic health conditions are fully participating when appropriate and able
4. Monitor signs and symptoms of chronic health condition
5. Encourage students to carry and self-administer medications; assist students who do not self-carry
6. Encourage students to actively engage in self-monitoring (if parent/guardian and nurse so advise)
7. Use a second teacher or aide to assist students
8. Use peer teaching (e.g., teaming students without special health care needs with students who have such needs)

School and Community Stakeholders: District policy outlined in the student handbook.

Resources Needed: 1. Documentation of practices used (instructional lesson plans). 2. Self-reporting of practices used to include students with special health care needs in PE

Measures of Success: Administrators, Supervisor visit class, to monitor progress

GOAL 3: The District shall make appropriate after-school physical activity programs available and shall encourage students to participate.

Objective 1: Each campus will offer opportunities for students to participate in organized physical activity either before or after school (or both) throughout the school year.

Action Steps: Campus administrators and staff may offer opportunities for students to participate in physical activity on campus after school in several ways:

- *Organize physical activities with proper supervision;
- * Providing access to campuses, facilities and/or equipment.

School and Community Stakeholders: Parents/Guardians should be notified of the availability of such opportunities and encouraged to join their students in these activities.

Resources Needed: staff and/or parent volunteers to supervise activities (if necessary)

Facilities and Equipment outside of classroom hours

Measures of Success: student participation

GOAL 4: The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.

Objective 1: The school district will offer its staff members accessible and free (or low-cost) physical activity/fitness programs.

Action Steps: Work with campus and district personnel to identify possible programs that promote employee fitness. Promote programs for staff through different media

School and Community Stakeholders: Campus/district website, Employee newsletter, Flyers posted in employee lounges, Discussion at employee meetings

Resources Needed: Registration or progress forms for physical activity/fitness programs offered

Measures of Success: Staff that sign up for fitness program

GOAL 5: The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.

Objective 1: Physical Education and athletic programs on each campus will promote student participation and parent engagement in community physical activity options.

Action Steps: Physical education and athletic staff members will identify appropriate community physical activity options for students on campus

School and Community Stakeholders: Bulletin boards, public address announcements, guest speakers

Resources Needed: Identify and document which methods campus staff use for promoting community physical activities

Measures of Success: Documentation of parents that participate

Goals for Other School-Based Activities

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness, create an environment that encourages healthy eating and physical activity, and promote a consistent wellness message.

Implementing Goals for Other School-Based Activities

GOAL 1: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

Objective 1: Campus administration and child nutrition will adhere to all recommendations and guidelines regarding sufficient eating time and cafeteria cleanliness, safety and environment.

Action Steps: Daily safety and sanitation practices, staff supervision to promote safe and secure facilities and active monitoring of sufficient eating time. Training, communication and oversight to staff, students and community.

School and Community Stakeholders: Building schedules, student code of conduct handbook and administrative employee handbook

Resources Needed: Compliance with mandatory regulations for sanitation and safety. Provide a minimum of the recommended times for meal consumption of 10 minutes for breakfast and 20 minutes for lunch.

Measures of Success: Biannual Health Department inspections. Documented transaction times of meal acquisition – record keeping for time maintenance

GOAL 2: The District shall promote wellness for students and their families at suitable District and campus activities.

Objective 1: Each campus will have a representative school health committee that meets four times per school year to oversee school health and safety policies and programs.

Action Steps: Establish school health committee composed of at least one member representing each of the following stakeholder groups:

- Administrator
- Physical Education teacher
- Nutrition services staff member
- Health education teacher
- School nurse
- Parents of enrolled student
- Community stakeholders

Schedule at least four meetings of committee per academic year

School and Community Stakeholders:Included in Action Steps

Resources Needed: Campus representative to organize and record meetings.

Measures of Success: Meeting attendance and successful health advisory meetings and goals.

Nutrition Guidelines

All District campuses participate in the U.S. Department of Agriculture’s (USDA’s) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). As required by federal law, the District has established nutrition guidelines to ensure that all foods and beverages sold or marketed to students during the school day on each campus adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

Foods and Beverages Sold

The District will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, the District will comply with the federal requirements for competitive foods. Competitive foods and beverages are not part of the regular meal programs and occur through sales such as a la carte options or vending machines. For purposes of this plan, these requirements will be referred to as “Smart Snacks” standards or requirements.

Exceptions for Fundraisers

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six days per year per campus when a food or beverage is sold as part of a District fundraiser. [See CO(LEGAL)]

Measuring Compliance with Nutrition Guidelines

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to TDA, reviewing foods and beverages that are sold in competition with regular school meals, reviewing items sold as part of approved District fundraisers, and monitoring the types of foods and beverages made available to students during the school day.

Policy and Plan Evaluation

At least every three years, as required by law, the District will measure and make available to the public the results of an assessment of the implementation of the District’s wellness policy. This “triennial assessment” will evaluate the extent to which each campus is compliant with the wellness policy, the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy and plan compare with any state- or federally designated model policies. The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes.

Public Notification

Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials.

To comply with the legal requirement to annually inform and update the public about the content and implementation of the local wellness policy, the District will create a wellness page on its website to document information and activity related to the school wellness policy, including:

A copy of the wellness policy [see FFA(LOCAL)];

A copy of this wellness plan, with dated revisions;

Notice of any Board-adopted revisions to FFA(LOCAL);

The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;

Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;

The SHAC's triennial assessment; and

Any other relevant information.

The District will also publish the above information in appropriate District or campus publication.

Records Retention

Records regarding the District's wellness policy will be retained in accordance with law and the District's records management program. Questions may be directed to the Records Management Officer, the District's designated records management officer. [See CPC(LOCAL)]

Disclaimer: This information is provided for educational purposes only to facilitate a general understanding of the law or other regulatory matter. This information is neither an exhaustive treatment on the subject nor intended to substitute for the advice of an attorney or other professional adviser. Consult with your attorney or professional adviser to apply these principles to specific situations.