

Bellville ISD Wellness Plan

WELLNESS PLAN	<p>This document, referred to as the “wellness plan” (the plan), is intended to implement the 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.]</p>
STRATEGIES TO SOLICIT INVOLVEMENT	<p>Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The District has chosen to use the local school health advisory council (SHAC) to work on behalf of the District to review and consider evidence-based strategies and techniques in order to develop and implement nutrition guidelines and wellness goals as required by federal law. The SHAC will permit the following persons to work with the SHAC on the District’s wellness policy and plan: parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public.</p> <p>The SHAC will solicit involvement and input of these other interested persons by:</p> <ol style="list-style-type: none">1. Posting on the District’s website the dates and times of SHAC meetings at which the wellness policy and plan are scheduled to be discussed.2. Listing in the student handbook the name and position of the person responsible for oversight of the District’s wellness policy and plan along with an invitation to contact that person if the reader is interested in participating in the development, revision, implementation, and evaluation of the wellness policy and plan.
IMPLEMENTATION	<p>Each campus principal is responsible for the implementation of the FFA(LOCAL) and this wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation.</p> <p>The Superintendent is the District official responsible for the overall implementation of FFA(LOCAL), including the development of this wellness plan and any other appropriate administrative procedures, and ensuring that each campus complies with the policy and plan.</p>
EVALUATION	<p>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, the extent to which each campus is in compliance with the wellness policy, a description of the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy compares with any state or federally designated model wellness policies. This will be referred to as the “triennial Assessment”.</p> <p>Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials.</p>

Bellville ISD Wellness Plan

The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes. The SHAC may use any of the following tools for this analysis:

- Smarter Lunchrooms' website
<https://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms>
- Relevant portions of the WellSAT 2.0 (www.wellsat.org)
- Relevant portions of the Center for Disease Control's School Health Index (<http://www.cdc.gov/healthyschools/shi/index.htm>)
- A District-developed self-assessment

PUBLIC NOTIFICATION

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:

1. A copy of the wellness policy [see FFA(LOCAL)];
2. A copy of the wellness policy, with dated revisions;
3. Notice of any Board revisions to policy FFA(LOCAL);
4. The name, position, and contact information of the District official responsible for the oversight of the wellness policy and implementation of this plan;
5. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
6. The SHAC's triennial assessment; and
7. Any other relevant information.

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

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 Superintendent, the District's Designated records management officer. [See CPC and FFA(LEGAL)]

GUIDELINES AND GOALS

The following provisions describe the District's nutrition guidelines and activities and objectives chosen by the SHAC to implement the Board-adopted wellness goals in policy FFA(LOCAL).

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). Federal law requires that the District establish nutrition guidelines for foods and beverages sold to students during the school day on each campus that promote student health and reduce childhood obesity.

Bellville ISD Wellness Plan

The District's nutrition guidelines are to ensure all foods and beverages sold or marketed to students during the school day adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

FOOD 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 cart options or vending machines. For purposes of this plan, these requirements will be referred to as "Smart Snacks" standards or requirements. The following websites have information regarding meal and Smart Snack requirements:

- <http://fns.usda.gov/school-meals/nutrition-standards-school-meals>
- <http://fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- <http://www.squaremeals.org/Publications/Handbooks.aspx>

(see the complete Administrators Reference Manual [ARM], Section 20, Competitive foods)

EXCEPTION - 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 a part of a District Fundraiser. [See CO(LEGAL)]

FOOD AND BEVERAGES PROVIDED

There are no federal or state restrictions for food or beverages provided, but not sold, to students during the school day. However, each school district must set its own standards. The District will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person's child or grandchild on the occasion of the student's birthday or to children at a school-designated function. [See CO(LOCAL)]

MEASUREING COMPLIANCE

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions for the child nutrition department to the TDA, 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.

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.

Bellville ISD Wellness Plan

In accordance with FFA(LOCAL), the District has established the following goals for nutrition promotion.

GOAL: 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:	
Action Steps	Methods for Measuring Implementation
Display healthy nutritional signage in the cafeteria and other available display areas throughout each campus.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Signage in place by end of 1st week of school – maintain to end of year. Resources needed: <ul style="list-style-type: none"> • Purchased signage Obstacles: <ul style="list-style-type: none"> • Personnel remembering to post and maintain signage
Objective 2:	
Action Steps	Methods for Measuring Implementation
Another appropriate setting to promote healthy nutrition messages for carry over into the cafeterias and classrooms would be to post menus and information about healthy nutrition on the district website.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Post menus weekly and information monthly Resources needed: <ul style="list-style-type: none"> • Prepared Information Obstacles: <ul style="list-style-type: none"> • Remembering to post as well as finding information about healthy nutrition
Objective 3:	
Action Steps	Methods for Measuring Implementation
Teachers will be provided with “Fit for Life tips” via email and announcements.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Survey about food groups Resources needed: <ul style="list-style-type: none"> • Internet, Chrome carts Obstacles: <ul style="list-style-type: none"> • Availability of internet
Objective 4:	
Action Steps	Methods for Measuring Implementation
The District will advertise and post CATCH Signage.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Survey Resources needed: <ul style="list-style-type: none"> • Posters, class handouts Obstacles: <ul style="list-style-type: none"> • Participation

Bellville ISD Wellness Plan

**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 nutrition service and health education component at the elementary and middle school levels. [See EHAA]
 CATCH is the state-required, TEA approved school coordinated health program used by the District whose nutrition education component is integrated into the physical education classes from kindergarten through grade 8.
 In accordance with FFA(LOCAL), the District has established the following goals for nutrition education.

GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behavior.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Encourage students to take all food groups – cafeteria staff encourages students to try available food groups available. Display signs of balanced meal.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Current use of food groups Resources needed: <ul style="list-style-type: none"> • Signage and food available Obstacles: <ul style="list-style-type: none"> • Student resistance to trying new things
Objective 2:	
Action Steps	Methods for Measuring Implementation
The District website will provide a weekly menu, healthy tips and recipes.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Surveys Resources needed: <ul style="list-style-type: none"> • Quizlets, etc. Obstacles: <ul style="list-style-type: none"> • Lack of technology at home • Federal Regulations
Objective 3:	
Action Steps	Methods for Measuring Implementation
The district food service will advertise healthy choices in the cafeteria.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Signs currently posted Resources needed: <ul style="list-style-type: none"> • CATCH signage Obstacles: <ul style="list-style-type: none"> • Signs not available

**Bellville ISD
Wellness Plan**

GOAL: The District shall make nutrition education a District-wide priority and shall incorporate nutrition education into other areas of the curriculum, as appropriate.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Students will engage in health and nutrition curriculum throughout the school year	Baseline or benchmark data points: <ul style="list-style-type: none"> • Teacher observation Resources needed: <ul style="list-style-type: none"> • Catchinfo.org Obstacles: <ul style="list-style-type: none"> • time
Objective 2:	
Action Steps	Methods for Measuring Implementation
The food service staff, teachers and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, classroom and other appropriate settings.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Surveys Resources needed: <ul style="list-style-type: none"> • My Plate Signs; Go-Slow-Whoa Signage Obstacles: <ul style="list-style-type: none"> • Message not delivered in a timely manner

**PHYSICAL
ACTIVITY**

The District will implement, in accordance with law, a coordinated health program with physical education and physical activity components and will offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC.]

The following addresses how the District meets the required amount of physical activity as mandated by Education Code 28.002(1)-(1-7)

- Elementary – 30 minutes of daily recess and 45 minutes of Physical Education
- Middle School – Enrolled in Physical Education Class or Athletics for at least 4 semesters
- High School – Enrolled in Physical Education Class or Athletics for at least 2 semesters

**Bellville ISD
Wellness Plan**

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

Objective 1:

Action Steps	Methods for Measuring Implementation
Students and parents will participate in activities outside of the school day.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Survey Resources needed: <ul style="list-style-type: none"> • Austin Co. Extension Agency; Wall Across Texas; etc. Obstacles: <ul style="list-style-type: none"> • Participation • Information about activities not being available

Objective 2:

Action Steps	Methods for Measuring Implementation
Parents are encouraged to set positive examples of nutritional eating habits and physical activities.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Health Fair - activities Resources needed: <ul style="list-style-type: none"> • Facility, food choices; online information to parents Obstacles: <ul style="list-style-type: none"> • Participation, scheduling

**Bellville ISD
Wellness Plan**

GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
The District will provide opportunity for staff to participate in wellness activities	Baseline or benchmark data points: <ul style="list-style-type: none"> • 50% participation, teacher survey Resources needed: <ul style="list-style-type: none"> • Incentive prizes; ideas from internet Obstacles: <ul style="list-style-type: none"> • Participation
Objective 2:	
Action Steps	Methods for Measuring Implementation
The District will promote opportunities for staff to participate in physical activities	Baseline or benchmark data points: <ul style="list-style-type: none"> • Attendance Resources needed: <ul style="list-style-type: none"> • Facility, incentive prizes; ideas from internet Obstacles: <ul style="list-style-type: none"> • Scheduling