

Wellness Plan B1SD

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

WELLNESS PLAN

This document, referred to as the “wellness plan” (the 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]

STRATEGIES TO SOLICIT INVOLVEMENT

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. The SHAC will solicit involvement and input of these other interested persons by:

1. Posting on the District’s website the dates and times of the 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 the development, implementation, and evaluation of the wellness policy and plan.

IMPLEMENTATION

Each campus principal is responsible for the implementation of FFA(LOCAL) and this wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation.

The Student Services Director 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.

EVALUATION

In accordance with the law, the District will periodically measure and make available to the public an assessment of the District’s wellness policy, the extent to which each campus is compliant with the wellness policy, a description of the progress made in attaining the goals of the wellness policy, and the extent to

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which the wellness policy compares with any state- or federally designated model wellness policies. Absent federal regulations to the contrary, the District commits to the evaluation activities as described below.

At least triennially (once every three years), the SHAC will prepare a report on the wellness policy and this plan by gathering information from each principal and appropriate District administrators. The SHAC will assess the progress of each campus, and the District as a whole, toward meeting the goals of this policy and plan by reviewing District- and campus-level activities and events tied to the wellness program.

The SHAC may use any of the following tools for that analysis:

- Relevant portions of the Center for Disease Control (CDC)'s [School Health Index \(SHI\)](#) and [Wellness School Assessment Tool \(WellSAT\)](#)
- [USDA School Wellness Policy Triennial Assessment Tools](#)
- The Wellness Policy in Action Tools (WPAT) for [Elementary](#) and [Secondary](#)
- A District-developed self assessment

PUBLIC NOTIFICATION

To comply with the legal requirement to 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 [FFA(LOCAL)];
2. A copy of this wellness plan, with dated revisions;
3. Notice of any Board revisions to policy FFA(LOCAL);
4. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The SHAC's annual report on the District's wellness policy and plan; and
6. Any other relevant information

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 Director of Student Services or Lead Nurse, the district co-chair and chair elect, respectively, of the District's SHAC.

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).

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NUTRITION GUIDELINES

All District campuses participate in the United States 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 made available on each campus that are consistent with the federal standards and that promote student health and reduce childhood obesity.

The District's nutrition guidelines are to ensure all foods and beverages sold, otherwise made available, 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.

FOODS SOLD

The District will comply with federal requirements for the 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. The following websites have information regarding meal and Smart Snacks requirements:

[TDA-Administrator's Reference Manual \(ARM\)](#)
[Policy and ARM for NSLP](#)
[ARM Section 22. Competitive Foods](#)
[USDA-A Guide to Smart Snacks in School](#)

Cafeteria snack lines will be available at every campus; per student, a maximum of 2 snacks may be purchased per lunch period for elementary schools, unlimited snacks may be purchased for secondary campuses. However Parents/Guardians can contact the Child Nutrition department at any time if they wish to make more limitations for their student.

Snacks cannot be used as a reward or punishment. USDA guidance prohibits the denial of meals as a disciplinary action for any student who is enrolled in a school operating a school nutrition program.

Bistros and snack lines will be available to students on high school campuses and will be staffed by Child Nutrition services during meal periods.

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

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campus when a food or beverage is sold as part of a District fundraiser. [See CO(LEGAL)]

Bastrop ISD allows up to six (6) exempt days at all campuses and are at the campus's discretion.

FOODS MADE AVAILABLE

There are currently no federal requirements for foods or beverages made available to students during the school day. The District will comply with state law, which allows a parent/guardian 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(LEGAL)]

Food will not be provided free to students during school meals served (breakfast and lunch) in areas where reimbursable meals are sold and/or consumed, with the exception of a parent delivering food to his/her own child. No food fundraisers will be held in competition with school meals (breakfast and lunch).

Once a student is in the cafeteria line, they should be able to obtain and complete their meal (breakfast and/or lunch).

Every campus should make every effort to establish meal periods that are long enough for students to fully consume their meals and to provide an environment conducive to eating those meals. It is important, both nutritionally and socially, to give students sufficient time, a conducive atmosphere, and a safe environment to eat nutritious meals.

If a student arrives late to school due to a late bus or unforeseen event, students will be allowed and given adequate time to eat breakfast and/or lunch.

Every campus should have a "shared table" for students to place unused foods and will designate a campus employee who is not Food Services staff to monitor food safety.

For dietary restrictions, Parents/Guardians should contact the Child Nutrition department.

For food allergies, Parents/Guardians should contact the campus nurse. A special diet form ([Medical Authority Modified Meal Request Form](#)) must be completed by the student's doctor. The nurse will notify the Child Nutrition department to add an alert on the student's account regarding this allergy.

MEASURING COMPLIANCE

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

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NUTRITION PROMOTION

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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 (NSLP), the School Breakfast Program (SBP), and any supplemental food and nutrition programs offered by the District.

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

GOAL: USDA Nutrition Standards will be used as the standard for guidelines pertaining to foods and beverages made available on school campuses. Nutritional analysis is compiled and maintained on a monthly basis by the Food Services Department.

Action Steps:

- All foods provided, but not sold, to students during the school day on a school campus will comply with local, state, and federal laws and regulations as well as current USDA Dietary Guidelines for Americans.
- Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws, regulations and guidelines. Food providers will offer a variety of age appropriate health food and beverage selections for elementary schools, middle schools, and high schools.

NUTRITION EDUCATION

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

The District will implement the nutrition services and health education component through instruction of the Texas Essential Knowledge and Skills (TEKS) related to nutrition and health, the District's physical education, health education, and science courses.

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

Action Steps:

- All schools will provide a minimum of 2 nutrition education handouts and engage in 2 nutrition promotion activities per campus per year.
- All nutrition education will be acquired from credible sources (American Heart Association (AHA), American Diabetes Association (ADA), Academy of Nutrition and Dietetics [AND], United States Department of Agriculture [USDA], School Nutrition Association [SNA], and the Child Nutrition Department).

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- Nutrition education will be included by sharing information with families and the community via the Bastrop ISD website, parent meetings, and/or by using the cafeteria as a “learning laboratory” [example: nutrition education displays; taste testing, etc.].
- The coordinated school health team (may include school administrator, nurse, cafeteria manager, physical education teachers, etc.) will monitor and promote campus wellness education and activities.

PHYSICAL ACTIVITY

The District will implement, in accordance with the 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.

GOAL: Schools will provide opportunities for students to participate in regular physical activity to promote personal lifelong healthy behaviors and maintain physical well-being.

Action Steps:

- Provide opportunities for physical activity outside of the classroom and/or school day.

GOAL: Schools will provide opportunities for every student to develop the knowledge and skills for specific physical activities in accordance with district, state and national guidelines.

Action Steps:

- State-certified physical education instructors will teach all physical education classes
- Strive to maintain a student/adult ratio of 45:1 or lower in all physical education classes. If ratio is greater than 45:1, the District must identify the manner in which safety will be maintained
- K-5th grade students shall have a minimum of 30 minutes of moderate to vigorous physical activity (MVPA) daily, or 135 minutes weekly.
- 6th-8th grade students shall have a minimum of 30 minutes of moderate to vigorous physical activity (MVPA) daily, or 135 minutes weekly, or 225 minutes over a two-week period for at least four semesters during these grade levels

SCHOOL-BASED ACTIVITIES

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness.

In accordance with FFA(LOCAL), the District has established the following goals as part of its student wellness policy to create an environment conducive to healthy eating and physical activity and to promote and express a consistent wellness message.

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

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and campus activities.

Action Steps:

- School-based marketing for food and beverage products is consistent with nutrition education and health goals and aligned with federal, state and local regulations, laws and guidelines. Bastrop ISD determines this to be a no sale of food items that do not meet Smart Snack Nutrition Guidelines at any time during the school day on all campus levels.
- Food may be given away at any time during the school day that does not meet Smart Snacks Nutrition Guidelines, as long as it does not interfere with school meal service and where school meals are served. Sales that meet Smart Snack Nutrition Guidelines are allowed during the school day, as long as it does not compete with meal service times. Fundraising exemptions are limited to six per campus per year.
- After-school activities may encourage and include physical activity and health and wellness information.
- At each school event sponsored by the District at which food and beverages are sold, each concession vendor will offer at least one food or beverage that meets the Smart Snacks standards.
- Elementary School: a campus may not serve competitive foods (or provide access to them through indirect sales) to students anywhere on the school campus throughout the school day except for those food items made available by the school food service department.
- Middle School or Junior High: a campus may not serve competitive foods (or provide access to them through indirect sales) to students anywhere on the school campus from 30 minutes before to 30 minutes after meal periods except for those food items made available by the school food service department.
- High School: a campus may not serve competitive foods (or provide access to them through indirect sales) to students during meal periods in areas where reimbursable school meals are served and/ or consumed except for those food items made available by the school food service department.
- School Health Advisory Council (SHAC) comprises parents, teachers, Child Nutrition Services staff, nurses, PE/wellness instructors, administrators, students, and members of the community who work together to integrate health curriculum into a coordinated school health program that reflects local values.
- School Health Advisory Council (SHAC) shall report directly to the School Board at least once annually, including a written report with information regarding the council's recommendations, modifications and activities.