

# Wellness Policy

## Benjamin Independent School District

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

**Mission Statement:** The Wellness Policy Committee of Benjamin ISD is committed to providing a school environment that enhances learning and development of lifelong wellness practices as well as promoting physical activity and nutrition education for all students, staff, parents and community members.

### **Nutrition Education Goals**

#### **#1 Schools will educate, encourage, and support healthy eating by all students.**

1a. CATCH Curriculum will be used to support Nutrition Education. Teachers will follow curriculum outlines.

1b. Nutrition Education promotes fruits, vegetables, whole grain product, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.

1c. Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.

#### **#2 Schools will promote nutrition education to all students.**

2a. The school cafeteria will display posters to promote healthy eating and display other nutrition education materials.

2b. School district(s) will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.

### **Physical Education Goals and Guidelines**

#### **#1 Schools will adopt and implement state standards for physical activity.**

Guidelines:

1a. Time allotted for physical activity will be consistent with research, and state standards. Thirty minutes of structure daily physical activity or 135 minutes a week in grades K – 6.

1b. Schools will implement physical activities from the CATCH Curriculum.

**#2 School will provide opportunities for students to regularly participate in physical activity.**

2a. Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary students, and the integration of physical activity into the academic curriculum.

2b. Schools will encourage classroom teachers to provide short activity breaks between lessons or classes.

**#3 Schools will help students fully embrace regular physical activity as a personal behavior.**

3a. School encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

3b. Students are given opportunities for physical activity through a range of before and /or after-school programs including, but not limited to, intramurals, interscholastic activities, and physical activity clubs.

## **Nutrition Standards**

**Foods and beverages served at school will meet the nutrition recommendations of the HHFKA of 2010.**

**Schools will comply with the current USDA Smart Snack regulations.**

## **Other School Related Activities**

**#1 The school district encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.**

1a. The local wellness committee will plan, implement and improve nutrition and physical activity in the school environment.

1b. The school district encourages and provides opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas.

1c. The school district will ensure that all schools' fundraising efforts are supportive of healthy eating.

**#2 All school and community members will be encouraged to participate in all health related activities.**

2a. Schools will partner with the Parent Teacher Organization (PTO) or other community organizations to sponsor physical activities.

2b. Schools will coordinate and hold health fair once a year to help promote and educate the school and community.

### **#3 Parent involvement meetings will focus on creating healthy habits.**

3a. School organized local wellness committees, will be comprised of families, teachers, administrators and students.

3b. Schools will coordinate and hold a health fair once a year to help promote and educate the school and community.

### **Food Marketing in Schools**

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

### **Monitoring and Policy Review**

**Monitoring** The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal).

The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

### **Triennial Assessment**

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

**Records Retention** Benjamin ISD will retain all records concerning the local Wellness Policy for five years.