

# Wellness Policy



**BETA ACADEMY**

Beta Academy  
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# Wellness Policy: Beta Academy ISD

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, scholars, 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 mission of Beta Academy is to promote a healthy lifestyle for scholars, parents and staff which will lead to lifelong maintenance of healthy habits. This mission will be accomplished by the development and implementation of our district wellness policy which will incorporate nutrition education and standards, physical activity and any other school related activities.

## Nutrition Education Goals

#1 Schools will educate, encourage and support healthy eating by all scholars of all ages.

## Physical Education Goals

#1 Schools will provide opportunities for scholars to maintain physical fitness.

#2 Schools will adopt or exceed the state standards for physical activity.

## Nutrition Standards

Goal #1 Schools will comply with the current USDA Dietary Guidelines for Americans and the nutritional guidelines for reimbursable school meals.

Goal #2 Schools will comply with the current USDA Dietary Guidelines for Americans, as well as adhere to the following restrictions.

- Smart Snacks in School regulation applies to foods sold:
  - A la carte
  - Vending machines
  - Others

## Other School Related Activities

#1 Schools will create a total school environment that is conducive to being physically active.

## **Nutrition Education Guidelines**

Goal #1 Schools will educate, encourage and support healthy eating all scholars of all ages.

Guidelines:

- Schools will promote fruits, vegetables, whole grains, low fat & fat free dairy, healthy food preparation and health enhancing nutrition practices.
- Nutrition Education will be part of not only health education classes, but also will be integrated into other areas of curriculum, as appropriate.
- The school cafeteria serves as a “Learning Lab” to all scholars to apply critical thinking skills taught in the classroom.
- Nutrition Education will involve sharing information with families and the broader community to positively impact scholars and the health of the community.
- Schools will promote enjoyable, developmentally and culturally appropriate participatory activities.
- Schools will offer nutrition education at each grade level as a part of a sequential, comprehensive, standards based program designed to provide scholars with the knowledge and skills necessary to promote and protect their health.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.

## **Physical Activity Guidelines**

Goal #1 Schools will provide opportunities for scholars to regularly participate in physical activity and maintain physical fitness.

Guidelines:

- Children should have several opportunities for physical activity lasting 15 minutes or more throughout the school day.
- Schools will implement physical activities from adopted curriculums.
- Schools will encourage classroom teachers to provide short activity breaks between lessons or where appropriate.

Goal #2 Schools will adopt or exceed the state standards for physical activity.

Guidelines

- Time allotted consistent with research and standards, 30 minutes per day or 135 minutes per week, kindergarten thru sixth grade.
- Schools will provide opportunities for activity through physical education classes, recess and integration in curriculum.

## **Nutrition Standards Guidelines**

Goal #1 Schools will comply with the current USDA Dietary Guidelines for Americans, as well as adhere to the following restrictions.

### **School Lunch Provided**

- Food providers will be sensitive to the school environment (logos on campus).
- School Health Advisory Committee (SHAC) determines competitive food selections.
- Meals will adhere to the USDA Dietary Guidelines and MyPlate

### **Fund raisers**

- Food and beverages sold at fundraisers include healthy choices and provide age appropriate selections for all school levels.

### **Class parties**

Parents are welcome to bring only store bought food/drink packaged items to class parties. The parents will be made aware by the teacher of any food/drink items not allowed in class due to certain allergies.

## **Other School Based Activities Guidelines**

Goal #1 Schools will create a total school environment that is conducive to being physically active and healthful eating.

### **Guidelines:**

- After-school programs will encourage physical activity and promote healthy habits.
- Sufficient time will be allowed for scholars to eat meals in an environment that is clean, safe and comfortable.
- School's newsletters will provide information about healthy eating and the benefits of physical activity.

## **Implementation**

The campus administrators shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.