

Bloomburg Independent School District

Wellness Plan



Latest updates completed by SHAC

10/15/2021

Bloomburg ISD 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; 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 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 and other interested persons by:0)

- 1. Posting on the District’s website and social media sites the dates and times of SHAC meetings at which the wellness policy and plan are scheduled to be discussed.*

Responsibility for Implementation

The school nurse shall oversee the implementation of the wellness policy and the development and implementation of this wellness plan and appropriate administrative procedures.

Evaluation

The District shall comply with federal requirements for evaluating the wellness policy and this plan.

Public Notification

The District shall annually inform and update the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy, the wellness plan, and the required implementation assessment.

Records Retention

Records regarding the District's wellness policy will be retained in accordance with law and the District's records management program. [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 United State 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 for reimbursable school meals and all other foods and beverages sold, otherwise made available, or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rules.

Foods 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.

Meals served through the National School lunch and Breakfast Programs will: Be presented in an appealing and attractive method, served in a clean and pleasant environment, meet nutrition standards established by local, state, and federal statutes and regulations, offer a variety of fruits and vegetables, and provide potable drinking water.

Per the nutrient standards of the National School lunch and Breakfast Programs, the District will serve only unflavored low-fat (1%) and flavored fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA).

The District will ensure: at least the daily and weekly minimum numbers of grains are served to each age grade group, all grains served meet the current USDA requirement for whole grains, meals and snacks are trans-fat free, contain less than 10% of total calories from saturated fat during a school week, at least the minimum required amount of fruits and vegetables are served to each age group, vegetable sub-groups are all represented in menu planning throughout the school week, at least the minimum required amount of meats or meat alternate are served to each age group, meals fall within the minimum and maximum calorie range by age group and meet the weekly sodium target range by age group.

Foods and beverages sold individually will: Meet Smart Snack regulations.

Beverages sold will include: Water without ratification sweeteners, sugar or sodium; fruit and vegetable juices and fruit-based drinks that contain 100% fruit juice or 100% fruit juice plus water with no additional sweeteners, meet current USDA guidelines concerning nutrients of public health concern, no- or low-calorie flavored and/or carbonated beverages, low-fat, un-flavored or flavored fat-free fluid milk and nutritionally-equivalent non-dairy beverages (to be defined by USDA). At least 50% of the beverages offered for sale will be water.

Portions size and calorie restrictions for beverages will include: Milk ≤8 oz in elementary, ≤12 oz in middle and high school, 100% fruit and vegetable juice, ≤8 oz elementary, ≤12 oz middle and high school. Calorie free beverages with or without flavoring or caffeine are not allowed in elementary and middle schools. Calorie free beverages with or without flavoring or caffeine are allowed at high schools with the following restrictions: ≤5 cal per 8 oz, or ≤10 calories per 20 oz, portions. Lower calorie beverages, with or without caffeine, are not allowed in elementary or middle schools. Lower calorie beverages, with or without caffeine, are allowed at high schools with the following restrictions: ≤40 calories per 8 fluid oz or ≤60 calories per 12 fluid oz. Plain, unflavored water available without portion restriction to all age-grade groups.

Fundraisers

The District will not allow exempted fundraisers; all fundraisers will include non-food items, foods that meet the Smart Snacks standards, or foods that are not intended to be consumed at school.

Time and Place Restrictions:

An elementary school campus may not serve competitive foods (or provide access to them through indirect sales) to students anywhere on the school compass throughout the school day except for those food items made available by the school food service department. Approved foods sold as part of a fundraising event may not be provided 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.

Middle or junior high school campuses may not serve competitive foods (or provide access to them through indirect sales), including fundraising, 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 schools may not serve competitive foods (or provide access to them through indirect sales), including fundraising, 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.

Nutritional information indicating compliance with these regulations (nutrient fact label or signed product analysis statement from the manufacturer) will be retained for review purposes by the LEA staff member coordinating the fundraising event. Information will be kept on file for 5 years.

Foods Made Available

There are currently no federal requirements for foods or beverages made available to students by their parents and/or grandparents during the school day. 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. In order to provide students with allergies with the safest environment possible for eating, students will not be allowed to share foods in the cafeteria. [See CO(LEGAL)]

Measuring Compliance

The District will measure compliance with the nutrition guidelines by reviewing the menus for reimbursable meals, foods, and beverages that are sold in competition with the 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.

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.

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

GOAL: 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 participate in federal child nutrition programs each school year.	
Action Steps	Methods for Measuring Implementation
Distribute flier regarding school food programs within first two weeks of the school year; Distribute flier regarding supplemental food programs offered by the District within the first 2 weeks of operations.	<p><i>Baseline or benchmark data points:</i></p> <ul style="list-style-type: none"> • Participation rates in federal child nutrition programs at beginning, middle, and end of school year. <p><i>Resources needed:</i></p> <ul style="list-style-type: none"> • Development of fliers and follow-up letters. • Personnel to distribute fliers. <p><i>Obstacles:</i></p> <ul style="list-style-type: none"> • Fliers and letters sometimes do not reach the parents. • Negative perceptions of school meals. • Parents choosing not to disclose information related to income or family information to determine eligibility for free or reduced-price meals.
Objective 2: 80% of the parents will have access to nutrition education through the publishing of monthly newsletters approved by a Registered Dietitian.	
Action Steps	Methods for Measuring Implementation
Publishing no less than 9 monthly newsletters within a school calendar year with pertinent nutrition information aimed at promoting healthy nutrition choices and positively influencing the health of students.	<p><i>Baseline or benchmark data points:</i></p> <ul style="list-style-type: none"> • Number of newsletters published by the District. <p><i>Resources needed:</i></p> <ul style="list-style-type: none"> • Literature to send to families/community. <p><i>Obstacles:</i></p> <ul style="list-style-type: none"> • Limited resources/organizations.
Objective 3: Consistently post in an easily accessible location on the District’s website the monthly school breakfast and lunch menus, along with the nutritional information of each meal.	

Action Steps	Methods for Measuring Implementation
<p>Develop menus that are in compliance with this objective and are posted no later than the first day of the month of service.</p>	<p><i>Baseline or benchmark data points:</i></p> <ul style="list-style-type: none"> ● The manner in which the menus and nutrition information are communicated to parents currently. ● The number of times the menus were viewed during the school year. <p><i>Resources needed:</i></p> <ul style="list-style-type: none"> ● Website location along with metrics to tabulate number of views. ● Staff to create and distribute the menus for posting to the website. <p><i>Obstacles:</i></p> <ul style="list-style-type: none"> ● All nutritional information may not be readily available. ● Not all families have internet access.

Objective 4: By May of each school year, score at least at the bronze level on the Smarter Lunchroom scorecard (https://www.healthyeating.org/docs/default-source/3.0-our-cause/slm-pages/smarter-lunchrooms-scorecard.pdf?sfvrsn=c43d35d9_2).

Action Steps	Methods for Measuring Implementation
<p>Child Nutrition staff members will complete scorecards for the campus in October and May</p>	<p><i>Baseline or benchmark data points:</i></p> <ul style="list-style-type: none"> ● Score on the assessment for the campus in October and May. <p><i>Resources needed:</i></p> <ul style="list-style-type: none"> ● Staff to access the scorecard. ● Available staff to answer questions about the assessment from campus nutrition directors. <p><i>Obstacles:</i></p> <ul style="list-style-type: none"> ● Training between October and May to implement the Smarter Lunchroom strategies. ● Time and staff to devote to implementing the Smarter Lunchroom strategies.

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 services and health education component at the elementary and middle school levels. [See EHAA]

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

GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1: The District will continue to offer health as an elective in middle school.	
Action Steps	Methods for Measuring Implementation
Health education will be included as an elective on the choice sheets that go out to students entering grade 7.	<p><i>Baseline or benchmark data points:</i></p> <ul style="list-style-type: none"> • Participation rates in health education course. <p><i>Resources needed:</i></p> <ul style="list-style-type: none"> • Certified staff to teach the course. • Plan to accommodate health as an elective in 7th grade. <p><i>Obstacles:</i></p> <ul style="list-style-type: none"> • Interest in the health education class
Objective 2: At least 90% of students enrolled in physical education courses throughout the District will achieve at least a semester grade average of 80 on a scale of 100.	
Action Steps	Methods for Measuring Implementation
Create a formula to obtain the semester grade averages of students enrolled in physical education.	<p><i>Baseline or benchmark data points:</i></p> <ul style="list-style-type: none"> • Average semester grades at the end of the first and second semester for all District students enrolled in physical education. <p><i>Resources needed:</i></p> <ul style="list-style-type: none"> • Support from central administration to obtain grade averages. <p><i>Obstacles:</i></p> <ul style="list-style-type: none"> • Nutrition education is only a part of the essential knowledge and skills for physical education courses.

Physical Activity

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

Federal law requires that the District establish goals for physical activity in its wellness policy.

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

GOAL: 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: The campus will have secure storage facilities for bicycles to encourage biking to school.	
Action Steps	Methods for Measuring Implementation
Maintain the bike rack storage facility for the campus.	<p><i>Baseline or benchmark data points:</i></p> <ul style="list-style-type: none"> • The presence and security of the bicycle storage facility. <p><i>Resources needed:</i></p> <ul style="list-style-type: none"> • Equipment and products that allow for storage upkeep and maintenance. <p><i>Obstacles:</i></p> <ul style="list-style-type: none"> • May result in greater costs for maintaining the security of the facility.
Objective 2: The District will improve playground equipment in order to encourage physical activity for all students.	
Action Steps	Methods for Measuring Implementation
Design and build a playground that is accessible to all students.	<p><i>Baseline or benchmark data points:</i></p> <ul style="list-style-type: none"> • Design and completion of the playground. <p><i>Resources needed:</i></p> <ul style="list-style-type: none"> • Funds to procure the playground. • Removal of old equipment. <p><i>Obstacles:</i></p> <ul style="list-style-type: none"> • High cost of equipment may cause the playground to be fully accessible in stages.

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 goal(s) to create an environment conducive to healthy eating and physical activity and to promote and express a consistent wellness message through other school-based activities.

GOAL: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
Objective 1: Each campus will build its master schedule to allow for at least 20 minutes to eat lunch, from the time a student receives his or her meal and is seated.	
Action Steps	Methods for Measuring Implementation
Evaluate current meal time allowances by campus. Work with campus administrators to adjust master schedules as necessary.	<p><i>Baseline or benchmark data points:</i></p> <ul style="list-style-type: none"> The number of campuses that currently meet the standard compared to the previous school year. <p><i>Resources needed:</i></p> <ul style="list-style-type: none"> Average time it takes for students to receive a meal and be seated. <p><i>Obstacles:</i></p> <ul style="list-style-type: none"> Master schedules take into account several issues, only one of which will be meal times.