

Beta Academy Local Wellness Policy: Triennial Assessment Summary

Section 1: General Information

School(s) included in the assessment: Beta Academy

Month and year of current assessment: June 2021

Date of last Local Wellness Policy revision: 8/7/2020

Website address for the wellness policy and/or information on how the public can access a copy:

<https://www.betaacademy.org/other-resources.html>

Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet? 4



Designated School Wellness Leader

Name	Job Title	Email Address
Molly Lauder	Child Nutrition Director	mlauder@betaacademy.org

School Wellness Committee Members

Name	Job Title	Email Address
Martha Smith	Chief Business Officer	msmith@betaacademy.org
Kylee Harner	Executive Assistant	kharner@betaacademy.org
Fransico Avila	Physical Education Coach	favila@betaacademy.org
Traci Liles	Certified Nursing Assistant/Parent	tliles@betaacademy.org

Section 3. Comparison to Model School Wellness Policies

Completed  WellsAT 3.0.pdf and  Identify Connections Between Policy and Practice.docx.pdf

Indicate model policy language used for comparison:

Alliance for a Healthier Generation: Model Policy

WellsAT 3.0 example policy language

Other (please specify): _____

Describe how your wellness policy compares to model wellness policies.

- District Comprehensive Score: 65.9%
- District Strength Score: 48.4%
- National Average Comprehensive Score as of 2018: 54%
- National Average Strength Score as of 2018: 33%

Section 4. Compliance with the Wellness Policy and Progress towards Goals

At a minimum, local wellness policies are required to include:

- Specific goals for:
 - Nutrition promotion and education
 - Physical activity
 - Other school based activities that promote student wellness.
- Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with Federal regulations for school meal nutrition standards, and the Smart Snacks in School nutrition standards.
- Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- Description of public involvement, public updates, policy leadership, and evaluation plan.

Using the tables below, indicate the language that is currently written in the district local wellness policy in relation to each topic area. Next, assess and discuss whether the district is meeting the goal, partially meeting the goal, or not meeting the goal. Finally, indicate the progress made for each goal and next steps that have been identified.

Nutrition Promotion and Education Goal(s)	WellsAT Identifier	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Beta Academy shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate areas with the intent to improve student health.	NE 1		X		This is incorporated on school menus and posters provided by the Texas Department of Agriculture. National School Lunch Week and School Breakfast week promote healthy school meals, and need to link these two weeks more with the school environment with enrichment teachers. Teachers are encouraged to offer non-food rewards or healthy food incentives in classrooms, this is not always followed but will be addressed in orientation for SY 21-22.
Beta Academy shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.	NE 7		X		Food vendors present information about their meals at orientation nights, but could not execute due to COVID restrictions. Health booth set up at one family night per year about healthy eating/nutrition. We will add verbiage about including nutrition education into the Beta Academy monthly newsletters.

Nutrition Education will be part of not only health education classes, but also will be integrated into other areas of curriculum, as appropriate.	NE 6		X		Nutrition education is taught in P.E. and integrated in some other lesson plans throughout the year in other subjects. 3 year plan to add garden and cooking classes.
Beta Academy shall adapt and exceed state standards for professional development so that teachers and CNP staff responsible for nutrition education can effectively deliver the program.	SM 9		X		All staff take food service civil rights training. Child Nutrition staff exceeds the state standards for continuing education units annually.
Beta Academy will allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	SM 7		X		Lunch for all scholars is 30 minutes, breakfast is 50 minutes for grades K-10, and 20 minutes breakfast for Prek. 3 year plan to offer after the bell breakfast (20 minutes) to capture 11th and 12th grade scholars since they arrive after traditional breakfast is served.

Physical Activity Goal(s)	WellSAT Identifier	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Time allotted consistent with research and state standards of 30 minutes of structured (physical education TEK-based) daily physical activity per day or 135 minutes per week, K-5. 6-8	PEPA 4 PEPA 5	X			Beta Academy always meets or exceeds the state standards set for physical education minutes requirements for all grade/age groups. Physical activity is never

grade scholars must be enrolled in 4 semesters of P.E. (TEKS-based). There must be one semester in 7th grade and one semester in 8th grade.					used as a punishment. We will add verbiage to policy about High School scholars.
Time allotted for recess will be consistent with research and recommendations from the CDC of at least 20 minutes a day of supervised recess, independent of the time scholars are in P.E. for elementary and PA break is highly encouraged for middle school age scholars.	PEPA 13 PEPA 14				Beta Academy always meets or exceeds the recommended standards set for recess and physical activity break requirements for all grade/age groups. Physical activity is never taken away for disciplinary action.
Beta Academy shall make appropriate before and after school physical activity programs available and shall encourage students to participate.	PEPA 12				This year the flagship campus implemented an early morning workout group. Morning assembly is all about getting up and moving their bodies to charge up for the day. After school intramural sports/activities are provided at both campuses.
Beta Academy will implement physical education from adopted curriculums.	PEPA 1				Example: K-5 Introduction to sport skills such as catching, throwing, field balls, batting, running etc. 3 year plan to offer other physical education classes such as dance.
Beta Academy shall adapt and exceed state standards for professional development so that P.E. staff responsible for physical education can effectively deliver the program.	PEPA 8				It is encouraged in job descriptions but not always taken by staff. Provide P.E. staff a list of available training through Region 4 Service Center to take during the school year. We are exempt from this requirement since we are a charter, this is why it is encouraged and not

					required.
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School-based activities to promote student wellness goal(s)	WellSAT Identifier	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
Beta Academy will promote enjoyable, developmentally, and culturally appropriate activities.	PEPA 11	X			This is implemented through Field days in the Spring. Added this school year (20-21) at the flagship campus for middle school were Tribes. See Tribes section of Beta website for more details.
Beta Academy will create a total school environment that is focused on the safety, health, and overall well-being of our scholars and employees	WPM 2	X			All staff is required to complete safety and wellbeing training prior to the beginning of the school year such as anti-bullying, sexual abuse, suicide prevention, etc. Health services were provided this year; onsite COVID testing. Employee health benefits include Rally Health.
Each campus will have a Campus Health Advisory Committee. This committee will assist with the implementation of the Beta Academy Wellness Plan to effectively reach the goals and objectives set for each campus.	IEC 8		X		Campus Health Advisory Committee was chosen but did not have their own meetings or were not always communicated with about all wellness events and policies. Beginning of SY 21-22, wellness policy will be gone over with CHAC and they will meet at least once per year.

Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks)	WellSAT Identifier	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
The district will comply with federal requirements for reimbursable meals	SM 1	X			Food vendors that supply meals must meet the USDA nutrition standards for NSLP/SBP meal patterns; PREK, K-5, 6-8, and 9-12. The Child Nutrition Director monitors menus and nutrition documentation monthly, weekly, and daily to ensure compliance. Cashiers are trained to identify reimbursable meals at the point of service.
State rules adopted by TDA allow an exemption to the Smart Snacks requirements for up to 6 days per year per campus when a food or beverage is sold as part of a district fundraiser.	NS 6	X			For in school fundraisers, Principals monitor what is purchased and sold to the scholars during the school day. It is encouraged to sell non-food items. When non Smart Snack food/beverages items are sold it is communicated with the Child Nutrition Director prior to the fundraiser and Principals keep track of all exempt fundraiser days. The goal is to always stay under the 6 allowable days per campus.

<p>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 cartes options or vending machines.</p>	<p>NS 1 NS 3 NS 4</p>	<p>X</p>			<p>Before a la carte snacks are purchased, their nutrition information is run through the Smart Snack Calculator. Beta Academy does not have vending machines on campus and does not intend to ever have them installed. Need to add verbiage about students stores only selling Smart Snack food/beverages (3 year plan)</p>
<p>Beta Academy will promote the consumption of fruits, vegetables, whole grains, low fat and fat free dairy, healthy food preparations and healthy enhancing nutrition practices.</p>	<p>SM 6</p>	<p>X</p>			<p>When selecting a food vendor, Beta Academy makes serving fresh fruits and vegetables over canned/frozen a high priority. As well as exceeding the NSLP/SBP nutrition standards but in place by the federal government. Example: we do not serve chocolate milk at breakfast to further limit sugar intake. Also, school meals are promoted to be consumed first before any a la carte sales can occur.</p>

<p>Guidelines for other foods and beverages available on the school campus, but not sold</p>	<p>WellSAT Identifier</p>	<p>Meeting Goal</p>	<p>Partially Meeting Goal</p>	<p>Not Meeting Goal</p>	<p>Describe progress and next steps</p>
<p>Parents/Guardians of scholars are only allowed to bring store bought food/drink items to class parties, class parties will not occur during designated meal periods.</p>	<p>NS 9</p>	<p>X</p>			<p>This is communicated with families at the beginning of each school year. If anything is brought in that does not meet the</p>

					<p>guidelines set, it is not served to the scholars. This is monitored at the front office and during car lines. Principals schedule class parties to always be before or after lunch periods. Teachers send out food/drink lists to families to sign up for certain approved items.</p>
<p>Parent/Guardian of scholar is only allowed to bring store bought individual treats for birthday celebration during lunch meal period</p>	NS 9	X			<p>This is communicated with families at the beginning of each school year. If anything is brought in that does not meet the guidelines set, it is not served to the scholars. This is monitored at the front office and during car lines.</p>
<p>The district prohibits campuses and employees from making non-smart snack compliant foods or beverages available to scholars during any designated meal period.</p>	NS 9		X		<p>Teachers/staff are informed of this policy at the beginning of the SY, and need to make sure all staff/substitutes that start after the beginning of SY are also made aware of the policy. We did have instances where teachers provided alternative meals during breakfast and lunch to their classroom, Principal's address with them about policy after each occurrence so it does not happen again.</p>

The district prohibits scholars from ordering food/beverages from an outside restaurant/food vendor to be delivered during designated meal periods.	NS 9	X			This is also instilled through our no cell phone policy so they are not able to order delivery off of their mobile devices.
Campuses will provide access to water for scholars outside of meal periods.	SM 8	X			Added refillable water bottle stations. Start selling Beta Academy logo water bottles. Need to add verbiage to policy about water availability during school meal periods.

Marketing and advertising of only foods and beverages that meet Smart Snacks	WellsAT Identifier	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
The district will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snack standards. Although the district is not required to immediately remove or replace food and beverage advertisements on items such as menu boards or other food service equipment, or on scoreboards or gymnasiums. The SHAC will periodically monitor these and make recommendations when replacements or new contracts are considered.	WPM 7	X			There is no food or beverage advertisement that occurs. Equipment is bought/leased with the knowledge of knowing it should not market food or beverages. All other marketing that is on equipment and materials is the Beta Academy logo. Beta Academy is very strict about marketing and only wants the Beta logo on all materials sold.

