

Beta Academy shall promote a healthy lifestyle for scholars, families, and staff which will lead to lifelong maintenance of healthy habits. The mission will be accomplished by the development and implementation of measurable goals in nutrition promotion and education, physical activity and school based health activities.

DEVELOPMENT OF GOALS  
AND GUIDELINES

The local school health advisory council (SHAC), on behalf of the District, shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law. In the development, implementation, and review of these guidelines and goals, the SHAC shall permit participation by parents, students, representatives of the District's food service provider, physical education teachers, school health professionals, members of the Board, school administrators, and members of the public

WELLNESS PLAN

The SHAC shall develop a wellness plan to implement the District's nutrition guidelines and wellness goals. The wellness plan shall, at a minimum, address:

1. Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;
2. Objectives, benchmarks, and activities for implementing the wellness goals;
3. Methods for measuring implementation of the wellness goals; and
4. The manner of communicating to the public applicable information about the District's wellness policy and plan. The SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.

NUTRITION GUIDELINES

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

The District shall establish standards for all foods and beverages provided, but not sold, to students during the school day. These standards shall be addressed in the District's wellness plan.

WELLNESS GOALS

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.

The District establishes the following goals for nutrition promotion:

1. Beta Academy shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate areas with the intent to improve student health.
2. 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

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.

The District establishes the following goals for nutrition education:

1. Nutrition Education will be part of not only health education classes, but also will be integrated into other areas of curriculum, as appropriate.
2. 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 programs.
3. The District shall establish and maintain school gardens and farm-to-school programs.

PHYSICAL ACTIVITY

The District will implement, in accordance with 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.

The District establishes the following goals for physical activity

1. Beta Academy shall make appropriate before and after school physical activity programs available and shall encourage students to participate.
2. Beta Academy will provide opportunities for scholars to regularly participate in physical activity and maintain physical fitness.
3. Beta Academy shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where applicable.

SCHOOL-BASED ACTIVITIES

Federal law requires the District to establish 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.

1. Beta Academy will allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.
2. Beta Academy will promote enjoyable, developmentally, and culturally appropriate activities
3. Beta Academy will create a total school environment that is focused on the safety, health, and overall well being of our scholars and employees.

IMPLEMENTATION

The Child Nutrition Director is the District official responsible for the overall implementation of FFA(LOCAL), including the development of the wellness plan and any other appropriate administrative procedures, and ensuring that each campus complies with the policy and plan.

EVALUATION	The District shall comply with federal requirements for evaluating this policy and the wellness plan, as well as the District's and each campus's level of compliance with the policy and plan.
	Triennially, the SHAC will assess the district's compliance with the local school wellness policy and make assessment results available to the public. The triennial assessment must include the extent to which the district and each campus are in compliance with the wellness policy, the extent to which the district's policy compares to model policies, and a description of the progress
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 a copy of the wellness policy and the wellness plan, as well as a copy of the triennial assessment.
RECORD RETENTION	Records regarding the District's wellness policy will be retained in accordance with law and the District's records management program.