

BETA ACADEMY CHARTER SCHOOL
STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

WELLNESS PLAN

This document, referred to as the “wellness 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. The District shall support the general wellness of all students by implementing measurable goals to promote sound nutrition and student health and to reduce childhood obesity.

STRATEGIES TO
SOLICIT INVOLVEMENT

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 other interested persons by:

1. Holding quarterly SHAC meetings; and
2. Opportunities for involvement and input of Local Wellness Plan

IMPLEMENTATION

Each campus assistant principal or designee; executive assistant is responsible for the implementation of FFA(LOCAL) and this wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation.

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

EVALUATION

At least every three years, as required by law, the District will measure and make available to the public the results of an assessment of the implementation of the District's wellness policy, the extent to which each campus is compliant with the wellness policy, a description of the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy compares with any state- or federally designated model wellness policies. This will be referred to as the "triennial assessment."

Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials.

The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes. The SHAC may use any of the following tools for this analysis:

- Center for Disease Control Prevention
<https://www.cdc.gov/healthyyouth/index.htm>
- Action For Healthy Kids: School Health Index
https://afhkschoolportal.force.com/AFHK_SHI_Completed_List
- National Center on Health, Physical Activity and Disability
<https://www.nchpad.org/Educators>

PUBLIC NOTIFICATION

To comply with the legal requirement to annually inform and update the public about the content and implementation of the local wellness policy, the District will create a wellness link on its website to document information and activity related to the school wellness policy, including:

1. A copy of the wellness policy [see FFA(LOCAL)];
2. A copy of this wellness plan with dated revisions;
 1. Notice of any Board revisions to policy FFA(LOCAL);
 2. The name, position, and contact information of the District official responsible for the oversight of the wellness policy and implementation of this plan;

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3. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
4. The SHAC's triennial assessment; and
5. Any other relevant information.

The District will also publish the above information in appropriate District or campus publications.

RECORDS RETENTION

Records regarding the District's wellness policy will be retained in accordance with law and the District's records management program. Questions may be directed to the Child Nutrition Director for accountability and compliance *or*, the District's designated records management officer.

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 U.S. 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 and beverages sold to students during the school day on each campus that promote student health and reduce childhood obesity.

The District's nutrition guidelines are to ensure all foods and beverages sold or marketed to students during the school day adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

FOODS AND BEVERAGES
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. The following websites have information regarding meal and Smart Snacks requirements:

- <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>

- <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- <http://www.squaremeals.org/Publications/Handbooks.aspx>
(see the Complete *Administrator Reference Manual* [ARM], Section 20, Competitive Foods)

EXCEPTION—FUNDRAISERS

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six days per year per campus when a food or beverage is sold as part of a District fundraiser. Each campus is responsible for identifying no more than six days per school year and providing such dates to the Child Nutrition Director at least two weeks prior to the exempt fundraiser.

FOODS AND BEVERAGES
PROVIDED

There are no federal or state restrictions for foods or beverages provided, but not sold, to students during the school day. However, each school district must set its own standards. 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 student's birthday or to children at a school-designated function. In addition, the District has established the following local standards for foods and beverages made available to students:

Parent/Guardian of scholar is only allowed to bring store bought food/drink items to class parties, class parties will not occur during designated meal periods.

Parent/Guardian of scholar is only allowed to bring store bought individual treats for birthday celebration during lunch meal period.

The District prohibits campuses and employees from making non-smart snack compliant foods or beverages available to scholars during any designated meal period.

The District prohibits scholars from ordering food/beverages from an outside restaurant/food vendor to be delivered during designated meal periods.

MEASURING COMPLIANCE

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to the TDA, reviewing 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.

The District will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks 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.

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

GOAL 1: Beta Academy shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate areas with the intent to improve student health.	
Objective 1: Cafeterias will post healthy eating tips and habits in informational posters and will also incorporate these healthy messages on school’s menus.	
Action Steps	Methods for Measuring Implementation
<p>Present to CHAC to inform their staff at each campus where to find cafeteria menus. Print menus for their classrooms.</p> <p>Train CNP staff to promote nutrition informational posters</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● Monthly Menus <p>Resources:</p> <ul style="list-style-type: none"> ● TDA posters and menu templates ● Computer access to view menus under cafeteria section https://www.betaacademy.org/calendars.html <p>Obstacles:</p> <ul style="list-style-type: none"> ● Printing costs for posters/menus ● Computer/internet/printer access

Objective 2: Teachers are encouraged to offer non-food rewards or healthy food choices as incentives in the classroom.	
Action Steps	Methods for Measuring Implementation
Present to CHAC	Baseline or benchmark data points: <ul style="list-style-type: none"> • Beginning of SY and new hires Resources needed: <ul style="list-style-type: none"> • List of non-food rewards and age appropriate smart snacks Obstacles: <ul style="list-style-type: none"> • teacher support/funds

GOAL 2: Beta Academy will promote the consumption of fruits, vegetables, whole grains, low fat & fat free dairy, healthy food preparations and health enhancing nutrition practices.	
Objective 1: Beta Academy's food vendor Revolution Foods menus comply with the current USDA Dietary Guidelines for Americans and the nutritional guidelines for reimbursable school meals.	
Action Steps	Methods for Measuring Implementation
CNP Director will evaluate offerings on a weekly basis for menu compliance, age/grade group meal appropriateness, freshness of produce, etc. CNP Staff will be trained on guidelines and to promote fruit/vegetable consumption	Baseline or benchmark data points: <ul style="list-style-type: none"> • Training at beginning of year and as needed Resources needed: <ul style="list-style-type: none"> • CN labels, formulation statements, production records Obstacles: <ul style="list-style-type: none"> • Rev Food support staff response time
Objective 2: Campuses will provide access to water for scholars outside of meal periods.	
Action Steps	Methods for Measuring Implementation
Ensure all water fountains are in working order Encourage scholars to bring refillable water bottles	Resources needed: <ul style="list-style-type: none"> • Plastic cups for those whom do not have a water bottle • Back up water bottles in case water is not safe to drink

Objective 3: Beta Academy will host two school meal promotion weeks at each campus	
Action Steps	Methods for Measuring Implementation
Present to CHAC ideas for National School Lunch Week and National School Breakfast Week	Baseline or benchmark data points: <ul style="list-style-type: none"> ● NSLW October 12th - 16th ● NSBW March 8th - 12th Resources needed: <ul style="list-style-type: none"> ● Posters from TDA, handouts, plan of action for week Obstacles: <ul style="list-style-type: none"> ● Getting enrichment teachers on board and scheduling

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.

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

GOAL 1: 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.	
Objective 1: Host a “Healthy Family Night” to discuss healthy eating tips and habits with parents/guardians to introduce into family routines.	
Action Steps	Methods for Measuring Implementation
Present to CHAC to incorporate into a family night that is already planned	Baseline or benchmark data points: <ul style="list-style-type: none"> ● One parent night Resources: <ul style="list-style-type: none"> ● PowerPoint ● Handouts/Flyers (recipes, grocery lists, healthy eating games, etc.) Obstacles: <ul style="list-style-type: none"> ● Publicizing meeting ● Attendance and location
Objective 2: Beta Academy will partake in Every Kid Healthy Week in Spring	

Action Steps	Methods for Measuring Implementation
Present to CHAC; brainstorm activities for mindfulness, nutrition/healthy eating, sustainability/wellness, social emotional health, and physical activity	Baseline or benchmark data points: <ul style="list-style-type: none"> • April 26th-30th Resources needed: <ul style="list-style-type: none"> • Posters from AFHK, handouts, plan of action for week Obstacles: <ul style="list-style-type: none"> • Getting enrichment teachers on board and scheduling/funding

GOAL 2: Nutrition Education will be part of not only health education classes, but also will be integrated into other areas of curriculum, as appropriate.	
Objective 1: Morning assembly will have a “Healthy Living” moment where we will give scholars valuable information on healthy food choices, how to fuel exercise with nutrition, mindful eating, etc.	
Action Steps	Methods for Measuring Implementation
Present to CHAC Create video content	Baseline or benchmark data points: <ul style="list-style-type: none"> • Every Monday morning (beginning after Labor Day) Resources needed: <ul style="list-style-type: none"> • Visual aids or YouTube videos Obstacles: <ul style="list-style-type: none"> • Technology
Objective 2: Physical Education teachers will support the health education curriculum by incorporating activities/discussions to support the overall nutrition/wellness goals for all grade levels.	
Action Steps	Methods for Measuring Implementation
Present to PE teachers	Obstacles: <ul style="list-style-type: none"> • Time and equipment

GOAL 3: 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.	
Objective 1: Beta Academy will provide nutrition training to staff through district training as well as through the region education service center.	

Action Steps	Methods for Measuring Implementation
Present to CHAC Sign CNP staff up for Region 4 ESC trainings CNP Director exceeds professional development hours yearly	Baseline or benchmark data points: <ul style="list-style-type: none"> ● PD hours differ based on position Obstacles: <ul style="list-style-type: none"> ● Transportation ● Scheduling

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 following addresses how the District meets the required amount of physical activity:

- Time allotted consistent with research and state standards of 30 minutes of structured (physical education TEKS-based) daily physical activity per day or 135 minutes per week, K-5
- 6-8 grade scholars must be enrolled in 4 semesters of P.E. (physical education TEKS-based). There must be one semester of P.E. in 7th grade and one semester in 8th grade.
- 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 a physical activity break is highly encouraged for middle school age scholars.
- Provide opportunities for activity through physical education classes, recess and integration in curriculum. (ALL GRADES)

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 1: Beta Academy shall make appropriate before and after school physical activity programs available and shall encourage students to participate.	
Objective 1: Scholars are given opportunities for physical activity through a range of after school programs including but not limited to intramural, interscholastic athletics, and physical activity clubs.	
Action Steps	Methods for Measuring Implementation
Beta Academy will have an after-school program with intramural sports/activities at both campuses.	Baseline or benchmark data points: <ul style="list-style-type: none"> ● Year-round (Fall & Spring sessions) Resources needed: <ul style="list-style-type: none"> ● Volunteers, travel, uniforms, fees Obstacles: <ul style="list-style-type: none"> ● Volunteers
Objective 2: Morning assembly will play get up and move videos to help our scholars jump start their school day.	
Action Steps	Methods for Measuring Implementation
Obtain dance videos (zumba, just dance, etc.)	Baseline or benchmark data points: <ul style="list-style-type: none"> ● Daily Resources needed: <ul style="list-style-type: none"> ● Access to videos ● Projector/screen Obstacles: <ul style="list-style-type: none"> ● Volunteer daily to operate

GOAL 2: Beta Academy will provide opportunities for scholars to regularly participate in physical activity and maintain physical fitness.	
Objective 1: Beta Academy will implement physical activities from adopted curriculums. Physical activity will not be used as punishment or be taken away for disciplinary actions.	
Action Steps	Methods for Measuring Implementation
K-5: Introduction to sport skills such as catching, throwing, field balls, batting, running, etc.	Baseline or benchmark data points: <ul style="list-style-type: none"> ● February-March Resources needed: <ul style="list-style-type: none"> ● Volunteers, facility, equipment Obstacles: <ul style="list-style-type: none"> ● Volunteers and space

Objective 2: Beta Academy will implement at least 20 minutes of supervised recess for Pre-K through 5th grade. Recess is to be unstructured playtime where scholars have choices, develop rules for play, and release energy. Recess should not be viewed as an award. 6-11 grade will have at least a 15 minutes break for recess or other form of unstructured physical activity.	
Action Steps	Methods for Measuring Implementation
Coordinate with district/campus administrators Train staff/teachers on recess rules, expectations, proper use of equipment, safety, and not using as an award to scholars	Baseline or benchmark data points: <ul style="list-style-type: none"> • Daily Resources needed: <ul style="list-style-type: none"> • Playground/other equipment Obstacles: <ul style="list-style-type: none"> • Inclement weather days

GOAL 3: Beta Academy shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appreciate.	
Objective 1: Beta Academy shall adapt and exceed state standards for professional development so that P.E. staff responsible for physical education can effectively deliver the programs.	
Action Steps	Methods for Measuring Implementation
Encourage state certified P.E. instructors P.E. Director exceeds professional development hours required yearly	Baseline or benchmark data points: <ul style="list-style-type: none"> • PD hours differ based on position Obstacles: <ul style="list-style-type: none"> • Transportation • Scheduling
Objective 2: Beta Academy incorporates whole brain teaching into the curriculum which encourages classroom teachers to include movement in lessons and provide short activity breaks between lessons or when applicable.	
Action Steps	Methods for Measuring Implementation
Whole Brain Teaching model included in Beta Academy Welcome Packet provided to all staff members Additional training provided to teachers during teacher in-service days	Baseline or benchmark data points: <ul style="list-style-type: none"> • Daily; in-service days throughout year Resources needed: <ul style="list-style-type: none"> • Supplies to carry out instructional method during lesson plans

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) as part of its student wellness policy to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message.

GOAL 1: Beta Academy will allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
Objective 1: Beta Academy will implement a 30-minute lunch time for all students in the cafeteria and in the classroom, when applicable.	
Action Steps	Methods for Measuring Implementation
Work with campus administrators to adjust master schedules as necessary.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Daily Resources needed: <ul style="list-style-type: none"> • POS, classroom rosters, teacher support Obstacles: <ul style="list-style-type: none"> • Teachers remaining on schedule
Objective 2: Cafeterias will maintain HACCP logs daily and conduct food operations safety inspections bi-weekly	
Action Steps	Methods for Measuring Implementation
Train CNP staff on how to fill out HACCP logs Train CNP Coordinators on how to conduct safety inspections of food service operations	Baseline or benchmark data points: <ul style="list-style-type: none"> • Daily and bi-weekly Resources needed: <ul style="list-style-type: none"> • HACCP forms provided by Revolution Foods and food safety inspection form off of Square Meals

GOAL 2: Beta Academy will promote enjoyable, developmentally, and culturally appropriate activities

Objective 1: Beta Academy will host Field Days in Spring for both elementary and middle school age scholars.

Action Steps	Methods for Measuring Implementation
Present to CHAC P.E. Director will coordinate with district/campus administrators	Baseline or benchmark data points: <ul style="list-style-type: none"> ● Field Day in May of SY 2020-2021 Resources needed: <ul style="list-style-type: none"> ● Field Day equipment, parent volunteers, supplies needed Obstacles: <ul style="list-style-type: none"> ● Parent volunteers ● Purchasing equipment

Objective 2: Beta Academy will host a two day indoor camping experience event for K-2nd grade scholars.

Action Steps	Methods for Measuring Implementation
Present to CHAC P.E. Director will coordinate with district/campus administrators and submit plans to SHAC	Baseline or benchmark data points: <ul style="list-style-type: none"> ● February 22nd and 23rd Resources needed: <ul style="list-style-type: none"> ● Camping equipment, parent volunteers, supplies needed Obstacles: <ul style="list-style-type: none"> ● Parent volunteers ● Purchasing equipment

GOAL 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.

Objective 1: Beta Academy will enforce school/scholar safety and wellbeing training for all staff to complete prior to the start of the school year.

Action Steps	Methods for Measuring Implementation
Coordinate with HR department to include trainings in welcome packet; bullying, sexual abuse, etc.	Baseline or benchmark data points: <ul style="list-style-type: none"> ● Complete all trainings by September 2nd Resources needed: <ul style="list-style-type: none"> ● Training portal

	<ul style="list-style-type: none"> • Computer/internet access Obstacles: <ul style="list-style-type: none"> • Time • Computer/internet access
Objective 2: Beta Academy will provide information about health services offered throughout the community and within the district to employees	
Action Steps	Methods for Measuring Implementation
Collaborate with the HR/benefits department to promote employee wellness (Rally Health, annual flu shots, etc.)	Resources needed: <ul style="list-style-type: none"> • Community partners Obstacles: <ul style="list-style-type: none"> • Community partners • Funding

Objective 3: Each campus will have a Campus Health Advisory Committee composed of a campus administrator, physical education teacher, school nurse, and food service coordinator, with encouragement to include a classroom teacher. This committee will assist with the implementation of the Beta Academy Wellness Plan to effectively reach the goals and objectives set for each campus.	
Action Steps	Methods for Measuring Implementation
Present wellness plan to CHAC	Evaluation: <ul style="list-style-type: none"> • AFHK School Health Index completed at the end of each SY