

**Bluff Dale ISD**  
**Wellness Policy Assessment**

Reviewer Signature: \_\_\_\_\_

*Bill Ng*

Date: \_\_\_\_\_

*11/18/16*

## Nutrition Education Guidelines

Goal #1 Schools will educate, encourage and support healthy eating all students of all ages. [See EHAA, EHAB, and EHAC]

Guidelines:

Pending/ Complete

- |                                     |                                     |  |
|-------------------------------------|-------------------------------------|--|
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | Schools will promote fruits, vegetables, whole grains, low fat & fat free dairy, healthy food preparation and health enhancing nutrition practices.  |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | Nutrition Education will be part of not only health education classes, but also classroom instruction in subjects such as Math, Science, Language Arts, Social Studies and elective subjects.  |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | The school cafeteria serves as a "Learning Lab" to all students to apply critical thinking skills taught in the classroom.   |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | National School Lunch Week will be observed each year.   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | Nutrition Education will involve sharing information with families and the broader community to positively impact students and the health of the community.  |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | School will promote enjoyable, developmentally and culturally appropriate participatory activities.  |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | Schools will offer nutrition education at each grade level as a part of a sequential, comprehensive, standards based program designed to provide students with the knowledge and skills necessary to promote and protect their health. |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | 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 students to regularly participate in physical activity and maintain physical fitness. [See EHAAB and EHAC]

Guidelines:

Pending/ Complete

- |                                     |                          |   |
|-------------------------------------|--------------------------|---|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | Children should have several opportunities for physical activity lasting 15 minutes or more approximately every two hours, especially during the daytime hours. |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | Schools will implement physical activities from adopted curriculums.  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | Schools will encourage classroom teachers to provide short activity breaks between lessons or classes.  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | Schools will provide daily recess period prior to lunch.  |

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

Guidelines:

- |                                     |                          |  |
|-------------------------------------|--------------------------|--|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | Policies ensure that state physical education classes have student teacher ratio similar to others.                              |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | Policies ensure state-certified physical education instructors.  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | Time allotted consistent with research and standards, 30 minutes per day or 135 minutes per week, kindergarten thru sixth grade. |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | Schools will provide opportunities for activity through physical education classes, recess and integration in curriculum.        |

## Nutrition Standards Guidelines

Schools will comply with the current USDA Dietary Guidelines for Americans and the USDA Competitive Food Standard or Smart Snacks in School Nutrition Standards, as well as adhere to the following restrictions: [See CO]

\*A SCHOOL MAY OPT TO BE MORE RESTRICTIVE

Pending/ Complete

A la carte

Nutrition information for products offered is readily available near the point of purchase.

Vending machines

Nutrition information for products offered is readily available near the point of purchase.

Fund raisers

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

Class Parties

Allergy Protocol followed.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Others

Promotional activities to encourage physical activity, academic achievement in compliance with local guidelines.

Promotional activities connected to healthy lifestyles

## Other School Based Activities Guidelines

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

### Guidelines

Pending/ Complete

- |                                     |                                     |  |
|-------------------------------------|-------------------------------------|--|
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | After-school programs will encourage physical activity and promote healthy habits.   |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | Schools will not deny student participation in recess or other physical activity as a form of discipline or classroom make-up time.    |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | Schools will schedule recess for elementary schools before lunch so that children will come to lunch less distracted and ready to eat. |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | Each school's weekly newsletter will provide information about healthy eating and the benefits of physical activity.                   |