

# **Wellness Policy: Bluff Dale ISD**

## **Mission Statement**

The mission of Bluff Dale ISD is to promote a healthy lifestyle for students, parents and staff which will lead to lifelong maintenance of healthy habits. This mission will be accomplished by the development and implementation of our district wellness policy which will incorporate nutrition education and standards, physical activity and any other school related activities.

## **Development of Guidelines and Goals**

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy. [See BDF and EHAA]

## **Nutrition Education Goals**

1. Schools will educate, encourage and support healthy eating by all students of all ages.

## **Physical Education Goals**

1. Schools will provide opportunities for students to maintain physical fitness.
2. Schools will adopt or exceed the state standards for physical activity.

## **Nutrition Standards**

- 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

- A la carte
- Vending machines
- Fund raisers
- Class parties
- Others

## **Other School Related Activities**

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

## **Nutrition Education Guidelines**

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

### **Guidelines:**

- Schools will promote fruits, vegetables, whole grains, low fat & fat free dairy, healthy food preparation and health enhancing nutrition practices.
- 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.
- The school cafeteria serves as a “Learning Lab” to all students to apply critical thinking skills taught in the classroom.
- National School Lunch Week will be observed each year.
- Nutrition Education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- School will promote enjoyable, developmentally and culturally appropriate participatory activities.
- 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.
- 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:

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

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

### Guidelines

- Policies ensure that state physical education classes have student teacher ratio similar to others.
- Policies ensure state-certified physical education instructors.
- Time allotted consistent with research and standards, 30 minutes per day or 135 minutes per week, kindergarten thru sixth grade.
- 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**

**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**

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**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:**

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