

Blackwell Consolidated Independent School District



Local Wellness Policy

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Purpose and Goal:

In accordance with Section 204 of Public Law 108-265, Blackwell CISD hereby presents this Local Wellness Policy in an effort to improve and maintain the physical fitness and general good health of both students and staff.

Blackwell CISD recognizes that healthy eating and exercise patterns are essential for students to achieve their full academic potential, physical and mental development, and lifelong health and well-being. BCISD accepts the responsibility for helping students and staff establish and maintain lifelong, healthy eating and exercise patterns. By providing a school nutrition and exercise program that is well-planned and well-implemented, the school district strives to positively influence student lifestyles and health.

It is the goal of BCISD to help each student possess the knowledge and skills necessary to make nutritious and enjoyable food choices and physical exercise behaviors that will last a lifetime. In addition, staff are encouraged to model healthy eating and physical activity as a valuable part of daily life. The Blackwell CISD shall prepare, adopt, and implement this comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and shall serve the needs and interests of all students and staff, taking into consideration the differences in cultural norms.

Policy Area 1: Nutrition Education

- The Blackwell CISD Board of Trustees has appointed a School Health Advisory Committee (SHAC). One of its missions shall be to address nutrition and physical activity issues by developing, implementing, and evaluating guidelines that support a healthy school nutrition and physical activity environment. This committee shall offer revisions to these guidelines annually or more often if necessary.
- Principals and the Superintendent will address concerns such as kinds of foods available on the campus, sufficient mealtime, nutrition education, and physical activity.
- Nutrition education shall be integrated across the curriculum and physical activity shall be scheduled daily.
- The school food service staff will also participate in making decisions and guidelines that will affect the school nutrition environment.
- Blackwell CISD will follow health education curriculum standards and guidelines as stated by the Texas Education Agency. Nutrition education activities will be linked directly with the coordinated school health program.
- Students in Pre-kindergarten through Grade 12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.
- Nutrition education will be offered in the school dining area and in the classroom, with coordination between school food service staff and teachers. Teachers will be encouraged to display posters, videos, websites, etc. on nutrition topics.
- BCISD will participate in USDA nutrition programs such as "Team Nutrition" and conduct nutrition education activities and promotions that involve students, parents, and the community. The team responsible for these activities will be composed of Child Nutrition Services staff, Student Services staff, Student Health staff, Health Teachers, and Physical Education Teachers.

Policy Area 2: Physical Activity

- Blackwell CISD schedules and requires at least 30 minutes of physical activity daily for Pre-Kindergarten through Sixth grade. Physical Education classes 45 minutes in length are scheduled and required for grades Seven and Eight. High School students are required to complete 2 credits of Physical Education for graduation.
- Student-to-teacher ratios shall be no more than 22 to 1 for all grade levels.
- All Physical Education teachers employed by BCISD are fully certified by the Texas State Board of Educator Certification.
- Physical activities are scheduled and available to all Secondary students (grades 6-12) outside of the school day in the form of extracurricular athletic activities. The district offers programs in Cross-Country, Football, Cheerleading/Twirling, Basketball, Track, Tennis, and Golf. These activities take place each scheduled school day for one to two hours after regular class hours, as well as frequent Saturdays.
- BCISD encourages students to walk or ride bicycles to school and home each day whenever feasible. The district sponsors an annual bicycle safety program for all elementary students.

Policy Area 3: Nutritional Standards for All Foods Available During the School Day.

- Blackwell CISD will offer breakfast and lunch programs and will participate in the free and reduced federal lunch program.
- Foodservice staff that are properly qualified according to current professional standards participate in professional development activities and will administer the Nutrition Programs.
- Food safety will be a critical part of the school food service operation.
- Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the Texas Department of Agriculture, conforming to good menu planning principles, and featuring a variety of healthy food choices that are tasty, attractive, of excellent quality, and are served at the proper temperature.
- Students will be given the opportunity to provide input on local, cultural, and ethnic favorite food choices.
- School personnel, along with parents, will encourage students to choose and consume full meals. Positive nutrition statements will be provided to students on a daily basis.
- The School Health Advisory Committee will help develop and recommend to the administration guidelines on nutrition standards for food and beverages offered through parties, celebrations, social events, and any school functions (including concession stands at sporting and academic events).
- No food or beverages other than those provided through the school food service program will be made available to Elementary students during the school day. Elementary classrooms may serve one nutritious snack per day in the morning or afternoon (not during lunchtime) under the teacher's guidance. The snack may be provided by the food service department, the teacher, parents or other groups and should be at no cost to the students. Foods and beverages other than those provided through the school food service program will not be made available to students in grades seven and eight during the school day, and may not be made available to high school students until the end of the last lunch period.
- School staff shall not use food as a reward for student accomplishment. The withholding of food as punishment for students is prohibited.
- BCISD will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.

Policy Area 4: Other School-Based Activities Designed to Promote Student Wellness

- BCISD Food Service Program facilities will be given priority in renovations and upkeep.
- Drinking fountains are available to students throughout the school day.
- A short snack-free recess for Elementary students is encouraged to be scheduled sometime before lunch so that the children are more inclined to eat well.
- School personnel will assist all students in developing the healthy practice of washing hands before eating.
- School personnel will schedule time so that students are not required to spend too much time waiting in line.
- School scheduling will not schedule tutoring, pep rallies, assemblies, club meetings, and other activities during meal times.
- Adequate time to eat in a pleasant dining environment will be provided. The minimum eating time for each child after being served will be 10 minutes for breakfast and 20 minutes for lunch.
- School personnel will encourage socializing among students, and between adults and students. Adults will properly supervise the cafeteria and serve as role models to students by demonstrating proper conduct, voice level, and eating etiquette.
- Parents are highly encouraged to eat with students in the cafeteria.
- Creative, innovative strategies will be used by school personnel to help keep the cafeteria dining area positive and pleasant.
- Students and community citizens will be able to utilize the school physical activity facilities on a regular basis.
- The School Health Advisory Committee will include community members, parents of students, and school employees. The committee will help develop and recommend nutrition services and physical activities or programs designed to benefit staff and student health.

Policy Area 5: Measurement and Evaluation

- The School Health Advisory Committee will conduct a review of the food nutrition and physical activity programs in the Fall of each year to identify areas in need of improvement.
- The SHAC Committee will report findings to the Principals and help develop a plan of action for improvement.
- The SHAC Committee and Principals will meet with the Superintendent to submit recommendations for improvement for any revisions to the Local Wellness Policy for the school year.
- The SHAC Committee, with the School Food Service Director as a member, will report quarterly to the Superintendent the progress of the Committee and the status of compliance for the District.

USDA's Competitive Food and Beverage Nutrition Standards

All food and/or beverage items sold during the school day on the school campus that are not part of the reimbursable meal must meet the Beverage Standards, General Food Nutrition Standards, and the Nutrient Standards for Competitive Foods:⁵

Information Box 1

Common Nutrition Measurement Abbreviations

fl = fluid	≤ = equal to or less than
g = gram	≥ = equal to or greater than
mg = milligram	
oz = ounce	

Competitive Food Nutritional Standards Chart			
<i>(Competitive food or beverage items sold during the school day must meet the standards as described in this chart.)</i>			
Beverage Standards			
Type of Beverage	School Level		
	Elementary	Middle	High
<i>Water (With No Added Ingredients)</i>			
• Plain water	Any Size	Any Size	Any Size
• Plain Carbonated Water	Any Size	Any Size	Any Size
<i>Milk</i>			
• Plain, unflavored low fat (1%) milk	≤8 fl oz	≤12 fl oz	≤12 fl oz
• Plain or flavored fat-free milk and approved milk alternatives	≤8 fl oz	≤12 fl oz	≤12 fl oz
<i>Fruit or Vegetable Juice</i>			
• 100% Fruit or vegetable juice	≤8 fl oz	≤12 fl oz	≤12 fl oz
• 100% fruit or vegetable juice diluted with water— <u>with or without carbonation</u> —with no added sweeteners	≤8 fl oz	≤12 fl oz	≤12 fl oz
<i>Other Beverages for High School Students</i>			
• Other lower calorie flavored and/or carbonated beverages that are labeled to contain ≤40 calories per 8 fl oz, or ≤60 calories per 12 fl oz.	—	—	≤12 fl oz
• Other very low calorie flavored and/or carbonated beverages that are labeled to contain ≤5 calories per 8 fl oz, or ≤10 calories per 20 fl oz	—	—	≤20 fl oz

⁵ See the *Exceptions to the Competitive Food and Beverage Nutrition Standards* and the *Items Exempt from Competitive Food and Beverage Nutrition Standards* subsections in this section for additional information on situations, contexts, and specific food and/or beverage items that are not subject to the Competitive Food and Beverage Nutrition Standards.

General Food Nutrition Standards

Meet all of the Competitive Food and Beverage Nutrition Standards

and

Be a grain product that contains 50% or more of whole grains by weight or have whole grains as the first ingredient.⁶

or

Have one of the non-grain major food groups as a first ingredient* (fruit, vegetable, dairy, or protein food).

or

Be a combination food that contains at least ¼ cup fruit and/or vegetable.

or

Be a food that contains 10% of the Daily Value of a nutrient of public health concern from the *Dietary Guidelines for Americans (DGA)* (i.e., calcium, potassium, Vitamin D, or dietary fiber).⁷

Nutrient Standards

Calorie limits:

and

Sodium limits:

and

Fat limits:

and

Sugar limits:

- *Snack Items:*
≤ 200 calories
- *Entrée Items or Main Dishes:* ≤ 350 calories

- *Snack Items:*
≤ 230 mg per portion as packaged⁸
- *Entrée Items or Main Dishes:*
≤ 480 mg per portion as packaged

- *Total Fat:*
≤ 35% of calories
- *Saturated Fat:* < 10% of calories
- *Trans Fat:*
0 g (≤ 0.5 g)

- ≤ 35% of *weight* from total sugars in foods

⁶ If water is the first ingredient, the second ingredient must be a grain product that contains 50% or more of whole grains by weight; have fruits, vegetables, dairy, or protein foods as a first ingredient; or be a combination food that contains at least ¼ cup fruit and/or vegetable.

⁷ Effective July 1, 2016, this criterion is obsolete and may not be used to qualify as a food and/or beverage item as an allowable competitive food.

⁸ On July 1, 2016, the sodium standard will move to 200 mg per item as packaged or served.

Combination Foods for Competitive Foods

The *Combination Food Criteria for Competitive Chart* provides a detailed description of a combination food item as well as a detailed list of criteria that establish the designation of a combination food. Combination food items must also meet the Nutrient Standards specified for competitive foods.

Combination Food Criteria for Competitive Foods Chart

Combination foods must meet the following criteria:

Contain two or more components representing two or more of the recommended food groups: fruit, vegetable, dairy, protein, or grains.

And meet one the of the following criteria:

- Be a grain product that contains 50% or more of whole grains by weight or have whole grains as the first ingredient.⁹

or

- Have one of the non-grain major food groups as a first ingredient* (fruit, vegetable, dairy, or protein food).

or

- Contain $\frac{1}{4}$ cup of fruit and/or vegetable.

or

- Be a food that contains 10% of the Daily Value of a nutrient of public health concern from the *Dietary Guidelines for Americans* (DGA) (i.e., calcium, potassium, Vitamin D, or dietary fiber and contain $\frac{1}{4}$ cup of fruit and/or vegetable.¹⁰

For Example:

- Blueberry muffin, containing refined grains and at least a $\frac{1}{4}$ cup of blueberries
- Harvest stew, containing a least $\frac{1}{4}$ cup of vegetables
- Cheese sandwich, containing a whole grain-rich bread and a protein food

⁹ If water is the first ingredient, the second ingredient must be a grain product that contains 50% or more of whole grains by weight; have fruits, vegetables, dairy, or protein foods as a first ingredient; or be a combination food that contains at least $\frac{1}{4}$ cup fruit and/or vegetable.

¹⁰ Effective July 1, 2016, this criterion is obsolete and may not be used to qualify as a food and/or beverage item as an allowable competitive food.

Foods to Avoid: Consume only occasionally (recommended no more than once per month)

- Carbonated and caffeinated beverages (soft drinks, tea, coffee, etc.)
- High sugar content candies and desserts
- High fat foods (fried foods, french fries, fatty meats, most cheeses, buttery popcorn, etc.)
- High sodium foods (luncheon meats, cheeses, chips, salty popcorn, pickles)

In selecting food items to offer, BCISD will keep in mind the numerous students and adults who are on special diets with their consumption of sugar, fat, sodium, etc. being restricted.

BCISD personnel will not use foods of minimal nutritional value (See Attachment B) as learning incentives and healthy food choices or non-food items will be substituted.

BCISD organizations operating concessions at school functions will include at least some healthy food choices in their offerings. These healthy options will be offered at lower profit margins to encourage selection by students.

Approved Times for the Availability of Foods and Beverages Other than School Meal:

Elementary	No access until after the end of the regular school day
Junior High	No access until after the end of the regular school day
High School	No access until after the last lunch period

Attachment B

Blackwell CISD Local Wellness Policy Foods of Minimal Nutritional Value

Students may not be in possession of any of the foods or beverages listed below at school except during times approved by this policy.

- Soda Water – any carbonated beverage (including carbonated water). No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals, and protein.
- Water Ices – any frozen, sweetened water such as Popsicles, etc. and flavored ice with the exception of products that contain fruit or fruit juice.
- Chewing Gum – any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- All Candies – any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of other ingredients, including powdered drink mix.
- Certain Chips and Snack Foods – any portions larger than or nutritional content other than those indicated on Attachment A.

Due to their high sodium and fat content, traditional popcorn and pickles may be sold only one day per month. Low-fat popcorn is acceptable for sale more often.

Any of the above items that are found in the possession of any student during unapproved times may be collected.

Approved Times for the Availability of Foods of Minimal Nutritional Value

Elementary	No access until after the regular school day
Junior High	No access until after the regular school day
High School	No access until after the last lunch period

Exemption:

Three days will be exempt from the inaccessibility of the Foods of Minimal Nutritional Value listed above. These items may not be made available during meal times in the areas where school meals are being served and/or consumed. The designated days will be:

Grades PK – 4th Grade:

- * Last day before Christmas Holidays
- * Last day before Easter Holidays
- * Last day of School

Grades 5th – 12th Grade:

- * Last day before Christmas Holidays
- * Valentines Day or Friday before
- * Last day of School