

Beckman Catholic Jr./Sr. High School's Wellness Policy

Beckman Catholic High School, in accordance with the Healthy Kids Act (HKA), has developed the following Administrative guidelines for implementation and monitoring of its Wellness Policy. The wellness policy committee, made up of teachers, administrators, parents, food service personnel and the school nurse, has developed a plan to implement these administrative guidelines to monitor the effectiveness of the policy. The principal has been designated as the person responsible for the committee's review of the policy and guidelines.

Goals: Beckman will promote a culture of student wellness supported by the pillars of nutritional education and physical activity (in both a physical education and classroom setting).

1) Nutrition Education

Beckman will provide nutrition education and engage in nutrition promotion that:

- is offered as part of a standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects as math, science, language arts, social sciences and elective subjects;
- may include enjoyable, developmentally appropriate, culturally participatory activities, such as contests, promotions, taste-testing, farm visits and school gardens;
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
- during the school day, adult staff is strongly encouraged to model the wellness guidelines for students;
- may include training for teachers and other staff.
- Conduct a survey of students

2) Physical Activity

Physical Education: Beckman will provide physical education that:

unless otherwise exempted, the amount of physical education every two weeks is as follows:

- Students will receive an average of 200 minutes;
- School nurses in collaboration with the physical education department will monitor heights and weights of students as per protocol and calculate Body Mass Index (BMI) in one grade;
- is for all students in grades 7-12;
- is taught by a certified physical education teacher;
- includes students with disabilities, students with special health-care needs may be provided in alternative educational settings; and,
- engages students in moderate to continuous activity during at least 50 percent of physical education class time.

3) Other School-based Activities designed to promote student wellness

Integrating Physical Activity into Classroom Settings

For students to receive the nationally recommended amount of physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, Beckman will:

- offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities;
- discourage sedentary activities, such as watching television, playing computer games, etc.;

- provide opportunities for physical activity to be incorporated into other subject lessons; and,
- encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.
- conduct a survey of classroom teachers

Communication with Parents

Beckman will support parents' efforts to provide a healthy diet and physical activity for their children.

Beckman will:

- Post nutrition tips on school websites and have available nutrient analysis of school menus;
- encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages;
- may provide information about physical education and other school-based physical activity opportunities;
- include sharing information about physical activity and physical education through a website, newsletter, other take-home materials, special events or physical education homework.
- Include nutritional facts for parents in the newsletter.

School Meals

Meals served through the National School Lunch Program will:

- be appealing and attractive;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state and federal law;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA); and,
- ensure that a 100% of the served grains are whole grain.

Beckman will:

- engage students and parents through taste-tests of new entrees and surveys, in selecting foods offered through the meal program in order to identify new, healthful and appealing food choices; and,
- share information about the nutritional content of meals with parents and students (the information could be made available on menus, a website or cafeteria menu boards.)

Free and Reduced-Price Meals

Beckman High School will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Toward this end,

Beckman will:

- utilize electronic identification and payment systems;
- use measures necessary to protect the confidentiality of all students and their families.
- Promote the availability of meals to all students.

Meal Times and Scheduling

Beckman High School:

- will make an effort to provide students with adequate time to eat. It is recommended that at least 20 minutes will be allowed for eating after sitting down for lunch.
- should schedule meal periods at appropriate times;
- should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities;

- will not permit school related or non-school related sales, parties or fundraisers to interfere with meal times.

Qualification of Food Service Staff

Qualified nutrition professionals will administer the meal programs. As part of Beckman's responsibility to operate the food service program, Beckman will:

- provide continuing professional development for all nutrition professionals; and,
- provide staff development programs that include appropriate certification and/or training programs for child nutrition directors, nutrition managers and cafeteria workers, according to their levels of responsibility.

Nutrition Guidelines for All Foods Sold During School Day

Beckman supports and promotes proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day will meet or exceed the Beckman's nutrition standards and be in compliance with state and federal law. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals, in accordance with the Healthy Kids Act (HKA). The kitchen staff has completed and verified all state and federal requirements for the Health Kids Act as it guides the lunch program.

Nutrition Guidelines for Foods Provided but Not Sold During the School Day

Beckman Catholic supports and promotes proper dietary habits contributing to students' health status and academic performance. All snacks provided for classroom parties, activities, etc. will meet the nutritional guidelines provided by the HKA. Any exception to this standard must be approved by the administration.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. Beckman will:

- limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually;
- promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products; and market activities that promote healthful behaviors (and are therefore available) including: vending machine covers promoting water and sales of fruit for fundraisers.
- educate students on the nutritional content of a la carte food choices by creating zones to indicate nutritional content.

Staff Wellness

Beckman values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Beckman will:

- establish and maintain a staff wellness committee;
- develop, plan and promote staff health and wellness;
- base the plan on input solicited from employees and outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among employees;
- make facilities available for staff whenever possible at no charge.

Sharing of Foods

Beckman discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some student's diets.

Vending

Any and all foods and beverages sold during the school day will meet the following nutrition and portion size standards:

Beverages

- **Allowed:** water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks which contain fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free milk and nutritionally equivalent nondairy beverages (as defined by the USDA).
- **Not Allowed:** soft drinks containing caloric sweeteners; fruit-based drinks that do not contain real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain minimal amounts of caffeine).
- **Vending machines were removed from the building in 2014;** water bottle fillers were installed in the building to encourage the consumption of water rather than artificially sweetened beverages.

Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities will not involve food to be consumed during the school day or will meet the above nutrition and portion size standards for foods and beverages sold individually. Food sales to individuals for consumption outside of the school boundaries will be allowed. Beckman encourages fundraising activities that promote physical activity. Beckman may assist in providing ideas acceptable for fund raising activities.

Rewards

Beckman will not use foods or beverages, especially those that do not meet the nutritional standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food and beverages (including food served through school meals) as a punishment.

School-Sponsored Events

Foods and beverages offered or sold at school-sponsored events outside the school day will encourage healthy alternatives.

Food Safety

All foods made available on campus adhere to food safety and security guidelines.

- All foods made available on campus comply with the state and local food safety and sanitation regulations. http://www.fns.usda.gov/tn/Resources/servingsafe_chapter6.pdf
- For the safety and security of the food and facility, access to the food service operations are limited to child nutrition staff and authorized personnel. Any use of the food service facilities must be approved in advance by the Director of Food Service.

The board will monitor and evaluate this policy by:

Monitoring

The assistant principal will ensure compliance with the established school nutrition and physical activity wellness policy.

At Beckman:

- the assistant principal will ensure compliance with those policies in the school and will report on the school's compliance to the school board; and,
- food service staff, at the school or school district level, will ensure compliance with nutrition policies within food service areas and will report on this matter to the principal.

Beckman will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

Approved: September 12, 2006

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