

Belle Chasse Academy

Wellness Policy

August 2018

Belle Chasse Academy Wellness Policy

Mission Statement

To promote a healthy lifestyle, by providing staff and students with healthy food choices, physical activity and access to wellness screens as needed.

Purpose

This Wellness Policy establishes a formal system of building a world-class school environment that is safe and healthy, thereby enhancing the potential for academic achievement among students. A healthy child in a nurturing and safe environment has a better attendance record and performs better in school than a child who is not.

Thus Belle Chasse Academy is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity habits.

The Belle Chasse Academy Board of Directors has appointed Kim Denesse, RN to serve as the coordinator of the Wellness Policy. The Wellness Policy Committee will be a standing subcommittee of the School Health Advisory Council. The subcommittee will include members that represent parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.

Wellness Policy includes:

1. Nutrition services guidance
2. Nutrition education
3. Physical activity and physical education
4. Communication and promotion of Wellness Policy
5. Monitoring adherence and evaluation

I. Nutrition Services

Food and beverages sold or served at school will meet the nutrition requirements as outlined in *Bulletin 119, Louisiana Food and Nutrition Programs, Policies of Operations*. Qualified Child Nutrition Program professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for student to eat.

A. Policy: School Meals

Belle Chasse Academy will:

1. Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the USDA Child Nutrition Program and the Louisiana Department of Education, Office of School and Community Support.
2. Provide school breakfast and lunch with menus that meet the meal patterns and nutrition standards established by USDA and the Louisiana Department of Education, Office of School and Community Support.
3. Encourage students, school staff, and families to participate in school meal programs.
4. Operate all Child Nutrition Programs with school food service staff who are qualified according to current professional standards.
5. Provide professional development opportunities for food service staff.
6. Ensure that food safety and sanitation are followed throughout the school, including providing facilities to wash hands before preparing and eating food.
7. Ensure that the food service permit is current for the Food Service school site.
8. Offer whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes that are consistent with the current USDA standards.
9. Offer fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques, and 100 percent fruit or vegetable juice.
10. Offer non-fat, low-fat, plain and/or flavored dairy products.
11. Offer whole-grain breads and cereals.
12. Use healthy food preparation techniques for lean meat, poultry, and fish, such as baking.
13. Ensure that all foods brought into the cafeteria meet the USDA Child Nutrition Guidelines.
14. Ensure that school meals are accessible to all students with a variety of delivery strategies, such as lunch in the classroom for K-1, and salad bar for older students and staff.
15. Ensure that students receive adequate time to eat breakfast and the recommended 30 minutes for lunch.
16. Provide a cafeteria environment that is conducive to a positive dining experience. with socializing among students and between students and adults; with supervision of eating areas by adults who model proper conduct and voice level; and with adults who model healthy habits by eating with the students.

B. Foods and Beverages Offered Outside of the Child Nutrition Programs

An effective Wellness Program addresses foods and beverages sold and served on campus outside of the USDA Child Nutrition Programs. Nutrition education is more effective if the foods and beverages sold and offered are healthful and consistent with what is taught in the classroom. Foods and beverages sold outside the USDA Child Nutrition Programs include vending machines, concession stores, school parties, fundraising events, and rewarding students with food.

Vending Machine and Concession Store Laws

Foods and beverages must meet specific nutritional criteria if on the grounds at any time during a period beginning one-half hour before the start of the school day and ending one-half hour after the end of the school day. Except for items sold as part of the school food program, the food and beverages must meet the following criteria per serving:

- a. ≤ 150 calories
- b. $\leq 35\%$ of total calories from fat
- c. $\leq 10\%$ total calories from saturated fat
- d. ≤ 30 grams of sugar
- e. ≤ 360 milligrams of sodium

All beverages shall include:

- a. Bottled water
- b. No-calorie or low-calorie beverages that contain up to 10 calories per eight ounces.
- c. Up to 12 ounce servings of beverages that contain 100 percent fruit juice with no added sweeteners and up to 120 calories per eight ounces.
- d. Up to 12 ounces servings of any other beverages that contains no more than 66 calories per eight ounces.
- e. At least 50% of non-milk beverages shall be water and no-calorie or low-calorie options that contain up to 10 calories per eight ounces.
- f. Low-fat milk, skim milk, and non-dairy milk.

C. Policy: Foods and Beverages Sold Outside of the School Cafeteria

Belle Chasse Academy will:

1. Follow the nutrition guidelines set by state law for vending machines and concession stands and stores.
2. Eliminate use of foods and beverages as **rewards** for student accomplishment.
3. Provide healthful food and beverage choices at school parties. A list of healthy foods and beverages and non-food rewards and activities will be provided annually to administrators, students, teachers, and parents. (See attachment B for healthy snack and school party ideas.)

4. Promote fundraisers that sell items other than food and beverages or only foods and beverages that are nutrient dense (low in calories and high in nutrients). (See appendix C for healthy fundraising alternatives.)
5. Provide nutritious and appealing food and beverage options (such as fruits, vegetables, nuts, reduced-fat milk, reduced fat-yogurt, reduced-fat cheese, 100% juice and water) whenever foods/beverages are sold or otherwise offered after school at sporting and academic events, celebrations, social events, after school care, and other school functions.

II. Nutrition Education

School-based nutrition education includes traditional classroom lessons and behavioral change programs based on social learning theory and marketing. Using all venues is recommended for optimal impact.

Nutrition is not a stand-alone course. It is taught in health education and science classes and can be integrated into core content area of instruction across the curriculum. A planned, sequential curriculum where the lessons are aligned with standards, benchmarks, and grade level expectations is essential to impact knowledge, attitude, and behavior.

Belle Chasse Academy will market and promote foods and beverages that meet the Nutrition standards for meals and/or for foods and beverages sold individually.

Policy: Nutrition Education

Belle Chasse Academy will:

1. Provide the equivalent of a six-week unit on nutrition or ensure that at a minimum of 30 hours of nutrition is taught in the classroom during the year.
2. Implement nutrition education programs that promote lifelong healthful eating practices that are research-based.
3. Use lessons that are age-appropriate, behaviorally focused content that is developmentally appropriate and culturally relevant.
4. Use curriculum and lessons that are sequential and are correlated with standards, benchmarks, and grade level expectations.
5. Provide hands-on activities that are fun and engaging.
6. Provide repeated opportunities for students to taste foods that are low in fat, sodium and added sugars and high in vitamins, minerals and fiber.
7. Promote positive aspects of healthful eating behaviors.
8. Promote social learning techniques such as role modeling, providing incentives, developing social resistance skills, overcoming barriers to behavioral changes and goal setting.
9. Strive toward hiring qualified, certified health education teachers.
10. Provide nutrition education related staff development opportunities for teachers on an annual basis.

11. Encourage parent involvement in lessons taught and school activities.
12. Coordinate marketing activities with nutrition education classroom activities.

III. Physical Education and Activity

Daily physical activity is essential to student welfare and academic performance. Federal Guidelines recommend that children and teenagers be physically active for an accumulation of at least 60 minutes daily. Since children spend the majority of their time at school during weekdays, it is imperative that schools provide students with the means to participate in physical activity. Districts and schools, including parents and communities, must offer additional opportunities and resources for physical activity outside physical education classes. Physical activity will be directed toward improving the health status of all students, while decreasing health risks and emphasizing preventive approaches to a healthy lifestyle.

FitnessGram

All students will participate in FitnessGram. The FitnessGram is an integrated fitness and Activity assessment program. This program allows teachers to evaluate students on each dimension of fitness and physical activity. Test are administered in the fall and spring to monitor progress.

Policy: Physical Education and Activity

Belle Chasse Academy will:

1. Implement quality physical education programs that emphasize and promote participation in lifelong physical activities and reaching a health enhancing level of physical fitness among all students.
2. The physical education lessons should be aligned with standards, benchmarks, and grade-level expectations.
3. Provide students in grades K-8 with a minimum of 150 minutes per week of physical education.
4. Ensure that students in grades K-8 participate in planned, organized, and moderate to vigorous physical activity for a minimum of 30 minutes each school day.
5. Ensure that enough age-appropriate and safe equipment is in place to guarantee that all students are able to active for physical education and physical activity.
6. Ensure that qualified, certified physical education teachers guide physical activity instruction in elementary grades and middle school physical education classes.
7. Provide staff development on standards implementation for physical education instructors.
8. Encourage physical activity during recess for elementary students, intramural programs, and clubs, as well as in physical education programs.
9. Integrate physical activity in the academic curriculum.
10. Work with the community to create opportunities for students to walk, bike, and skateboard, roller-skate, play basketball, play softball, play baseball, or participate in other physical activities in a safe location at times other than the school day.
11. Encourage school staff to participate in physical activities to serve as role models.

12. Keep students active for at least half of the class time during P.E.
13. Develop students' self-confidence and eliminates practices that humiliate students.

IV. Communication

At the beginning of each school year, no later than one month after the first day of class, the Wellness Committee will share a summary of the Wellness Policy with school staff and faculty, students, and parents. Updates to the Policy may be highlighted and discussed. Any special events that the Wellness Policy Committee plans to achieve should be shared with everyone affected and the School Health Advisory Council.

V. Monitoring and Evaluation

The Wellness Policy Committee will develop a plan of action for implementation (See Attachment A). The Wellness Policy Committee shall use The Louisiana Department of Education's Wellness Policy Evaluation tool annually and be prepared to report results to the School Health Advisory Council and the Department of Education by October 31.

VI. School Health Advisory Councils: In 2009 Louisiana legislature passed Act#286, requiring each city, parish, and other local school boards to establish a School Health Advisory Council(SHAC) to advise the board on physical activity for students, physical and health education, nutrition, and overall student health. Belle Chasse Academy's Wellness Policy Committee will be expanded to serve as the SHAC.

VII. BCA Freedom Garden: The mission of the BCA Freedom Garden is to provide students with life skills and integrate the garden and kitchen classroom experience into our daily curriculum, through hands on approach that reaches every student. At BCA we educate our families about healthy food choices, improving our environment and becoming a community with a smaller carbon footprint.

Approved by _____
(Belle Chasse Academy Board of Directors)

Date: _____

**Belle Chasse Academy
Wellness Policy Action Plan**

School Year: 2018-2019

School Contact: Kim Denesse, RN
kdenesse@bellechasseacademy.org
(504)-433-5850 ext.302

Nutrition Goal: To provide more healthy options for students.

Objectives	Actions	Person Responsible	Timeline	Evaluation
Promote healthy snack choices to staff and parents.	Encourage them to buy items recommended by the LSU Pennington Smart Snack List for snacks and class parties.	Leslie Babin	August 2018	May 2019
All food served will meet/exceed nutritional values on Carb, NA, Fat, Fiber and nutrients. New recipes to increase intake of vegetables	Harvest of the Month program for breakfast, lunch and healthy snack choices. Promote school lunch during National School Lunch week.	Leslie Babin	August 2018	May 2019
Collaborate with C. Akin (gardener) to create new veggie recipes to promote Farm to school.	National Farm to School month in October.			

Nutrition Education Goal: To promote the health and wellness of our students by making nutrition education an integral part of learning at Belle Chasse Academy.

Objectives	Actions	Person Responsible	Timeline	Evaluation
Teach students how to make healthy food choices by being aware of nutrition facts labels.	Instruct how to read and compare nutrition facts on food labels.	Elvira Martin (Health teacher)	August 2018	May 2019
Explain the relationship between healthy eating and daily exercise. Also incorporates using	Students will explore relationships between nutrition,	Elvira Martin (Health teacher) Bethany Jones (Home Economics)	August 2018	May 2019

the My Plate model.	exercise and health habits using Smartboard games.	During Home Economics students participate in multiple activities including the Victory garden, marketplace, nutrition classes, cooking/food prep, demonstrations and lessons.		
Educate students where food comes from using the Farm to table experience.	Explore the relationship between health and the nutrition of fresh fruits and vegetables.	Elvira Martin (Health)	August 2018	May 2019

Physical Education Goal: To teach motor competency, develop and maintain personal physical fitness, learn physical health and wellness, and develop lifetime activity skills.

Objectives	Actions	Person Responsible	Timeline	Evaluation
Learn the 5 components of health related fitness. Learn the skills necessary to participate in a variety of physical activities.	Teach cardio fitness, muscle strength, endurance, and flexibility.	Debbie Montgomery (PE staff)	August 2018	May 2019
Promote lifelong fitness habits. Value physical activity and its contributions to a healthy lifestyle. Pre-K-5 th Receive 150 minutes of supervised Physical Education per week. 6 th -8 th grades receive 180 minutes per week.	All 6 th -8 th grade students will participate in all of the Fitness Gram Activities. This is an integrated fitness activity assessment program. The students will attend Health class twice a month and will also visit the garden once a month.	Debbie Montgomery (PE staff)	August 2018	May 2019

Attachment B

Snack and Party Ideas

Snacks are important to provide nutrients for growing children.

1. Include a wide variety of foods that are rich in nutrients.
2. Have healthful snacks available and easily accessible. Cut up fruits and vegetables for easy eating, especially children with loose teeth or braces.
3. Try low-fat versions of milk, ice cream, crackers, and chips.
4. Avoid using food as a reward or punishment.
5. Be a good role model by eating healthful snacks with your children/students.
6. Choose fruits and vegetables as snacks so children/students can meet the goal of eating at least three or more servings of vegetables and two or more servings of fruits a day.
7. Involve children/students in planning and shopping for foods and beverages for snacks and parties.
8. Involve students in planning a party that provides healthy food choices and activities that do not focus the party on food.
9. Offer food again, even if children/student did not like it the first time, especially fruits and vegetables. Students need repeated exposure to new foods.
10. For more information, call the free American Dietetic Association Hotline at: (800) 366-1655 or visit the website at <http://www.eatright.com>.

Alternatives to Using Food as a Reward

Using food as a reward undermines nutrition education, encourages overconsumption of extra calories, especially foods high in fat and added sugar, and teaches children to eat when they are not hungry. Some alternatives for rewarding children include:

<p>Sit by friends Give a set of flashcards or books Reading time Extra time for art or music Hold class outside Listen to music while working Play a favorite game or puzzle Dance to favorite music</p>	<p>Keep a treasure box filled with non-food items Go for walks Give stickers, pencils, and other school supplies Offer dress down day Offer free time at the end of the week Eat lunch with the principal or teacher</p>
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For more ideas, visit the following websites:

- Michigan Department of Education Team Nutrition – <http://www.tn.fcs.msue.msu.edu>
- USDA Team Nutrition *Create Healthy, Active Celebrations*
 - <http://www.fns.usda.gov/eatsmartplayhardeducators/materials/>

Creative Fundraising Ideas

Healthy fundraising ideas promote consistent messages of practicing healthy eating and physical activity habits in the classroom, throughout the school, and at home. Listed below are some ideas for raising funds without selling foods.

1. Sports tournament- Sell tickets to students and family members to attend a student volleyball, tennis, or golf tournament. Include some local celebrities to increase sales throughout the community.
2. Pledge ideas- Walk-a-thon and fun runs- Hold a walk and or run on the school grounds. Ask for pledges to sponsor.
3. Spring yard work to local community members- Offer to rake yards and spread compost at a bargain rate.
4. Basketball tournament- Charge a team of three players a predetermined fee for entrance and ask local businesses for prize donations. Provide tee shirts for the event and raise the entrance fee.
5. Plant sale- Sell perennials, herbs, or seeds; poinsettias during the holidays, and flowers for Valentine's Day.
6. Community job fair- Rent booths for a fee to local companies and solicits free advertisements for local radio stations or newspapers. Charge an entrance fee.
7. Crafts fair- Local and regional crafts persons can rent booths for a fee. The school can charge a small entrance fee to the public.
8. School event planners- Sell planners at school registration. Planners include all event dates, such as sports events, national tests, dances, plays, etc. Fifty percent of the sales can be profits.
9. Sell seat cushions at sporting events- Sell advertisements on the cushions to 20 local businesses for a predetermined amount to make even more money.
10. Administrative fun- Have money jars available for the students to make donations. The school secretary would count the money in the jars on a daily basis and post the total. At set dollar increments, the principal and/or vice-principal would have to do stunts, such as dress as a cheerleader, do cheers, etc.
11. Raffle of gift baskets assembled by students- Choose a theme such as gardening, sports, or arts and crafts. Most items for the baskets can be donated.
12. Sell candles, greeting cards, gift wrap, magazines, buttons, pins, pens, crafts, batteries, Frisbees, pet treats, and calendars.
13. Rent a special parking place.
14. Involve the community- Conduct workshops or classes, a scavenger hunt, a recycling program, a car wash for donations, a garage sale.
15. Sell school spirit supplies- megaphones, shakers, plastic cups, T-shirts, school supplies, bumpers stickers, cookbooks developed by the school.
16. Host art, music, and science events such as a read-a-thon, spelling bee, science fair, talent show, art show, plays, and concerts.

Adapted from *Twenty Ways to Raise Funds without Candy*, Illinois Nutrition Education and Training Program, Illinois Department of Education, Creative Financing and Fun Fundraising for Schools, Sports, and Clubs, California Project LEAN, and WIN Wyoming, Family and Consumer Sciences, University of Wyoming Cooperative Extension Service.

**Belle Chasse Academy
Wellness Committee Calendar
2017-2018**

<p><u>August</u> New Student Registration CPR Training: New TA's/Athletic Coaches BBP's In-service Immunization compliance 6TH grade/new students</p>	<p><u>September</u> Care plans/Annual Vision and Hearing Screens begins: K, 1, 3, 5, and 7 <i>Begin Miles For Life and</i> <i>Billion Mile Race (Discuss)</i></p>	<p><u>October</u> Vision/Hearing cont. BCA "Pink Boutique" Komen Race for the Cure 10/21/17 Flu vaccine:TBA</p>
<p><u>November</u> Vision/Hearing cont. 8th grade girls GIT talk Wellness Expo.:TBA *Fall Classic 11/04/17</p>	<p><u>December</u> <u>Celebration in the Oaks</u> <u>Run/Walk 12/09/17</u></p>	<p><u>January</u> Puberty Talk for 5th grade Girls: TBA Boys: TBA</p>
<p><u>February</u></p>	<p><u>March</u></p>	<p><u>April</u></p>

Dental Health month: TBA Base Medical Dental Department :1st-3rd Bippo visits: K	*CCC race Registration Shamrock Run 3/18/18	Crescent City Classic 40th Anniversary 3/31/18 LSNO Conference
<u>May</u> Billion Mile Race ends	<u>June</u> Summer Begins NASN 2018	All dates are TBA. Other activities may be added as the Committee deems appropriate. The Committee will meet twice during the school year (TBA).

All Wellness Committee meetings will be held in the cafeteria, and times are to be announced. *Crescent City Classic

Meeting Dates:
August 11, 2017
May 17, 2018