

# Boerne ISD Wellness Plan

(Updated April 2023)

This document, referred to as the “wellness plan” (the plan), is intended to implement policy FFA(LOCAL), which has been adopted by the Board to comply with the requirements for a school wellness policy. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b; 7 C.F.R. Part 210]

The District’s local school health advisory council (SHAC) will work on behalf of the District to review and consider evidence-based strategies and techniques to develop and implement nutrition guidelines and wellness goals required by federal law.

## Soliciting Involvement and Input

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The SHAC will solicit involvement and input from parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public by:

1. Conducting public meetings with the SHAC four times a year.
2. Completing stakeholder surveys annually.

## Responsibility for Implementation

Each campus principal is responsible for implementing FFA(LOCAL) and this wellness plan at his or her campus, including submitting necessary information to the SHAC for evaluation.

The Director of Student Support Services is the District official responsible for overall implementation of FFA(LOCAL), including development of this wellness plan and any other appropriate administrative procedures, and for ensuring that each campus complies with the policy and plan.

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## Goals for Nutrition Promotion

Federal law requires that the District establish goals for nutrition promotion in its wellness policy. The District’s nutrition promotion activities will encourage participation in the National School Lunch Program, the School Breakfast Program, and any supplemental food and nutrition programs offered by the District.

The District will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards.

The SHAC will monitor this by:

3. Reviewing Smart Snack standards annually  
<https://squaremeals.org/Portals/8/files/NSLP/Resources/Smart%20Snacks%20One-Pagerv2.pdf>
4. Completing campus audits annually.

Although the District is not required to immediately remove or replace food and beverage advertisements on items such as menu boards or other food service equipment, or on scoreboards or gymnasiums, the SHAC will make recommendations when replacements or new contracts are considered.

## **Implementing Goals for Nutrition Promotion**

**GOAL 1:** The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.

### **Objective:**

**100% of Boerne ISD campuses will communicate and display healthy nutrition messages throughout their campuses.**

### **Action Steps:**

- Review menu offerings annually.
- Review systems that allow students to make choices in cafeteria lines (example - can young students see choices offered, number of choices available, is adult assistance available)
- Post signage on campuses that promotes healthy nutrition.
- Create morning announcements that include daily menus and/or nutritional information
- Post menus in student-friendly and age appropriate language, using picture symbols when appropriate.
- Look for opportunities to create programs, skits, and speaker-series about nutrition to educate students on healthy choices.
- Seek opportunities to promote healthy nutritional choices using social media platforms.
- Schedule regular communication between Child Nutrition and campus cafeteria managers

### **School and Community Stakeholders:**

- SHAC
- Campus and District Leadership
- Teachers
- Student Leadership Groups
- Child Nutrition & Cafeteria Managers

### **Resources Needed:**

- Campus Menus
- Signage
- Surveys

### **Measures of Success:**

**All Boerne ISD campuses will promote healthy nutrition choices by having documented evidence of messaging through postings and campus communication samples.**

**GOAL 2:** The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

**Objective 1:**

**At least eight times per year, Boerne ISD will share resources, information, or events with families that positively influence their nutritional habits.**

**Action Steps:**

- Create information snippets for campus and district newsletters.
- Consider using student-created videos with information to be shared in district announcements (Boerne Beat).
- Seek opportunities to share nutrition messaging on social media through Whole Child, Child Nutrition, and school accounts.
- Look to expand our current Parent Education Speaker Series to include sessions on nutrition.
- Find opportunities to promote nutrition by sending information home in our Blessings Backpacks.
- Provide healthy snacking options when the district provides food at family events.
- Consider creating videos through Child Nutrition and our culinary classes to promote healthy/fast meals and food prep for families.

**School and Community Stakeholders:**

- SHAC
- Campus and District Leadership
- Student Leadership Groups
- Communications Department
- Child Nutrition

**Resources Needed:**

- Newsletters
- Nutrition Guidelines
- Social Media Accounts
- Smart Snacking Guidelines

**Measures of Success:**

**Boerne ISD will have evidence of at least 8 varying opportunities for families to receive information regarding nutritional choices that positively impact the health of students.**

## **Objective 2:**

**At least four times per year, Boerne ISD will share resources, information, or events with community members that positively influence their nutritional habits.**

### **Action Steps:**

- Consider creating announcements to be shared at district sporting events using the PA system.
- Consider using student-created videos with information to be shared in district publications (Boerne Beat).
- Seek opportunities to share nutrition messaging on social media through Whole Child, Child Nutrition, and school accounts.
- Consider partnering with local agencies to do food drives that focus on collecting nutritious pantry items.
- Provide healthy snacking options anytime the district provides food at community events.
- Consider creating videos through Child Nutrition and our culinary classes to promote healthy/fast meals and food prep.

### **School and Community Stakeholders:**

- SHAC
- Campus and District Leadership
- Communications Department
- Community Organizations
- Teachers
- Child Nutrition

### **Resources Needed:**

- Newsletters
- Nutrition Guidelines
- Social Media Accounts
- Smart Snacking Guidelines

### **Measures of Success:**

**Boerne ISD will have evidence of at least 4 varying opportunities for community members to receive information regarding nutritional choices that positively impact the health of students.**

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## Goals for Nutrition Education

Federal law requires that the District establish goals for nutrition education in its wellness policy. State law also requires that the District implement a coordinated health program with a component addressing nutrition services and health education at the elementary and middle school levels. [See EHAA]

### Implementing Goals for Nutrition Education

**GOAL 1:** The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

**Objective:**

**100% of Boerne ISD campuses will deliver nutrition education through coordinated services, activities, and curriculum.**

**Action Steps:**

- Look for opportunities to create programs, skits, and speaker-series about nutrition to educate students on healthy choices.
- Create opportunities for culinary students to develop videos for elementary students.
- Seek opportunities to promote healthy nutritional choices using social media platforms.
- Create morning announcements that incorporate strategies for adopting healthy eating behaviors.
- Increase opportunities for students to share their healthy food choices, preferences, and meal prep through morning meetings and circles.
- Consider engaging culinary classes to teach younger students about healthy decision-making.
- Consider soliciting community organizations to teach sessions on food choices and meal planning.
- Find opportunities to allow students to try new foods through sample tables during lunch.

**School and Community Stakeholders:**

- SHAC
- Campus and District Leadership
- Teachers
- Community Organizations
- Culinary Students
- Child Nutrition

**Resources Needed:**

- Access to Culinary Student Schedules
- Nutritional Guidelines

**Measures of Success:**

**All Boerne ISD campuses will have documented evidence of students receiving nutrition education through coordinated services, activities, and curriculum.**

**GOAL 2:** The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

**Objective:**

**100% of Boerne ISD campuses will integrate nutrition education into a minimum of one other area of the curriculum.**

**Action Steps:**

- incorporate information on healthy food choices into the physical education classes when appropriate
- Promote and inform on food allergy awareness during the annual “Be a PAL” (Protect a Life) campaign
- Seek opportunities to incorporate discussions about healthy food choices into morning meetings and circles
- Seek opportunities to integrate nutrition education into science classes
- Use read aloud stories in PK-5th to teach healthy nutrition and model good eating habits

**School and Community Stakeholders:**

- SHAC
- Campus and District Leadership
- Instructional Staff
- Coaches and Athletic Trainers
- Child Nutrition

**Resources Needed:**

- Food allergy materials
- TEKS
- Picture books and texts

**Measures of Success:**

**All Boerne ISD campuses will have documented evidence that nutrition education was taught in a minimum of one cross-curricular setting.**

**GOAL 3:** The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

**Objective:**

**100% of teachers assigned to teach the nutrition education program or serving in Child Nutrition will have learning opportunities annually to support their professional development.**

**Action Steps:**

- Child Nutrition will provide nutrition related training sessions such as meal prep, complete meal planning, nutrition guidelines, etc..
- Instructional staff will participate in learning opportunities to increase awareness of nutritional guidelines when revisions are proposed or approved.
- Child nutrition will update campus administration on training opportunities for instructional staff within Boerne ISD.
- Boerne U (staff training) organizers will seek opportunities to increase courses on nutrition.

**School and Community Stakeholders:**

- SHAC
- Campus and District Leadership
- Instructional Staff
- Teaching and Learning
- Child Nutrition

**Resources Needed:**

- TEKS
- Nutrition Guidelines

**Measures of Success:**

**All teachers assigned to teach the nutrition education program or serving in Child Nutrition will have learning opportunities and documentation of participation and attendance.**

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## Goals for Physical Activity

Federal law requires that the District establish goals for physical activity in its wellness policy. In accordance with state law, the District will implement a coordinated health program with physical education and physical activity components. The District will offer at least the required amount of physical activity for all grades [see BDF, EHAA, EHAB, and EHAC], as follows:

Boerne ISD shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC]

### Implementing Goals for Physical Activity

**GOAL 1:** The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.

#### Objective 1:

**100% of Boerne ISD secondary campuses (6th-12th) will offer alternative physical activity opportunities.**

#### Action Steps:

- Look for opportunities to establish exercise clubs before and after school..
- Consider teaching weight lifting in weight rooms for students not enrolled in athletics.
- Consider hours to open playgrounds, disc golf, track areas, tennis courts, etc..
- Seek partnership with Cibolo Nature Center & Preserve to promote field trips that teach hiking and healthy habits.
- Promote intramurals based on interest surveys.
- Consider opportunities for physical activity after lunch (recess, walking, stretching, etc).
- Encourage students to ride bikes or walk to school with friends.
- Engage SROs in physical activity challenges during passing periods or before/after school.

#### School and Community Stakeholders:

- SHAC
- Campus and District Leadership
- Instructional Staff
- Teaching and Learning
- Athletics Department



**Resources Needed:**

- Campus Schedules
- Campus Resource List
- Surveys

**Measures of Success:**

**All secondary campuses will have evidence of physical activities offered to students outside of physical education or athletic classes.**

**Objective 2:**

**100% of Boerne ISD campuses will utilize physical education curriculum and instructional strategies that focus on empowering students to enjoy physical activity and to make healthy choices a part of daily life.**

**Action Steps:**

- Review curriculum documents to identify areas that support healthy choices.
- Review current instructional resources to identify appropriate materials and equipment on campuses.
- Introduce fitness ideas in classrooms as part of brain breaks.
- Engage families in Family Fitness Nights.
- Ensure a variety of sports and activities are included in the PE program.
- Provide professional learning and collaboration across PE departments to ensure coaches understand curriculum, have a variety of strategies, and incorporate best practice into their classrooms.

**School and Community Stakeholders:**

- SHAC
- Campus and District Leadership
- Instructional Staff
- Teaching and Learning
- Athletics Department

**Resources Needed:**

- TEKS
- Curriculum Documents
- Sample Lesson Plans

**Measures of Success:**

**When observed, all Boerne ISD physical education classes will demonstrate utilization of a curriculum and instructional strategies that encourage physical activity and healthy choices.**

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**GOAL 2:** The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

**Objective:**

**100% of Boerne ISD campuses will provide staff development that integrates kinesthetic and physical movement strategies across the curriculum.**

**Action Steps:**

- Integrate explicit physical movement strategies into professional learning at Boerne U (staff training).
- Collaborate during professional learning communities (PLC) in order to share strategies for physical activity.
- Observe students engaged in physical activity in a variety of content areas during instructional rounds.
- Offer sessions on guided meditation, yoga, and mindfulness activities.

**School and Community Stakeholders:**

- SHAC
- Campus and District Leadership
- Instructional Staff
- Teaching and Learning
- Athletics Department

**Resources Needed:**

- Sample Strategies Document
- TEKS
- Training Calendar

**Measures of Success:**

**When observed, Boerne ISD classes will demonstrate the use of movement and physical activity strategies within a variety of content areas.**

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**GOAL 3:** The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.

**Objective:**

**100% of Boerne ISD employees will have the opportunity to participate in training or physical activities that promote a healthy lifestyle.**

**Action Steps:**

- Create a resource list of community classes for fitness and wellness.
- Integrate physical activity and nutrition classes and tips into staff meetings and newsletters
- Seek opportunities to engage in Wellness Wednesday activities around district
- Encourage walking, yoga, stretching etc. during the day.
- Consider coordinating wellness groups to create campus-based activities.
- Seek opportunities to celebrate wellness goals as a campus community.
- Schedule opportunities for employees to share goals and ideas for wellness.
- Integrate strategies for wellness into Boerne U (staff training).

**School and Community Stakeholders:**

- SHAC
- Campus and District Leadership
- Instructional Staff
- Teaching and Learning
- Athletics Department

**Resources Needed:**

- Training Calendar
- Community Resources

**Measures of Success:**

**Each year, Boerne ISD will offer at least four opportunities for employees and staff to learn about or participate in physical activity to promote a healthy lifestyle.**

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**GOAL 4:** The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.

**Objective:**

**100% of Boerne ISD campuses will host at least one event to engage families and/or students in physical activity and to encourage parents to participate as positive, active role models.**

**Action Steps:**

- Seek opportunities for campuses to host events such as family dances, walk-a-thons, fun runs, bike rodeos, etc.
- Create a brochure or flyer to share with families about being a positive, supportive role model during sports and activities.
- Engage families in sharing ideas and resources for fitness.
- Consult with YMCA to learn how they can engage families in fitness.

- Use the PA at sporting events to offer tips on how to be positive role models.

**School and Community Stakeholders:**

- SHAC
- Campus and District Leadership
- Athletics Department
- Community Organizations

**Resources Needed:**

- Activities Calendar

**Measures of Success:**

**Each Boerne ISD campus will host at least one event to engage families and/or students in physical activity and to encourage parents to participate as positive, active role models.**

## Goals for Other School-Based Activities

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness, create an environment that encourages healthy eating and physical activity, and promote a consistent wellness message.

### Implementing Goals for Other School-Based Activities

**GOAL 1:** The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

**Objective:**

**100% of Boerne ISD campuses will create a master schedule that allows a minimum of 30 minutes for lunch in spaces that are clean, safe and comfortable.**

**Action Steps:**

- Review master schedule to confirm 30 minute lunch periods for all students.
- Promote a transition period where tables and chairs can be cleaned and disinfected.
- Allow students the choice to eat outdoors when appropriate and space is available.
- Consider table arrangements that maximize space and comfort.
- Review food distribution procedures to maximize efficiency.

**School and Community Stakeholders:**

- SHAC
- Campus and District Leadership
- Child Nutrition

**Resources Needed:**

- Master Schedule

- Student Surveys

**Measures of Success:**

**On end-of-year student surveys, a minimum of 90% of students will report that they have a 30 minute lunch period and time to eat in a clean, safe, and comfortable environment.**

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**GOAL 2:** The District shall promote wellness for students and their families at suitable District and campus activities.

**Objective 1:**

**Boerne ISD will share resources and information with families that promote wellness at district and campus events a minimum of four times per year.**

**Action Steps:**

- Look to expand our current Parent Education Speaker Series to include sessions on wellness.
- Provide district-wide wellness flyers for campuses to use at events.
- Display student-created artwork promoting wellness at family events.
- Consider creating a resource hub on each campus with brochures from local agencies supporting wellness.
- Showcase vendors supporting wellness at the annual Resource Rally.
- Offer Stop-the-Bleed training for all interested 7th-12th grade students annually.
- Provide information on allergy awareness and allergy action plans, as well as “Be a PAL” (Protect a Life) campaign to employees and students annually.

**School and Community Stakeholders:**

- SHAC
- Campus and District Leadership
- Communications Department
- Child Nutrition

**Resources Needed:**

- Nutrition Guidelines
- Smart Snacking Guidelines
- Fitness Guidelines & Recommendations
- Allergy Action Plan
- Stop-the-Bleed Training Materials

**Measures of Success:**

**Boerne ISD families and students will have the opportunity to receive resources and information promoting wellness when attending district and campus events.**

**GOAL 3:** The District shall promote employee wellness activities and involvement at suitable District and campus activities.

**Objective:**

**At least 4 times per year, Boerne ISD will share resources and information with employees that promote wellness.**

**Action Steps:**

- Provide and post the numbers and contacts for the Employee Assistance Program
- Consider opportunities for workplace fitness classes.
- Provide lists of outside agencies providing support.
- Seek opportunities to integrate fitness and exercise into staff meetings and/or team building.
- Encourage employees to strive for work-life balance by celebrating role models.
- Seek testimonials from employees and create videos, social media posts, or mini-podcasts about how they practice a healthy lifestyle.

**School and Community Stakeholders:**

- SHAC
- Campus and District Leadership
- Communications Department
- Human Resources

**Resources Needed:**

- EAP Contact
- Community Resource List

**Measures of Success:**

**Using the annual staff survey, at least 90% of all surveyed employees will state that they have received information or participated in activities that promote wellness.**

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## **Nutrition Guidelines**

All District campuses participate in the U.S. Department of Agriculture’s (USDA’s) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). As required by federal law, the District has established nutrition guidelines to ensure that all foods and beverages sold or marketed to students during the school day on each campus adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

## **Foods and Beverages Sold**

The District's nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rules. [See CO and FJ]

## **Exceptions for Fundraisers**

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six days per year per campus when a food or beverage is sold as part of a District fundraiser. [See CO(LEGAL)]

The District will allow the following exempted fundraisers for the 2023–2024 school year:

**Campus or organization: All Boerne ISD Campuses**

**Food or beverage: Both**

**Number of days: Six (6) total for the academic school year**

**\*\* Reference Local Policy FFA**

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## **Foods and Beverages Provided**

The District will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person's child or grandchild on the occasion of the student's birthday or to children at a school-designated function. [See CO(LEGAL)]

In addition, the District has established the following local standards for other foods and beverages made available to students:

Elementary school: <https://www.fns.usda.gov/tn/guide-smart-snacks-school>

Middle/junior high school: <https://www.fns.usda.gov/tn/guide-smart-snacks-school>

High school: <https://www.fns.usda.gov/tn/guide-smart-snacks-school>

All campuses must comply with the Boerne ISD Food Allergy Management Plan.

## **Measuring Compliance with Nutrition Guidelines**

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to TDA, reviewing foods and beverages that are sold in competition with regular school meals, reviewing items sold as part of approved District fundraisers, and monitoring the types of foods and beverages made available to students during the school day.

## Policy and Plan Evaluation

At least every three years, as required by law, the District will measure and make available to the public the results of an assessment of the implementation of the District's wellness policy. This "triennial assessment" will evaluate the extent to which each campus is compliant with the wellness policy, the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy and plan compare with any state- or federally designated model policies. The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes.

## Public Notification

Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials.

To comply with the legal requirement to annually inform and update the public about the content and implementation of the local wellness policy, the District will create a wellness page on its website to document information and activity related to the school wellness policy, including:

5. A copy of the wellness policy [see FFA(LOCAL)];
6. A copy of this wellness plan, with dated revisions;
7. Notice of any Board-adopted revisions to FFA(LOCAL);
8. The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;
9. Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
10. The SHAC's triennial assessment; and
11. Any other relevant information.

The District will also publish the above information in appropriate District or campus publication.

## Records Retention

Records regarding the District's wellness policy will be retained in accordance with law and the District's records management program. Questions may be directed to the Chief Human Resources Officer, the District's designated records management officer. [See CPC(LOCAL)]