

Barbers Hill ISD Wellness Plan Assessment

Nutrition Promotion			
Goal	Objective	Assessment	Comment
Goal 1 – The Districts food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.	Objective 1 – The district will plan at least one campus cafeteria activity per semester that promotes healthy nutritional messages in the cafeterias for K-6 campuses. The School Nutrition Department will work with SHAC to coordinate the activity.	☒ Fully implemented ☐ Partially implemented ☐ Not implemented yet	The School Nutrition Department features a local produce item of the month on the menu. The School Nutrition Department recognizes special food days like National Milk Day. Digital menu boards are located in the high school cafeteria which include health promotion messages ie. nutrition tip of the month.
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 – Each campus will provide a link on their school page to the Barbers Hill ISD School Nutrition website in order to promote meal availability/participation as well as general nutrition information for children and families.	☒ Fully implemented ☐ Partially implemented ☐ Not implemented yet	The School Nutrition Department publishes a monthly newsletter titled “The Eagle Eats” that is posted on the School Nutrition webpage and is sent to families through Parent Square. The cafeteria menu is available on each school's webpage, the School Nutrition webpage, and in SchoolCafé, where it also includes nutritional information for all meal components.
Nutrition Education			
Goal	Objective	Assessment	Comment
Goal 1 – The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	Objective 1 – K-6 campuses will incorporate healthy eating/nutrition through student activities and lessons.	☒ Fully implemented ☐ Partially implemented	The School Nutrition Department manages the school garden, where carrots are grown and harvested. Science teachers complement this by offering a lesson featuring on

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	Objective 2 – Physical education teachers will include at least one (1) activity per semester that supports the overall nutrition/wellness goal on K-6 campuses.	☐ Not implemented yet	healthy eating habits. ISS/ISN offer club days weekly with classes in cooking, gardening, eating healthy. Third graders do adventure. All PE teachers follow their grade level TEKS which includes standards related to nutrition and wellness
Goal 2 – The district shall make nutrition education a District-wide priority and shall integrate nutrition education in other areas of curriculum, as appropriate.	Objective 1 – K-6 campuses will provide access to water for students outside of meal times.	☒ Fully implemented ☐ Implemented ☐ Not implemented yet	Students have access to drinking water, and if they don't have a reusable water bottle, they can request a cup from the cafeteria.

Physical Education

Goal	Objective	Assessment	Comment
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 – - Barbers Hill ISD elementary campuses will develop schedules that provide at least 15 minutes of supervised recess time each day. Recess should not replace physical activity. Recess should be unstructured playtime where children have choices, develop rules for play, and release energy and stress. - Proper supervision of students and appropriate equipment will be provided	☒ Fully implemented ☐ Partially implemented ☐ Not implemented yet	ECC, Elementary Schools, and Intermediate campuses – all students are enrolled in PE. Middle School – PE, athletics, and LOTC are offered. High School – cheer, ROTC, dance, band, PE and athletics are offered. Summer camps are hosted for students. Ag students are active by walking and working their animals.

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	by the campus to ensure the safety of all students. Objective 2 – Campuses will collaborate with BHISD police department to report unsafe conditions for students who walk/bike to school.		
Goal 2 – The District shall make appropriate trainings and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees.	Objective 1 – District will promote employee wellness opportunities.	☒ Fully implemented ☐ Partially implemented ☐ Not implemented yet	Fitness Fusion – exercise class offered to employees twice a week. Annual Mental Health Walk Eagle Pointe membership discount.
Goal 3 – 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 1 – District will offer two (2) family fitness activities per year.	☒ Fully implemented ☐ Partially implemented ☐ Not implemented yet	The district allows the facilities to be used for multiple sports and activities. Campuses host turkey trots, pickle ball and fun runs. Intermediate Campuses offer club days monthly, which include a variety of physical activities including pickle ball, soccer, jogging, etc.
Goal 4 – The District shall encourage students, parents, staff, and community members to use the District’s recreational facilities, such as tracks, playgrounds, and the like, that are available outside of the school day.	Objective 1 – Campuses will make available the use of outside field space, and walking tracks, etc.	☒ Fully implemented ☐ Partially implemented ☐ Not implemented yet	Many of our facilities are used for outside recreational activities. Some examples are Little Dribblers, AAU Team practices, etc. Local soccer teams use the open fields for practice. The auxiliary track is available for fitness groups to do workouts or individuals to workout.

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			Tennis courts are available and used for public and private tennis games and lessons and pickle ball.
School Based Activities			
Goal	Objective	Assessment	Comment
Goal 1 – The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	Objective 1 – All campuses will schedule 30 minutes for lunch and make every effort to all 20 minutes to eat lunch from the time a student receives his or her meal and is seated. Objective 2 – 100% of cafeterias will maintain HACCP (Hazard Analysis and Critical Control Points) logs at all times.	☒ Fully implemented ☐ Partially implemented ☐ Not implemented yet	All campuses provide a 30-minute lunch period for all students. The school nutrition department supervisor holds monthly HACCP trainings with the school nutrition staff on topics such as food allergies, cross contamination, health inspections, cleaning and sanitizing, receiving and labeling, and correction actions.
Goal 2 – The District shall offer employee wellness activities.	Objective 1 – The District will provide information about health services offered throughout the community to staff.	☒ Fully implemented ☐ Partially implemented ☐ Not implemented yet	Wellness shots offered annually including flu, tdap, B12 Mammograms offered twice a year through MD Anderson Mobile Unit Health screenings including blood work offered by Chambers Health on campuses annually Elite Medical offers ultrasounds every 2 years to all staff interested

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