



Wellness Plan

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. BISD website
2. Social media and/or call out
3. SHAC Meeting Feedback
4. Principal Meeting Feedback

Responsibility for Implementation

Each campus principal is responsible for implementing FFA(LOCAL) and this wellness plan at his/her campus, including submitting necessary information to the SHAC for evaluation. SHAC facilitator shall oversee the development and implementation of the wellness plan and appropriate administrative procedures.

The SHAC Facilitator and each Campus Principal are the District officials 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.

Goals for Nutrition Promotion and Education

Federal law requires that the District establish goals for nutrition promotion and education 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. Federal law 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.

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:

1. Observation of resources out to public in flyers, website, social media, or call outs
2. Ensure public is aware of the access to nutrition information and menu

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 may make recommendations when replacements or new contracts are considered.

GOAL 1:

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:

The District will research opportunities to offer supplemental food and nutritional programs and will regularly inform families and the community regarding any programs offered by the District such as Meals to You, Backpack Program etc.

Action steps:

Nutrition web link available to parents with breakfast and lunch menus as well as nutritional information, collaboration with community agencies

School and Community stakeholders:

Food services, Board, administration, communication team, SHAC, community agencies

Measure of success:

Types of food access programs identified and ways the information was communicated to families and the community, number of students participating in food programs

Resources needed:

Web link, newsletter, literature out to public annually or bi-annually, NutriSlice App, social media advertisement

GOAL 2: The District will deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors

Objective 1:

Promote meal benefits required by the state

Action Steps:

Distribute information via literature, flyers, website, or social media to be used for promotion of meal benefits

Measures of Success:

Monitor participation rate and delivery

Objective 2:

Action Steps: Distribute information via newsletter, flyers, website, or social media to be used to share this information

Resources Needed:

Link to access nutrition and menu information, website, social media page

School and Community stakeholders: Food services, communication team, Board, administration, SHAC

Measures of Success:

Community/parent/student/staff awareness

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:

Brownsboro and Chandler Elementary: The required 135 minutes per week will be provided through physical education class and/or recess

Brownsboro Intermediate and Chandler Intermediate: The required 135 minutes per week will be provided through physical education class

Junior High: Students in grade 7th or 8th will be required to participate in physical activity for at least 30 minutes per day for at least two semesters. This meets the requirement of 1 year of PE credit in Junior High.

Brownsboro High School: Students in grade 9th-12th will meet the requirement for one credit of physical education credit during high school.

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:

All students will meet the minimum expectation set by the state for physical activity for their specific grade level.

Action Steps:

Counselor review schedules before school starts to ensure physical activity opportunities

Resources Needed:

Counselor - one per campus

School and Community stakeholders:

Food services, communication team, Board, administration, SHAC

Measures of Success: 100% of students meet the minimum state requirements for physical activity for their specific grade level.

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 healthful eating and physical activity, and promote a consistent wellness message.

GOAL 1:

The District shall promote wellness for students and their families at suitable District and campus activities.

Objective 1:

All campuses will build their master schedules to allow for at least 20 minutes to eat lunch from the time a student receives his or her meal and is seated.

Action Steps:

Evaluate meal time allowances by campus

School and Community stakeholders:

Food services, principal, counselor, administration, Board, communication team, SHAC

Measures of Success:

100% of campuses currently meeting the requirement and evaluation of the average time it takes for students to get meal and be seated to eat

Obstacles:

Master schedules must be taken into account and several issues, only one of which will be meal times

Objective 2:

Families are involved and promote education/wellness

Action Steps:

Inform and offer involvement of families

Resources Needed:

District to share information on website, social media or opportunities for wellness such as fun runs, field day, parents in PE, Pre-athletics, blue and gold games, etc.

School and Community stakeholders:

Food services, principal, counselor, administration, Board, PE Teachers, communication team, SHAC

Measures of Success:

Parents are informed of at least two opportunities per year to participate in wellness activities.

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 will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, the District will comply with the federal requirements for competitive foods. Competitive foods and beverages are not part of the regular meal programs and occur through sales such as a la carte options or vending machines. For purposes of this plan, these requirements will be referred to as "Smart Snacks" standards or requirements.

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)] These days will be determined annually by each Campus Principal.

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

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.

Implementation

The Superintendent designates the SHAC Facilitator and Campus Principal to oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures.

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:

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

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

Records Retention

The District shall retain all required records associated with the wellness policy, in accordance with law and the District's records management program.[See CPC(LOCAL) and FFA(Legal)]

4/13/21: Approved by School Health Advisory Committee

Approved by BISD School Board

8/29/23: Review and suggestions made by campus principals based on Triannual Assessment