

BROCK INDEPENDENT SCHOOL DISTRICT

Health and 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]

Rational

Brock Independent School District is committed to the optimal development of every student. The District believes children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive. Brock ISD students will have the opportunity to achieve personal, academic, developmental, and social success in creative, positive, safe, and health-promoting learning environments at every level throughout the school year.

Research shows that good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. Good health fosters student attendance and education. Students who engage in active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities do better academically.

This policy outlines the District’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- The District should coordinate the wellness policy with other aspects of school management
- Students in the District have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors
- Students have opportunities to be physically active before, during, and after school
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits.



BISD Wellness Plan

STRATEGIES TO SOLICIT INVOLVEMENT

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The District has chosen to use the local school health advisory council (SHAC) to work on behalf of the District to review and consider evidence-based strategies and techniques in order to develop and implement nutrition guidelines and wellness goals as required by federal law. The SHAC will permit the following persons to work with the SHAC on the District's wellness policy and plan: parents, students, the District's food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public. The SHAC will solicit involvement and input of these other interested persons by:

1. *Email Invite*
2. *Face to Face Invite*

IMPLEMENTATION

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

The Assistant Superintendent is the District official responsible for the overall implementation of FFA(LOCAL), including the development of this wellness plan and any other appropriate administrative procedures, and ensuring that each campus complies with the 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, the extent to which each campus is compliant with the wellness policy, a description of the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy compares with any state- or federally designated model wellness policies. This will be referred to as the "triennial assessment."

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

The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes. The SHAC may use any of the following tools for this analysis:

- Smarter Lunchrooms' website (<https://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms>)
- *Parent Surveys*
- *Student Surveys*

PUBLIC NOTIFICATION

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 revisions to policy FFA(LOCAL);
4. The name, position, and contact information of the District official responsible for the oversight of the wellness policy and implementation of this plan;

5. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
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 publications.

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 District School Nurse, the District's designated records management officer.

GUIDELINES AND GOALS

The following provisions describe the District's nutrition guidelines and activities and objectives chosen by the SHAC to implement the Board-adopted wellness goals in policy FFA(LOCAL).

NUTRITION GUIDELINES

Brock Elementary participates 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). Federal law requires that the District establish nutrition guidelines for foods and beverages sold to students during the school day on each campus that promote student health and reduce childhood obesity.

The District's nutrition guidelines are to ensure all foods and beverages sold or marketed to students at the elementary campus during the school day 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 at the Elementary Campus. 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. The following websites have information regarding meal and Smart Snacks requirements:

- <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
- <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- <http://www.squaremeals.org/Publications/Handbooks.aspx> (see the Complete *Administrator Reference Manual* [ARM], Section 20, Competitive Foods)

EXCEPTION— 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)] There are no federal or state restrictions for foods or beverages provided, but not sold, to students during the school day. However, each school district must set its own standards. 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)]

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

MEASURING COMPLIANCE

Campus or Organization	Food / Beverage	Number of Days
Brock Elementary	PTC Fundraisers such as -Cookie Dough Sales and Choc. Sales; Student Leaders; Grade Level Fundraisers to be approved by campus principal	6

monitoring the types of foods and beverages made available to students during the school day.

FOODS AND BEVERAGES PROVIDED

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 at the elementary campus.

NUTRITION PROMOTION

The District will ensure that any food and beverage advertisements on the elementary campus is marketed to students during the school day meet the Smart Snacks standards. The SHAC will monitor this by: *Including the Food Services Director and Administration on the SHAC to review promotional opportunities throughout the district.*

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 periodically monitor these and make recommendations when replacements or new contracts are considered.

DEVELOPMENT OF GUIDELINE AND GOALS

In accordance with FFA(LOCAL), the District has established the following goal(s) for nutrition promotion.

The District shall develop nutritional guidelines, physical activity, and wellness goals in consultation with the local SHAC and with involvement from representatives of the student body, child nutrition services, school administration, parents, and the public.

Each campus is responsible for creating, maintaining, and setting goals/objectives that fit the needs of their school. Each campus is required to have at least two representatives on the District SHAC (School Health Advisory Council). The SHAC on each campus meets once a semester to evaluate and improving their goals and objectives. The District SHAC meets at least four times a year; minutes will be posted on www.brockisd.net.

NUTRITION GUIDELINES

The District shall ensure that nutritional guidelines for reimbursable school meals shall be at least restrictive as federal regulations and guidance and that all foods available on the elementary campus is in accordance with the USDA National Competitive Foods Policy and Texas Department of Agriculture Policy. In addition to legal requirements, the District shall:

- Encourage that healthy food and beverage options included at concessions at school-related events outside the school day.

Guidelines to meet goal:

- A recommendation of two healthy food choices will be offered at all events where concession stands are available to students.
- Water will be offered at all events where concession stands are available to students.

WELLNESS GOALS: NUTRITION EDUCATION

The District shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition.

In addition, the District establishes the following goal for nutrition education:

Goal 1:

The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings. Brock Elementary shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

Action Steps:

- Food service staff, teachers or other school personnel will display nutrition messages in the hallways and cafeteria.
- Water will be offered on campuses and in concession stands to students.
- Menus will contain healthy choice information and options.
- National School Lunch Week will be observed on each campus and advertised.

Measuring Compliance and Implementation:

- Implementation will be by the food service staff, teachers, and other school personnel. This will be monitored by the school principal.
- Menu samples collected by SHAC containing nutritional messages and options.

Goal 2:

Brock Elementary shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors and shall make nutrition education a priority, as well as, integrate nutrition education into other areas of the curriculum, as appropriate.

Action Steps:

- Teachers at each campus will integrate nutritional education lessons in their curriculum beginning at the pre-kindergarten level through fourth grade.

Measuring Compliance and Implementation:

- Compliance will be measured using teacher lessons, photographs of posters, work displayed related to healthy nutrition.

WELLNESS GOALS: PHYSICAL ACTIVITY

The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the recommended amount of physical activity for all grades.

In addition, the District shall establish the following goals for physical activity:

Goals:

- The District will provide an environment that fosters safe and enjoyable fitness activities for staff and students, including those who are not participating in competitive sports, during, before and after school hours.
- The District shall make appropriate before and after school physical activity programs available and shall encourage students to participate.
- The District will encourage parents to support their student's participation, to be active role models, and to include physical activity in family events.
- The District shall encourage students, parents, staff, and community members to use the District's recreational facilities that are available outside of the school day.

Action Steps:

- A variety of physical fitness activities will be offered to students on each campus: Color Run, Running Club, Brock Youth Associations, Reindeer Run/Walk, Coyote Run, Brock Cross Country Run for all Ages.
- Students at the middle school and high school level will be encouraged to include more than the minimum credit requirements for physical education.
- District will allow Brock Youth Associations to utilize facilities for youth programs
- Playgrounds, tracks, and cross country paths open to the public after school hours.
- Open gym nights for adults to play basketball (Wednesday Nights).
- Before and after school adult workout opportunities.

Measuring Compliance and Implementation:

- Compliance will be measured using event date/invitation notification/documentation sent to public and copies of all correspondence between the school, parents and youth associations requesting facilities. Implementation will be by school personnel.
- Student enrollment in physical education classes/extracurricular events will be reviewed yearly (marching band, PE, sport teams, students in activities off campus that count for PE).
- Monitor facilities that are being used after hours by the community.

WELLNESS GOALS: SCHOOL-BASED ACTIVITIES

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities:

Goals:

- Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.
- Promotes wellness for students and their families at suitable District and campus activities.
- Employee wellness education and involvement will be promoted at suitable school activities.

Action Steps:

Schedules will reflect at least 30 minutes for breakfast and at least 30 minutes for lunch at each grade level on each campus.

- Employee wellness education will be included throughout the year: after school workout invites in classrooms, community hosted training opportunities provided to staff, health wellness screening opportunity provided to staff.
- Thanksgiving dinners provided by food services for families, nutritional food choices offered during classroom events, and backpack food programs coordinated by a local church for families in need.

Measuring Compliance and Implementation:

Compliance will be measured by campus breakfast and lunch schedules, staff survey responses documenting after school opportunities/activities, counselor statement addressing Backpack program, cafeteria menu documentation. Implementation will be by the food service director, school counselor, and school administration.

