

**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.]

**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. ***Posting on the District’s website the dates and times of SHAC meetings in which the wellness policy and plan are scheduled to be discussed.***
2. ***Contacting the persons directly to invite their participation.***

**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 SHAC Coordinator, Campus Principals, and Food Service Director 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>)
- **Guidelines from the "Healthy, Hunger Free Kids Act of 2010"**
- **District developed self-assessment**

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 Brazos ISD Central Administration Office, 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).   |
| <b>Nutrition Guidelines</b>       | <p>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). 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.</p> <p>The District's nutrition guidelines are to ensure all foods and beverages sold or marketed to students during the school day adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.</p>   |
| Foods and Beverages Sold          | <p>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. The following websites have information regarding meal and Smart Snacks requirements:</p> <ul style="list-style-type: none"><li>• <a href="http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals">http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals</a></li><li>• <a href="http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks">http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks</a></li><li>• <a href="http://www.squaremeals.org/Publications/Handbooks.aspx">http://www.squaremeals.org/Publications/Handbooks.aspx</a> (see the Complete <i>Administrator Reference Manual</i> [ARM], Section 20, Competitive Foods)</li></ul> |
| <i>Exception—<br/>Fundraisers</i> | <p>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)]</p>   |

---

The District will allow each campus six exempted fundraisers each school year.

---

Foods and  
Beverages Provided

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)]

Measuring  
Compliance

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

---

**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 District's Food Service Department will monitor this by:

1. ***Reviewing all published meal menus to ensure that all food served meets the TDA child nutrition guidelines.***

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.

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

| <p><b>GOAL:</b> The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.</p>                                     |   |
|--|---|
| <p><b>Objective 1: The District's will inform parents/guardians of the federal nutrition programs at the beginning of the school year.</b></p>   |   |
| Action Steps   | Methods for Measuring Implementation  |
| <p>The District's food service department will distribute a flier to students to take to their parents/guardians informing them of the federal child nutrition programs.</p> <p>The information will also be placed on the District's website.</p> | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Fliers will be distributed and the information will be placed on the website</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Personnel to develop and distribute fliers</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Fliers sometimes do not reach parents/guardians</li> <li>• Negative perception of school meals</li> </ul> |

| <p><b>GOAL:</b> 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.</p> |  |
|---|--|
| <p><b>Objective 1: Consistently post in an easily accessible location on the District's or each campus's website the monthly school breakfast and lunch menus.</b></p>                                    |  |
| Action Steps  | Methods for Measuring Implementation   |
| <p>Work with the District Food Service Director to develop menus that are in compliance with federal nutritional requirements and to publish them on the District's and campus's websites.</p>            | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Menus will be placed on the District's and campus websites</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Staff with menu ability</li> <li>• Website and Webmaster</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Not all families have internet access</li> </ul> |

**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 nutrition

services and health education component at the elementary and middle school levels. [See EHAA]

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

|  |  |
|--|--|
| <b>GOAL:</b> The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.   |  |
|  |  |
| <b>Action Steps</b>  | <b>Methods for Measuring Implementation</b>  |
| <p><u>Elementary:</u> Physical Education instructors will provide nutrition education in conjunction with physical fitness instruction.</p> <p><u>Middle School:</u> Health teachers will provide nutrition education and effects of improper nutrition on the body.</p> | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Number of nutrition lessons per year for each grade level</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Nutrition literature, models</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Class size, frequency of instruction</li> </ul> |

**Physical Activity**

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

The following addresses how the District meets the required amount of physical activity:

- ***Students at the elementary level (grades K through 5) will have a minimum of 135 minutes of physical education or recess per week***
- ***Students at the middle school level (grades 6 through 8) will enroll and participate in physical education or athletics courses for at least four semesters***
- ***Students at the high school level (grades 9 through 12) will enroll and participate in physical education or athletics courses or and approved physical education substitute course (such as marching band) for at least one semester***

Federal law requires that the District establish goals for physical activity in its wellness policy.

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

| <b>GOAL:</b> The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students.   |   |
|---|---|
| <b>Objective 1: Ensure that physical education, athletics, and approved courses that substitute for physical education courses have adequate facilities and supplies.</b>   |   |
| Action Steps  | Methods for Measuring Implementation  |
| <p>Campus principals will review facilities and locations where physical education, athletics, and approved substitute courses for physical education are taught to ensure they are adequate and safe.</p> <p>Campus principals will work with teachers to ensure adequate supplies are provided to effectively teach the course.</p> | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Physical education facilities will be inspected each year</li> <li>Supplies for these courses will be inventoried and needed supplies will be provided</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Playgrounds, gymnasiums, and other facilities used for physical education</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>Funds to purchase various supplies needed</li> </ul> |

| <b>GOAL:</b> 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 the school day. |  |
|--|--|
| Action Steps   | Methods for Measuring Implementation   |
| District Facilities will be open for public use  | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>Current policy on use of facilities</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>Rules allowing public access outside of the school day</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>None</li> </ul> |

**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.

In accordance with FFA(LOCAL), the District has established the following goal(s) as part of its student wellness policy to create an

environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message.

| <p><b>GOAL:</b> The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.</p>  |   |
|--|---|
| <p><b>Objective 1:</b> All campuses will build their master schedules to allow for at least 10 minutes to eat breakfast and 20 minutes to eat lunch, from the time a student receives his or her meal and is seated.</p> |   |
| Action Steps   | Methods for Measuring Implementation  |
| <p>Work with campus administrators to ensure schedules allow for adequate time for students to eat their meals at school.</p>  | <p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Ensure that all campuses meet the agreed upon standard regarding time for students to eat meals</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Time</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Long serving lines in the cafeteria</li> </ul> |