

Brenham Independent School District

Wellness Policy 2015-2016

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a wellness policy that involves parents, students, representatives from the district's child nutrition department, school board, school administrator and the public...that which compiles the School Health Advisory Council. It was updated in 2010 to include the Health, Hunger Free Kids Act.

The School Health Advisory Council (SHAC) will establish a plan for measuring implementation of the local wellness policy.

Brenham Independent School District teaches children that eating healthy and being physically active everyday can be fun; the programs has proven that establishing healthy habits in childhood can promote behavior changes that carry into adulthood.

The District shall follow nutritional guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities.

MISSION STATEMENT

Brenham Independent School District is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

NUTRITION EDUCATION

Brenham Independent School District's primary goal of nutritional education is designed to facilitate the voluntary adoption of eating healthy and also facilitate other nutrition-related guidance that is conducive to health and well-being that influences students' eating behaviors.

Nutrition Education Goals

1. Brenham ISD shall teach, encourage, and support healthy eating by all students.
2. Shall provide and promote nutrition education to students, staff and community.
3. The SHAC (to include a school administrator, school nurse, child nutrition director, parents, physical education teacher, school board member, and members of the general public) will monitor and promote campus wellness education and activities.
4. All nutrition education will be acquired from credible sources (American Heart Association [AHA], American Diabetes Association [ADA], United States Department of Agriculture [USDA], School Nutrition Association [SNA], the Child Nutrition Department and curriculum such as the Coordinated Approach to Child Health [CATCH]).
5. Nutrition education shall be increased by sharing information with families and the community via the Brenham ISD website, monthly campus newsletters and by using the cafeteria as a "learning laboratory" (i.e. nutrition education displays, taste testing, etc.).
6. Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.

PHYSICAL ACTIVITY

Brenham ISD's primary goal for quality physical education and physical activity are to provide opportunities for every student to develop the knowledge and skills for specific physical activities; maintain physical fitness; reduce sedentary time; learn cooperation, fair play, and responsibility participation that meets the needs of all students and gain an appreciation for lifelong physical activity through a healthy lifestyle.

Physical Activity Goals

1. All Brenham ISD schools will provide opportunities for students to participate in regular physical activity, to promote personal lifelong behavior, and maintain physical well-being.
 - a. The District follows the guidelines of the Coordinator Approach to Child Health (CATCH) program that provides quality physical education in which students engage in maximum amounts of enjoyable moderate to vigorous physical activity.
 - i. BISD schools will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.
 - ii. Physical activity shall not be used as a reward or punishment.
 - iii. BISD schools will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events
2. Brenham ISD school will provide opportunities for every student to develop the knowledge and skills for specific physical activities in accordance with district, state and national guidelines.
 - a. Time allotted for physical activity will be consistent with national and state standards.
 - b. State-certified physical education instructors will teach all physical education classes.
 - c. BISD schools will strive toward physical education classes to have a student/adult ratio not to exceed 45:1. If the ratio is greater than 45, the district must identify the manner in which safety will be maintained.
 - d. K-6th grade students shall have a minimum of 30 minutes of moderate to vigorous physical activity (MVPA) daily or 135 minutes weekly.
 - e. 6th-8th grade students shall have a minimum of 30 minutes of moderate to vigorous physical activity (MVPA) daily, 135 minutes weekly, or 225 minutes over a two-week period.
 - f. 9th-12th grade students must meet graduation requirements for physical education.
 - g. All physical education instructors and their paraprofessional assistants shall be trained in CPR/AED/First Aid through the American Heart Association or the American Red Cross.

NUTRITION STANDARDS

Brenham ISD believes that students' lifelong eating habits are influenced by the type of foods and beverages available during school hours.

Nutrition Standards Goals

1. USDA nutrition standards will be used as the standard for guidelines pertaining to foods and beverages made available on school campuses.
 - a. All foods made available on campus will comply with local, state and federal laws and regulations, as well as the current USDA Dietary Guidelines for Americans.
 - b. BISD schools will ensure that nutrition guidelines for reimbursable school meals shall follow the nutrition standard for the National School Lunch and School Breakfast Programs, and that all foods available on each campus are in accordance with the USDA Dietary Guidelines.

- c. BISD schools will offer a variety of age appropriate healthy food and beverage selections for elementary school, middle school and high schools.
- d. Nutritional value of foods and beverages must meet the federal guidelines in the food service area during meal periods.
- e. Portion size is determined by the nutritional standards in the USDA.

HEALTHY EATING ENVIRONMENT

Healthy Eating Environment Goals

1. Brenham ISD's environment is safe, comfortable and promotes healthy eating practices.
 - a. Dining areas are clean, attractive and provide enough seating for all students during all meal times.
 - b. Drinking water is available for all students during meals.
2. Adequate time and space are allowed for eating meals.
 - a. Adequate time is provided to eat breakfast and lunch from the time the student is seated. Recommended times by the National Association of State Boards of Education are 10 minutes for breakfast and 20 minutes for lunch.
 - b. Lunch periods are scheduled as near to the middle of the day as possible and are planned to assure that students do not spend too much time waiting in line.
 - c. If meetings or activities are scheduled during meal times, students must be allowed to eat breakfast and lunch.

OTHER SCHOOL BASED ACTIVITIES

Other School Based Activities Goals

1. School based activities are consistent with local wellness policy goals.
 - a. School-based marketing for food and beverage products are consistent with nutrition education and health goals and aligned with federal, state and local regulations, laws and guidelines.
 - b. After-school activities may encourage and include physical activity, health and wellness information.
 - c. Snacks served during the day or in after-school activities make a positive contribution to children's nutrition and health.
 - d. SHAC comprised of parents, teachers, child nutrition services, nursing services, physical education/wellness services, administrators, students and members of the community work together to create strategies to integrate health curriculum into a coordinated school health program that reflects local values.
 - e. SHAC shall report directly to the school board at least once annually, including a written report with information regarding the council's recommendations, modifications and activities.

MONITORING & EVALUATION

Monitoring & Evaluation Goals

1. Brenham ISD shall designate on district employee to facilitate and update the wellness policy and monitor implementation in order to ensure district and campus compliance of the wellness policy and wellness plan.

- a. This will be done to the extent to which schools are in compliance with local wellness policy.
 - b. This will be done to the extent to which local wellness policy compares to model local school wellness policies.
 - c. They will make available the progress made in obtaining goals of the wellness policy.
 - d. They will make available to the public an assessment of the local wellness policy.
2. Annual Progress Reports - SHAC shall provide an annual progress report, which includes:
 - a. The website address for the wellness policy and/or information on how the public can access a copy
 - b. A description of each school's progress in meeting the wellness policy goals
 - c. A summary of each school's local wellness events and activities
 - d. Contact information for the leader of the wellness policy team
 - e. Information on how individuals and the public can get involved
3. Triennial Awareness - SHAC shall provide an assessment of the wellness policy to be conducted every 3 years, at a minimum. It would determine compliance with the policy and:
 - a. How the BISD wellness policy compares to other model policies
 - b. Progress made in attaining the goals of the policy

STAFF WELLNESS

Brenham ISD highly values the health and well-being of all employees. The BISD Employee Wellness Program implements activities that support personal efforts by faculty and staff to maintain a healthy lifestyle.