

## Brownwood ISD Wellness Implementation Plan – Self Audit

### Nutrition Guidelines

The District shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with the Texas Public Nutrition Policy. (See policy CO)

In addition to legal requirements, the District shall:

<b>(LOCAL) policy requirements</b> (choose any that apply or none)	<b>Plan (activities / strategies) for implementation</b>	<b>Person(s) Responsible</b>	<b>Collaborative Resources</b>	<b>Timeline</b>
<p>1. Establish age – appropriate guidelines for food and beverages at classroom parties or school celebrations</p>	<p>Adhere to the USDA / TDA requirements and guidelines for reimbursable school meals.</p> <p>Communicate the age – appropriate USDA / TDA guidelines for food and beverages at classroom parties or school celebrations to teachers and parents</p> <p style="color: blue;">Food that is given away:</p> <ul style="list-style-type: none"> <li>- No restrictions on the number of days as long as it does not compete with meals                             <ul style="list-style-type: none"> <li>• Distribution would have to be after the lunch hour.</li> <li>• Early out days will be the exceptions as food may be distributed at any time except during meal times.</li> </ul> </li> <li>- Parent’s / guardian’s may bring food for lunch as long as it is only for their child</li> </ul>	<p>Campus Administration Food Service</p> <p>Campus Administration Food services</p>	<p><a href="http://www.squaremeals.org">www.squaremeals.org</a></p>	<p>Upon enrollment, then yearly</p> <p>Upon enrollment, then yearly</p>
<p>2. Provide teachers with education and guidelines on the use of food as a reward in the classroom.</p>				

<b>(LOCAL) policy requirements</b> (choose any that apply or none)	<b>Plan (activities / strategies) for implementation</b>	<b>Person(s) Responsible</b>	<b>Collaborative Resources</b>	<b>Timeline</b>
<p>3. Establish guidelines for school-sponsored fund – raising activities that involve serving or selling food.</p>	<ul style="list-style-type: none"> <li>• Smart snacks may be sold any day after meal times</li> <li>• Standards do not apply to <ul style="list-style-type: none"> <li>- Items sold after the school day (30 minutes after the last bell of the last school = 4:15 pm)</li> <li>- Items not for consumption at school such as cookie dough, frozen pizza, food items requiring cooking before eating</li> <li>- Cookies, popcorn, pickles etc that are bagged for consumption and ready to eat will count as one of the exempt days if they are sold during the school day even if students are instructed eat after they get home. The above items will not count as an exempt day if sold after the school day.</li> <li>- Off campus fund raising events</li> <li>- Non food items</li> <li>- Items sold to “non” students</li> </ul> </li> <li>• Texas allows for 6 exempted days / campus / year for food fundraisers <ul style="list-style-type: none"> <li>- These days include field days, little lion Olympics, etc.</li> <li>- This includes all food sold at “property under the jurisdiction of the school district: i.e. sports stadiums</li> <li>- This also includes concession stands that sell food before 4:15 pm</li> <li>- All selling of food needs to be approved by the campus principal</li> </ul> </li> </ul>	<p>Campus Administration Food Services</p>		<p>Upon enrollment, then yearly</p>

<b>(LOCAL) policy requirements</b> (choose any that apply or none)	<b>Plan (activities / strategies) for implementation</b>	<b>Person(s) Responsible</b>	<b>Collaborative Resources</b>	<b>Timeline</b>
4. Require that healthy food and beverage options be included at concessions at school related events outside the school day.	Remove from current policy	SHAC Administration School Board		Upon adoption of new wellness policy
5. Other _____				

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### Goals for Nutrition Education

The District shall implement, in accordance with law, a coordinated health program with a nutrition education component (see Policy EHAB and EHAC) and shall use health course curriculum that emphasizes the importance of proper nutrition (see Policy EHAA)

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

<b>(LOCAL) policy requirements</b> (must have at least one)	<b>Plan (activities / strategies) for implementation</b>	<b>Person(s) Responsible</b>	<b>Collaborative Resources</b>	<b>Timeline</b>
1. Students will received nutrition education that fosters the adoption and maintenance of healthy eating behaviors.				
2. Nutrition education will be a District – wide priority and shall be integrated into other areas of the curriculum, as appropriate.				
3. Staff responsible for nutrition education will be adequately prepared and shall participate in professional development activities to effectively deliver the program as planned.				
4. 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.				

<b>(LOCAL) policy requirements</b> (must have at least one)	<b>Plan (activities / strategies) for implementation</b>	<b>Person(s) Responsible</b>	<b>Collaborative Resources</b>	<b>Timeline</b>
5. Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members	<p>Available on the Brownwood ISD web site:</p> <ul style="list-style-type: none"> <li>- Menus with nutritional and allergen information</li> <li>- Special dietary needs information</li> <li>- Go, Slow and Whoa food information</li> </ul> <p>Available in school cafeteria:</p> <ul style="list-style-type: none"> <li>- Information on Go, Slow and Whoa foods</li> <li>- Posters promoting healthy eating</li> </ul>	Food Services	<a href="http://www.squaremeals.com">www.squaremeals.com</a>	Beginning of school year and updated as needed
6. Other: _____				

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### Goals for 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 required amount of physical activity for all grades (see Policy EHAB and EHAC)

In addition, the District establishes the following goals for physical activity:

<b>(LOCAL) policy requirements</b> (must have at least one)	<b>Plan (activities / strategies) for implementation</b>	<b>Person(s) Responsible</b>	<b>Collaborative Resources</b>	<b>Timeline</b>
1. The District will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.				
2. Physical education classes will regularly emphasize moderate to vigorous activity.				
3. The District shall encourage teachers to integrate physical activity into the academic curriculum where appropriate.				
4. Before school and after school physical activity programs will be offered and students shall be encouraged to participate.				
5. Teachers and other school staff will received training to promote enjoyable, life-long physical activity for themselves and students.				

<b>(LOCAL) policy requirements</b> (must have at least one)	<b>Plan (activities / strategies) for implementation</b>	<b>Person(s) Responsible</b>	<b>Collaborative Resources</b>	<b>Timeline</b>
6. The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events				
7. The District will encourage students, parents, staff and community members to use the District's recreational facilities that are available outside the school day. (See GKD)				
8. Other: _____				

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Goals for 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:

<b>(LOCAL) policy requirements</b> (must have at least one)	<b>Plan (activities / strategies) for implementation</b>	<b>Person(s) Responsible</b>	<b>Collaborative Resources</b>	<b>Timeline</b>
1. Sufficient time shall be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.				
2. Wellness for students and their families will be promoted at suitable school activities.				
3. Employee wellness education and involvement will be promoted at suitable school activities.				
4. Other: _____				

Implementation

The \_\_\_\_\_ shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.