

Brazosport ISD Wellness Policy Triennial Assessment 2020

BISD WP Goals and Obj.	Nutrition Promotion	Actions for Implementation	School/Community Stakeholders Resources	Alliance for a Healthier Generation	% of campuses fully implementing
<p>Goal 1: 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>					
Obj. 1	The district will plan at least one cafeteria activity per school year that supports overall health lessons incorporated in Coordinated School Health. Campus Cafeteria Managers will work with Campus Administrators, Nurses and PE teachers to coordinate the activity.	Coordinate activities	Present to SHAC CATCH lessons or other educational websites to provide activity options to explore	NS-8	75%
<p>GOAL 2: 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>					
Obj. 1	The district will provide a link on their website to the Child Nutrition page in order to promote meal availability/participation as well as general information for children and families.	Link will be on the district website. Campus will share Nutrition information such as sharing	Present to SHAC Computer access/internet	NS-9	100%

		menus and other information via social media and newsletters.			
<p>GOAL 3: The District shall ensure that food and beverage advertisements accessible to students outside of school hours on District property contain only products that meet the federal guidelines for competitive foods.</p>					
Obj. 1	100% of vending machines accessible to students will not include advertising that does not meet smart snack standards	Present to district/campus administrators annually	Present to SHAC and campus administrators SmartSnacks Standards	PO-3 SS-3	100%

BISD WP Goals and Obj.	Nutrition Education	Actions for Implementation	School/Community Stakeholders Resources	Alliance for a Healthier Generation	% of campuses fully implementing
GOAL 1: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.					
Obj. 1	Campuses will use CATCH curriculum to provide nutrition/health lessons on K-8 campuses.	Select lessons age appropriate and present to students.	Present to SHAC CATCH Curriculum	HPE-8	100%
Obj. 2	Wellness education, including nutrition, will be promoted on high school campuses through student groups such as student council, HOSA, culinary arts or, grade level officers etc.	Identify and communicate with students groups.	Present to SHAC List of groups that meet regularly	PO-3 PO-9 PO-10	50%
GOAL 2: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.					
Obj. 1	Physical Education teachers will support the Coordinated School Health Nutrition Lessons by including at least 1 activity per 9 weeks that supports the overall nutrition/wellness goal on K-8 campuses.	Present to PE Teachers and SHAC	Present to SHAC and PE Teachers CATCH curriculum, equipment	HPE-3 HPE-10 HPE-11	100%

GOAL 3: The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

Obj. 1	The campuses will provide nutrition training to staff through the district training.	Encourage campuses to incorporate Nutrition training into back to school staff training and professional development days.	Present to SHAC and Campus Principals	NS-8	20%
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GOAL 4: The District shall establish and maintain school gardens and farm-to-school programs.

Obj. 1	Campuses will assess the feasibility of a school garden and create a plan on what level of participation they could have and what supports they might need.	Pilot the school gardens at some campuses to determine best practices for our area	Present to SHAC and Campus Principals		50%
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BISD WP Goals and Obj.	Physical Activity	Actions for Implementation	School/Community Stakeholders Resources	Alliance for a Healthier Generation	% of campuses fully implementing
<p>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.</p>					
Obj. 1	<p>The following district recess guidelines are recommended for elementary K-4. Elementary schools will develop schedules that provide at least 20- 30 minutes of supervised recess time each day. Recess should not replace physical education. Recess should be unstructured playtime where children have choices, develop rules for play, and release energy and stress.</p> <p>2. Proper supervision of students and appropriate equipment will be provided by the campus to ensure the safety of all students. Campuses should provide one training per year to go over recess rules and expectations for teachers and students and proper use of equipment.</p> <p>3. Recess should not be viewed as a reward, but a necessary educational support component for all children. Taking away recess time as a punitive measure, as a behavior management tool or for tutoring or other competing activities should be avoided. Recess or other forms of unstructured physical activity are encouraged at middle, intermediate</p>	Present to Campus administrators and PE Teachers	Present to SHAC Master Schedules	PA-1 PA-7	100%

	and high school campuses.				
GOAL 2: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.					
Obj. 1	Offer training on the brain and physical activity and the connection to learning.	Offer training on the brain and physical activity and the connection to learning.	Present to PE Teachers and SHAC Curriculum for lessons	PA-2	50%
GOAL 3: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.					
Obj. 1	Students shall be given multiple opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.	Provide a resource bank of ideas for before and after school physical activity options.	Present to Campus administrators and SHAC Personnel for activities, space	PA-10 PA-4	75%
GOAL 4: The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.					

Obj. 1	Campuses will promote employee wellness district challenges.	Facilitate at least one activity each year to promote staff wellness.	Present to SHAC and all district staff Funds/rewards for incentives	EW-2	100%
GOAL 5: The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.					
Obj. 1	Campuses will offer fitness/wellness activities at least one time per year.	Present to SHAC and PE Teachers	Present to SHAC and PE Teachers Use of space/facilities	PA-4	75%
GOAL 6: 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.					
Obj. 1	Campuses will make available the use of outside play structures, field space, walking tracks etc. when it does not compromise the safety of the campus.	Identify facilities that are accessible to the public after hours.	Present to SHAC and campus administrators Permission to use facilities	PA-8	20%

BISD WP Goals and Obj.	Other School-Based Activities	Actions for Implementation	School/Community Stakeholders Resources	Alliance for a Healthier Generation	% of campuses fully implementing
GOAL 1: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.					
Obj. 1	All campuses will schedule 30 minutes daily for lunch and make every effort to provide 20 minutes to eat lunch, from the time a student receives his or her meal and is seated.	Work with campus administrators to adjust master schedules as necessary.	Present to campus administrators and SHAC Master Schedules	NS-11	100%
GOAL 2: The District shall promote wellness for students and their families at suitable District and campus activities.					
Obj. 1	The district will offer a beverage and snacks that are not foods of minimal nutritional value.	In addition to regular concession offerings, the district will make available for purchase; water and food items that have	Present to SHAC and Community partners	SS-4	100%

		nutritional value.			
GOAL 3: The District shall promote employee wellness activities and involvement at suitable District and campus activities.					
Obj. 1	The district will provide information about health services offered throughout the community to staff	Work with HR to provide the information district wide.	Present to SHAC HR Benefits Information	EW-1	100%
GOAL 4: The District's local wellness policy and plan should be considered in planning school-based activities including; field trips, dances, assemblies, and the like.					
Obj. 1	The district will provide healthy options when planning events.	Work with Child Nutrition when planning events to ensure students are provided healthy meal/snack options.	Present to SHAC	SS-4	100%