

## **Brady ISD 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]

The District’s local school health advisory council (SHAC) will work on behalf of the District to review and consider evidence-based strategies and techniques to develop and implement nutrition guidelines and wellness goals required by federal law.

### **Soliciting Involvement and Input**

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The SHAC will solicit involvement and input from parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public by:

1. Establishing subcommittees to further the discussion of physical fitness, nutrition, mental health, and physical well-being within the schools and community; and
2. Inviting representatives from the public to present information regarding the elements under the purview of SHAC.

### **Responsibility for Implementation**

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

The *Assistant Superintendent* is the District official responsible for overall implementation of FFA(LOCAL), including development of this wellness plan and any other appropriate administrative procedures, and for ensuring that each campus complies with the policy and plan.

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### **Goals for 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 SHAC will monitor this by:

1. Reviewing surveys provided by the USDA; and
2. Conducting routine audits with the BISD Food Service Director.

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 make recommendations when replacements or new contracts are considered.

### **Implementing Goals for Nutrition Promotion**

**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.

**Objective 1:** By the beginning of each school year, Brady ISD Food Service employees will utilize cafeterias, classrooms, the BISD website, and local news sources to publicize healthy nutrition choices for both staff and students.

**Action Steps:** Brady ISD cafeterias will display posters to promote healthy eating and display other nutrition education materials.

**School and Community Stakeholders:** Cafeteria Director, Cafeteria Managers, Cafeteria Staff

**Resources Needed:** TDA Posters, Flyers

**Measures of Success:** Students choose a healthy meal which include a fruit or vegetable.

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**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.

**Objective 1:** The Brady ISD Food Service Department will distribute information to families that encourage healthy, nutritious meals and exercise through the BISD websites, newsletters, and social media.

**Action Steps:** Brady ISD will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.

**School and Community Stakeholders:** Cafeteria Director, Ace Coordinator

**Resources Needed:** Healthy nutritional meals

**Measures of Success:** Families eat healthy nutritional's meals at home

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**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.

**Objective 1:** The District's nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rules.

**Action Steps:** Use Smart Snack Calculator

**School and Community Stakeholders:** Cafeteria Director and Cafeteria Manager

**Resources Needed:** USDA Smart Snack Calculator

**Measures of Success:** Students eat a healthy snack

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### **Goals for 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 component addressing nutrition services and health education at the elementary and middle school levels. [See EHAA]

### **Implementing Goals for Nutrition Education**

**GOAL 1:** The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

**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.

**Objective 1:** Brady ISD will incorporate nutrition education into the curriculum of physical education classes, athletics, and other applicable electives at least once per six weeks.

**Action Steps:** Physical education and elective teachers will include quality nutrition education inside their lesson plans.

**School and Community Stakeholders:** Teachers, Food Service Director, Principal

**Resources Needed:** None

**Measures of Success:** Students receive increased awareness in healthy eating practices.

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**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.

**Objective 1:** By September 2022, personnel will have been trained and will have received resources to assist with implementation of nutrition education throughout their lessons.

**Action Steps:** Principals and the Food Service Director will train educators on instructional practices.

**School and Community Stakeholders:** Teachers, Principals, Food Service Director

**Resources Needed:** Educational Resources

**Measures of Success:** Evidence of incorporation of nutritional education into lesson plans

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**GOAL 4:** The District shall establish and maintain school gardens and farm-to-school programs.

**Objective 1:** By August of 2025, BISD will grow programs to establish school gardens within the district.

**Action Steps:** Plan and create programs to support the growth of school gardens.

**School and Community Stakeholders:** Principals, Maintenance

**Resources Needed:** N/A

**Measures of Success:** N/A

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### Goals for Physical Activity

Federal law requires that the District establish goals for physical activity in its wellness policy. In accordance with state law, the District will implement a coordinated health program with physical education and physical activity components. The District will offer at least the required amount of physical activity for all grades [see BDF, EHAA, EHAB, and EHAC], as follows:

***Brady ISD will meet the requirements for physical activity mandated by Education Code 28.002(l)-(l-1) through the following practices:***

**1) *Annual Fitness Gram:***

Physical Education classes annually complete a Fitness Gram for each student, the results of which are entered into the required portal and submitted to the State. Results will also be reported to parents upon completion.

**2) *Physical Education Credit:***

Brady Middle School requires students to complete at least two full credits of physical education courses throughout their tenure at BMS. Students are offered either P.E. or Athletics. Brady High School offers multiple opportunities for physical education. They must have one full credit of physical education through P.E., Athletics, and marching season of band. At all campuses, students are encouraged to participate in Athletics and Physical Education to promote various sports throughout the year.

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### Implementing Goals for Physical Activity

**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.

***Objective 1:*** BISD administration will encourage teachers to implement cross-curricular lessons once per semester that involve physical education to support athleticism among all students throughout the 2022-2023 school year.

**Action Steps:** Teachers will plan inclusive lessons around the school to inspire activity in students throughout the year.

**School and Community Stakeholders:** Teachers, Administration, Parents

Resources Needed: None

Measures of Success: Lesson Planning

**Objective 2:** *The District will encourage more involvement from students in physical education and athletics for the 2022-2023 school year through positive, enjoyable, competitive activities.*

Action Steps: Reimplementation of the Fun Run at BES to encourage competition and self-motivation; curricular modifications within the BISD athletic department; hike and bike nights to get students outside and moving their bodies

School and Community Stakeholders: Teachers, administrators, coaches

Resources Needed: N/A

Measures of Success: Increased participation in athletics and physical education

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**GOAL 2:** The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

**Objective 1:** *The District will plan a session on cross-curricular implementation of physical activity for teachers to attend during staff development.*

Action Steps: Administrators will collaborate to support teacher-led trainings.

School and Community Stakeholders: Administrators and teachers

Resources Needed: N/A

Measures of Success: Increased physical activity within the classroom setting.

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**GOAL 3:** The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

**Objective 1:** *Brady Elementary School will invite community members in annually to educate and motivate students and families, such as Ju-Jitsu, dance, gymnastics, and agricultural/outdoor entertainment.*

Action Steps: Hold a family night for parents to become educated about community involvement in physical activity.

School and Community Stakeholders: Business owners who promote physical fitness

Resources Needed: BES cafeteria or gymnasium

Measures of Success: Increased involvement in physical education

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**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.

**Objective 1:** *BISD will provide annual training to all staff members on the importance of maintaining a healthy lifestyle through nutritional choices and physical fitness.*

**Action Steps:** Encourage usage of BISD athletic facilities; provide daily nutritional lunch options for staff members

**School and Community Stakeholders:** BISD employees, Food Service Director

**Resources Needed:** Athletic facilities and cafeteria

**Measures of Success:** Increase in BISD employees eating lunch provided by the cafeteria

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**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.

**Objective 1:** *The District will educate our community about the importance of physical education through various formats each six weeks to encourage increased involvement.*

**Action Steps:** Utilize Facebook pages, flyers, and websites to support current physical activities; inquire about grant monies and/or entry passes to support scholarships for community youth athletic programs.

**School and Community Stakeholders:** District Communications Coordinator, Administrators, Local business owners who promote physical activity, Brady Youth Sports Foundation

**Resources Needed:** N/A

**Measures of Success:** Increased involvement in physical education and athletic participation

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**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.

**Objective 1:** *Brady ISD will promote physical activity outside the school day through the ACE program and BYSF.*

**Action Steps:** Encourage usage of BISD athletic facilities; encourage enrollment in the ACE program for BES and BMS students.

**School and Community Stakeholders:** ACE Director, ACE Coordinator, Administrators, Teachers, Coaches

**Resources Needed:** N/A

**Measures of Success:** Increased enrollment in ACE

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## Goals for 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, create an environment that encourages healthful eating and physical activity, and promote a consistent wellness message.

*[Include in this next section only the goals listed for other school-based activities in your FFA(LOCAL). Objectives should be SMART (Specific, Measurable, Achievable, Relevant, Timely) and should provide detailed strategies to achieve each goal, including the action steps (what/when/where), school and community stakeholders (who), resources needed (what), and measures of success (i.e., how you will know an objective has been completed).]*

## Implementing Goals for Other School-Based Activities

**GOAL 1:** The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

**Objective 1:** Administration will develop a schedule that ensures a minimum of thirty minutes for all students to eat in a clean, safe, and comfortable environment.

**Action Steps:** Bell schedule will be developed and followed.

**School and Community Stakeholders:** Principals, Counselors

**Resources Needed:** N/A

**Measures of Success:** Implementation of master schedule

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**GOAL 2:** The District shall promote wellness for students and their families at suitable District and campus activities.

**Objective 1:** Brady ISD will look into creating a parent and family engagement night that allows for opportunities to promote wellness at least once per year.

**Action Steps:** Plan parental engagement nights for each campus and/or district-wide.

**School and Community Stakeholders:** All district personnel and community entities

**Resources Needed:** N/A

**Measures of Success:** Increased parental involvement

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**GOAL 3:** The District shall promote employee wellness activities and involvement at suitable District and campus activities.

**Objective 1:** Annually, Brady ISD will seek opportunities to provide employee wellness activities and involvement to inspire wellness across the district.

**Action Steps:** Plan opportunities for physical and mental wellness for all employees.

**School and Community Stakeholders:** Campus administration and designees

**Resources Needed:** N/A

**Measures of Success:** Healthier and happier employees

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## **Nutrition Guidelines**

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). As required by federal law, the District has established nutrition guidelines to ensure that all foods and beverages sold or marketed to students during the school day on each campus 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. 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.

## **Exceptions for 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)]

The District will allow the following exempted fundraisers for the 2022–2023 school year:

**Campus or organization:** Brady Elementary School

**Food or beverage:** McDonald's, drinks, cookies, pizza

**Number of days:** 6

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**Campus or organization:** Brady Middle School

**Food or beverage:** popcorn, drinks, cookies, pizza

**Number of days:** 6

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**Campus or organization:** Brady High School

**Food or beverage:** popcorn, cookies, candy, drinks

**Number of days:** 6



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### **Foods and Beverages Provided**

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 with Nutrition Guidelines**

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to TDA, reviewing foods and beverages that are sold in competition with 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.

### **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. This "triennial assessment" will evaluate the extent to which each campus is compliant with the wellness policy, the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy and plan compare with any state- or federally designated model policies. The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes.

### **Public Notification**

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

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-adopted revisions to FFA(LOCAL);
4. The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;
5. Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
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 publication.

## **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 Director of Federal Programs, the District's designated records management officer. [See CPC(LOCAL)]

*Disclaimer: This information is provided for educational purposes only to facilitate a general understanding of the law or other regulatory matter. This information is neither an exhaustive treatment on the subject nor intended to substitute for the advice of an attorney or other professional adviser. Consult with your attorney or professional adviser to apply these principles to specific situations.*