

COLUMBIA - BRAZORIA ISD

The District shall support the general wellness of all students by implementing measurable goals to promote sound nutrition and student health and to reduce childhood obesity. [See EHAA for information regarding the District's coordinated school health program.]

Development,

The local school health advisory council (SHAC), on behalf of the **Implementation, and** District, shall review and consider evidence-based strategies and **Review of Guidelines and Goals**

techniques and shall develop nutrition guidelines and wellness goals as required by law. In the development, implementation, and review of these guidelines and goals, the SHAC shall permit participation by parents, students, representatives of the District's food service provider, physical education teachers, school health professionals, members of the Board, school administrators, and members of the public.

[See BDF for required membership of the SHAC.]

Wellness Plan

The SHAC shall develop a wellness plan to implement the District's nutrition guidelines and wellness goals. The wellness plan shall, at a minimum, address:

1. Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;
2. Objectives, benchmarks, and activities for implementing the wellness goals;
3. Methods for measuring implementation of the wellness goals;
4. The District's standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and
5. The manner of communicating to the public applicable information about the District's wellness policy and plan.

The SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.

Nutrition Guidelines

The District's nutrition guidelines for reimbursable school meals Foods and Beverages Sold 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.

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for all students, including those who are not participating in physical education classes or competitive sports.

2. The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.
3. The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.
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.
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.
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 of the school day.

Other School-Based
Activities

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities:

1. The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.
2. The District shall promote wellness for students and their families at suitable District and campus activities.
3. The District shall promote employee wellness activities and involvement at suitable District and campus activities.

Implementation

The director of student services shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures.

Evaluation

The District shall comply with federal requirements for evaluating this policy and the wellness plan.

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Public Notification

The District shall annually inform and update the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy, the wellness plan, and the required implementation assessment.

Records Retention

The District shall retain all the required records associated with the wellness policy, in accordance with law and the District's records management program.

ADOPTED:

**Columbia-Brazoria ISD
Local Wellness Policy Documentation/Checklist**

Date: <u>9/10/19</u>	<p>ELEMENTS OF THE LOCAL WELLNESS POLICY: LWP to include, at a minimum, goals for nutrition education, nutrition promotion, physical activity, and other school-based activities to promote student wellness, as well as nutrition guidelines for all foods available on school campus.</p>
School/Department: <u>CBISD Administrators</u>	
Name: <u>Chris Miller</u>	
Position: <u>Asst. Supt. of Admin Services</u>	
<p>Read the above ELEMENTS OF LOCAL WELLNESS POLICY. Answer the questions below that pertain to your responsibilities for school year 2013-2014. Add attachments where needed.</p>	
<p>1. For this school year, what school-based activities have been planned for your school regarding student wellness? <u>1. Free breakfast 2. Mandatory Secondary Health Education 3. Alex Sheen Student Program 4. Social Workers 5. Athletic Programs 6. Parent Lessons 7. Baccaratte Buddies 8. Tobacco Survey 9. SHAC meetings 10. Fitness Grants 11. Be a Champion Feeding Program 12. Campus Learning clubs 13. Campus Fun Runs 14. PE awards 15. Anti-Bullying Program 16. Campus Social-emotional lessons 17. Jump rope for heart 18. Chat & chew program 19. Peer Mentoring 20. CTE Health ^{Resiliency} Program that teaches nutrition</u></p>	
<p>2. For this school year what school-based activities have been completed for this school year regarding student wellness? <u>All ongoing</u></p>	
<p>5. Have you reviewed & checked for updates of the Columbia-Brazoria Board Policy Manual for policies regarding STUDENT WELLNESS this school year? Yes <input checked="" type="checkbox"/> No <input type="checkbox"/></p>	

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Local Wellness Policy Documentation/Checklist

Date: <u>9/5/19</u>		ELEMENTS OF THE LOCAL WELLNESS POLICY: LWP to include, at a minimum, goals for nutrition education, nutrition promotion, physical activity, and other school-based activities to promote student wellness, as well as nutrition guidelines for all foods available on school campus.
School/Department: <u>Physical Education</u>		
Name: <u>Brent Mascheck</u>		
Position: <u>AD. / HD FB Coach</u>		
Read the above ELEMENTS OF LOCAL WELLNESS POLICY. Answer the questions below that pertain to your responsibilities for school year 2013-2014. Add attachments where needed.		
1. What goals have been set for physical activity?	<ul style="list-style-type: none"> - GAINING MUSCLE MASS - IMPORTANCE OF FLEXIBILITY - IMPROVE CARDIOVASCULAR 	
2. What other school based activities are you doing to promote student wellness?	<ol style="list-style-type: none"> 1. HAND-OUTS ABOUT DIET 2. TALK TO ATHLETES ABOUT WHAT TO EAT / DRINK 3. HYDRATION 	
3. How are achievements measured and compared to standards?	6 WEEKS TESTING PERIOD WE WILL TEST KIDS ON IMPROVEMENT IN A NUMEROUS CATEGORY.	
4. How are your goals and achievements communicated to parents/guardians and public?	THEY ARE POSTED ON WALLS THROUGHOUT THE FIELDHOUSE. WE CALL AND TALK W/ PARENTS IF GAINS ARE NOT BEING MET.	
5. Have you reviewed & checked for updates of the Columbia-Brazoria Board Policy Manual for policies regarding physical education this school year?	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>