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# Brownsville Independent School District

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## *Wellness Department*

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Wellness Coordinator/Administrator

### Wellness Policy: Brownsville Independent School District

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 local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators, and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

### Mission Statement

To promote student wellness by addressing nutrition and physical education standards as established by the Brownsville Independent School District.

### Need for Policy

A child's ability to learn is influenced by his or her health status; a child who is not healthy is unlikely to be alert, attentive and ready to learn. The link between nutrition and learning is well documented. In addition, research shows that poor nutrition and lack of physical activity are leading to more serious health issues. The Center for Disease Control and Prevention (CDC) states that obesity together with a poor diet edging out tobacco-related deaths as the leading causes of preventable death in United States (2004). Among children and adolescents overweight or obesity is linked to emotional and social problems and to serious medical conditions, such as Type 2 diabetes, hypertension, dyslipidemia and depression.

Since the 1970s, the prevalence of overweight among children has more than doubled for preschoolers ages 2-5 and adolescents ages 12-19, and it has more than tripled for children 6-11 years. Nearly one-third of children and adolescents, of both sexes, ages 6-19 years (31%) are considered to be either at risk for overweight or overweight, defined as at or above the 85<sup>th</sup> percentile of the sex-specified BMI-for-age growth chart. Trends in Texas mirror the national patterns and over all rates for students in the Brownsville Independent School District.

Interestingly, levels of physical activity have not changed as quickly as levels in children who are overweight. In 1995, 64% of students in secondary school reported being vigorously active for twenty minutes on three or more days out of the week. In 1999, and again in 2001 that percentage improved modestly. In these two more recent years, 65% of young people reported being physically active for 20 minutes or longer three or more days out of the week (CDC,2003).

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In Texas, the average number of students reporting vigorous physical activity is 61.8% (Center for Disease Control and Prevention 2002, 58). This is below the national average of 65% reported above. Other factors that impact the health of students include food choices at school and other externalities such as significant school district fiscal and scheduling constraints. Nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies and snack cakes.

## Policy Statement

The Brownsville Independent School District is committed to providing a school environment that enhances learning and encourages lifelong wellness practices by establishing healthy school nutrition environments, reducing childhood obesity and preventing diet-related chronic diseases. Therefore, the school district will engage students, parents, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring, and reviewing the district-wide wellness policy.

## GOALS

There are four main components in the Brownsville Independent School District's Wellness Policy and they are defined below.

### **Nutrition Education Goals:**

To provide educational opportunities designed to promote good eating habits.

### **Physical Activity Goals:**

To provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain physical fitness, to regularly participate in physical activities.

### **Nutrition Standards:**

To ensure that reimbursable school meals meet the program requirements and nutritional standards set forth in this policy meet federal and state law. Additionally, these standards will address all foods and beverages sold or served to students during the school day while school is in session, including those available outside of the school meal programs. This includes vending machines, snack bars, school stores, fundraisers, and concession stands as well as food brought to the school for the elective use of students during the school day.

### **School-Based Activity Goals:**

To promote a school environment that is consistent with wellness messages and conducive to healthy eating and physical activity.

## **I. Nutrition Education Goals**

Schools will provide to foster lifelong habits of healthy eating.

**Goal 1.1—All students from grades Pre-k-12 will receive interactive and engaging nutrition education that will provide them with the skills needed in forming healthy eating habits.**

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1. CATCH Curriculum will be taught in elementary classrooms
2. Nutrition Education Plan implemented district wide offering 2 nutrition education activities per month.
3. Kitchen tours of foodservice facilities will be offered to any classroom district wide wishing to participate.
4. After school nutrition education activities will be provided.

## **Goal 1.2—Schools will make nutrition education an integral part in the health education or core curricula.**

- 1.
- 2.
- 3.
- 4.

## **Goal 1.3—Nutrition education is offered throughout the school, from the dining room to the classroom with coordination between the foodservice staff and teachers.**

1. Foodservice staff will implement nutrition education plan and offer 2 activities per month.
2. At least 30 minutes of nutrition education instruction will be taught in the elementary classrooms per week.

## **Goal 1.4—Students receive consistent nutrition messages throughout schools, classrooms cafeterias, homes, community and media**

1. Schools will adhere to the district's Food Vending Policy
2. KBSD will be utilized to offer important information regarding school menus
3. School menus will be analyzed and that analysis will be published and made available to the community using various mediums.

## **Goal 1.5—Schools link nutrition education activities with the Coordinated Approach to Child Health (CATCH)**

1. Cafeteria lines will label foods with the CATCH "Go, Slow, Whoa" designations accordingly so that students may have the opportunity to make healthy food selections.
- 2.
- 3.
- 4.

## **Goal 1.6—All staff who provide nutrition education have appropriate training in CATCH or other wellness curricula.**

1. Elementary teachers will be in-serviced on the CATCH curriculum
2. Foodservice managers will be in-serviced frequently regarding nutrition education
3. Parent and teacher groups will be provided materials and training to enhance

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their presentations or activities.

## II. Physical Activity Goals

Schools will provide opportunities for students to learn about skills for specific physical activities, to maintain physical fitness and to regularly participate in physical activity.

### Goal 2.1 –

Elementary Physical Education

Students participate in a variety of physical education activities at the elementary level. They participate in simple games, sports, tumbling, rhythms/dance, locomotor movement, non-locomotor movement, apply safety practices fundamental movement skills, manipulative skills, learning etiquette rules of participation, identify components of health related fitness, identify components of skill related fitness, learn game strategies, develop basic body control, learn basic movement patterns such as throwing and catching, learn rules and procedures for simple games, learn basic elements of socially responsible conflict resolution, begin to understand how the muscles, bones, heart, and lungs function in relation to physical activity, innovative games and activities, identifying personal fitness goals, and learn good sportsmanship.

### Goal 2.2-

CATCH PE- Goals for Physical Activity

The primary focus of CATCH PE is for schools to provide quality physical education in which students engage in maximum amounts of enjoyable MVPA (moderate to vigorous physical activity) during class time. CATCH activities provide appropriate and effective class management and instruction methods. Implementation of CATCH PE helps us accomplish the following objectives:

- Have students involved in moderate to vigorous physical activity for 50% of class time.
- Provide many opportunities for children to participate and practice skills.
- Provide activities that are fun and enjoyable.
- Encourage students to become more physically active outside of school.

### Goal 2.3 –

Middle School Physical Education

Students participate in a variety of activities at the middle school level.

The students participate in a variety of sports skills. They participate in the following sports: football, basketball, soccer, softball, track and field, rhythms/dance, tumbling and innovative games and activities.

They learn rules and procedures for games, learn basic elements of socially responsible conflict resolutions, identify personal fitness goals, learn good sportsmanship, apply safety practices, learn etiquette rules of participation, identify components of health related fitness, identify components of skill related fitness, learn good strategies and learn basic movement patterns.

### Goal 2.4 –

High School Physical Education

Students participate in a variety of physical education courses at the high school level.

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These courses are as follows: Foundations of Personal Fitness, Adventure/Outdoor Education, Aerobic Activities, Individual Sports, and Team Sports. The students participants are engaged in a variety of physical education activities in all five courses.

In **Physical Education**, students acquire the knowledge and skills for movement that provide the foundation for enjoyment, continued social development through physical activity, and access to a physically-active lifestyle and understands the relationship between physical activity and health throughout the lifespan.

**Foundations of Personal Fitness** represents a new approach in physical education and the concept of personal fitness. The basic purpose of this course is to motivate students to strive for lifetime personal fitness with an emphasis on the health-related components of physical fitness. The knowledge and skills taught in this course include teaching students about the process of becoming fit as well as achieving some degree of fitness within the class. The concept of wellness, or striving to reach optimal levels of health, is the corner stone of this course and is exemplified by one of degree course objective-student designing their own personal fitness program.

Students enrolled in **Adventure Outdoor Education** are expected to develop competency in outdoor education activities that provide opportunities for enjoyment and challenge. Emphasis is placed upon students selection of activities that also promote a respect for the environment and that can be enjoyed for a lifetime.

Students in **Aerobic Activities** are exposed to a variety of activities that promote health-related fitness. A major expectation of this course is for the student to design a personal fitness program that uses aerobic activities as a foundation.

Students in **Individual Sports** are expected to participate in a wide range of individual sports that can be pursued for a lifetime. The continued development of health-related fitness and the selection of individual sport activities that are enjoyable is a major objective of this course. Some of the individual sports that students participate in for this course are as follows: basketball, cross-country, tennis, track and field.

Students enrolled in **Team Sports** are expected to develop health-related fitness and an appreciation for team work fair play. Like the other high school physical education courses, Team Sports is less concerned with the acquisition of physical fitness during the course than reinforcing the concept of incorporating physical activity into a lifestyle beyond high school. Some of the team sports that students participate in for this course are as follows: basketball, football, baseball, golf, tennis, soccer, track and field, volleyball, and softball. Students also learn about safety practices, etiquette rules of participation, games strategies, and they learn about basic elements of social responsibility conflict.

**Goal 2.5 -**

**Goal 2.6 – Physical Activity Opportunities before and after school will:**

## **III. Nutritional Standards Goals**

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**Goal 3 – Schools will comply with the current USDA Dietary Guidelines for Americans, Texas Public School Nutrition Policy as Well as adhere to the following guidelines and restrictions.**

## **Guidelines for School Meals**

1. Meals served through the National School Lunch and Breakfast Programs will:

### **Breakfast:**

1. The School Breakfast Program, a federal entitlement program, requires that participating schools serve breakfast that meet federal nutrition standards.
2. Regulations require that all school meals meet recommendations of Dietary Guidelines for Americans.
3. In addition to these guidelines, breakfast must provide  $\frac{1}{4}$  of the Recommended Dietary Guidelines (RDA) for protein, Calcium, Iron, Vitamin A, Vitamin C, and Calories.

### **Free and Reduced-priced Meals:**

1. Under USDA's Provision 2 program, every student is allowed a free breakfast and lunch during the school day.

### **Meal Times and Scheduling:**

1. Breakfast and Lunch meal service times are set by the local school administrator and may vary from school to school.
2. Adherence to the National School Lunch meal service time policy, which states that lunch times must fall between 10 a.m. is mandatory.

### **Sharing of Foods and Beverages:**

1. As per the Texas Department of Agriculture's Public School Nutrition Policy, parents may provide lunch or snacks for their children but they may not provide them for other students nor are children allowed to share items from home with other students.

**Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte (snack) line, fundraisers, school stores, etc.)**

### **Elementary Schools:**

1. Except for sales from the Food & Nutrition Services, foods and beverages from competitive restaurants, vending machines, or any other type of food sales, shall not be made available to students at any time during the school day.

### **Middle and High Schools:**

1. Except for sales from the Food & Nutrition Services, foods and beverages from competitive restaurants, vending machines, or any other type of food sales, shall not be made available to students during meal service times.

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## Beverages Allowed:

1. Plain bottled, unflavored water, and 100% fruit and vegetable juices may be sold at any time and anywhere on the school campus, however there is a 12 oz. serving size limit on 100% fruit juice.

## Not Allowed:

1. Soda water-any carbonated beverages may not be sold or provided anywhere on elementary school campuses during the school day, during meal periods on middle school campuses, and anywhere school meals are served or consumed on high school campuses.

## Foods

A food item sold individually

## Portion Sizes:

1. Elementary:

Food or Beverage	Portion Size
<b>Chips</b> (Regular)	1 ounce
<b>Chips</b> (baked or not more than 7.5 grams of fat per bag), crackers, popcorn, trail mix, cereal, nuts, seeds, dried fruit, jerky, and pretzels	1.5 ounces
<b>Cookies/Cereal Bars</b>	2 ounces
<b>Bakery Items</b> (e.g., pastries, muffins). This excludes items that count as two-bread components served/sold only at breakfast	3 ounces
<b>Frozen desserts-</b> ice cream, pudding and jello	4 ounces
<b>Yogurt</b>	8 ounces
<b>Whole milk</b> , flavored or unflavored. (flavored milks may contain no more than 30 grams total sugar per 8 ounce servings.)	8 ounces
<b>Reduced fat milk</b> (2 percent or less), flavored or unflavored. (Flavored milks may contain no more than 30 grams total sugar per 8 ounce servings)	16 ounces
<b>Beverages</b> (other than milk) and those restricted as FMNVs may contain no more than 30 grams total sugar per 8 ounce servings. No limit on non-carbonated, unflavored bottled water.	12 ounces
<b>Frozen Fruit Slushes</b> (must contain a minimum of 50 percent fruit juice)	12 ounces

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## 2. Middle School:

Food or Beverage	Portion Size
<b>Chips</b> (Regular)	1 ounce
<b>Chips</b> (baked or not more than 7.5 grams of fat per bag), crackers, popcorn, trail mix, cereal, nuts, seeds, dried fruit, jerky, and pretzels	1.5 ounces
<b>Cookies/Cereal Bars</b>	2 ounces
<b>Bakery Items</b> (e.g., pastries, muffins). This excludes items that count as two-bread components served/sold only at breakfast	3 ounces
<b>Frozen desserts-</b> ice cream, pudding and jello	4 ounces
<b>Yogurt</b>	8 ounces
<b>Whole milk</b> , flavored or unflavored. (flavored milks may contain no more than 30 grams total sugar per 8 ounce servings.)	8 ounces
<b>Reduced fat milk</b> (2 percent or less), flavored or unflavored. (Flavored milks may contain no more than 30 grams total sugar per 8 ounce servings)	16 ounces
<b>Beverages</b> (other than milk) and those restricted as FMNVs may contain no more than 30 grams total sugar per 8 ounce servings. No limit on non-carbonated, unflavored bottled water.	12 ounces
<b>Frozen Fruit Slushes</b> (must contain a minimum of 50 percent fruit juice)	12 ounces

## 3. High School:

Food or Beverage	Portion Size
<b>Chips</b> (Regular)	1.25 ounce
<b>Chips</b> (baked or not more than 7.5 grams of fat per bag), crackers, popcorn, trail mix, cereal, nuts, seeds, dried fruit, jerky, and pretzels	1.5 ounces
<b>Cookies/Cereal Bars</b>	2 ounces
<b>Bakery Items</b> (e.g., pastries, muffins). This excludes items that count as two-bread components served/sold only at breakfast	3 ounces
<b>Frozen desserts-</b> ice cream, pudding and jello	4 ounces
<b>Yogurt</b>	8 ounces
<b>Whole milk</b> , flavored or unflavored. (flavored milks may contain no more than 30 grams total sugar per 8 ounce servings.)	8 ounces
<b>Reduced fat milk</b> (2 percent or less), flavored or unflavored. (Flavored milks may contain no more than 30 grams total sugar per 8 ounce servings)	16 ounces
<b>Beverages</b> (other than milk) and those restricted as FMNVs may contain no more than 30 grams total sugar per 8 ounce servings. No limit on non-carbonated, unflavored bottled water.	12 ounces
<b>Candy Bars and Packaged Candies</b>	1.5 ounces
<b>Frozen fruit slushes</b> (must contain a minimum of 50 percent fruit juice).	12 ounces

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## Snacks:

1. **Instructional Use of Food in Classroom:** For instructional purposes, teachers may use foods as long as the food items are not considered foods of minimal nutritional value (FMNV) or candy. Students may consume food prepared in class for instructional purposes. However, this should be on an occasional basis, and food may not be provided or sold to other students or classes. Food provided for students as part of a class or school cultural heritage event for instructional or enrichment purpose would be exempt from the policy. However, FMNV may not be served during meal periods in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students.

## Fundraising Activities:

1. For middle school and high school campuses, the nutrition standards will apply to food fundraisers during the school day. No food fundraisers will be allowed on an elementary campus during the school day; however, schools or school-approved organizations may take orders or sell vouchers during the school day for candy or other restricted items and deliver these items after the end of the school day.

## Celebrations:

1. **School Events:** Students may be given FMNV, candy items or other restricted foods during the school day for up to three different events each school year to be determined by campus. The exempted events must be approved by a school official. During these events, FMNV may not be given during meal times in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students in accordance with federal regulations.

## School-Sponsored Events:

1. **Field Trips:** School-approved field trips are exempt from the nutrition policy. A school official must approve the dates and purposes of the field trips in advance.
2. **Athletic, UIL, Band and Other Competitions:** The nutrition policy does not apply to students who leave campus to travel to athletic, UIL, band or other competitions. The school day is considered to have ended for these students. School activities, athletic functions, etc. that occur after the normal school day are not covered by the policy.

## IV. Other School-Based Goals

### Goal 4.1 – Schools will create a total school environment that is conducive to healthy eating.

1. The school district will ensure that all schools' fundraising efforts are supportive of healthy eating.
2. After-school tutorials are provided with healthy snacks.
3. The school district will not deny students participation in physical activities as a form of discipline or for classroom make-up time.
4. Schools will offer a range of activities that meet the needs, interests and abilities of all

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Students, including boys, girls, students with disabilities and students with special health-care needs.

## **Goals 4.2 – Schools will create a school environment that is conducive to begin physically active.**

1. Schools will partner with the community organizations to sponsor physical activities.
2. After-school programs will encourage physical activity and promote healthy habits.
3. The SHAC committee will plan, implement and implement nutrition and physical activity in the school environment.

## **Goal 4.3 – School and community members will be encouraged to participate in all health related activities.**

1. SHAC will be composed of families, teachers, administrators and students.
2. The school district will provide opportunities for on-going professional training and development for food service staff and teachers in the areas of nutrition and physical education.
3. Schools will provide soap or hand sanitizers for hand washing prior to meal time to promote health habits.

## **Goal 4.4 – School will provide for safe routes to school as appropriate**

When appropriate, the school district will work together with local public works, public safety, and/or police departments in efforts to make it safer and easier for students to walk and bike to school.

## **Goal 4.5 – School will allow use of school facilities outside of school hours.**

## **Goal 4.6 – School will communicate with Parents.**

1. The district/school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus.
2. The district/school will provide information about physical education and other school based physical activity opportunities before, during and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school.

## **Goal 4.7 Provide Guidelines for Food Marketing in Schools**

## **Goal 4.8 Promote Staff Wellness**

## **V. Monitoring and Policy Review**

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. The superintendent will work with the BISD SHAC and the departments in charge with developing the BISD Wellness Policy.

The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also be

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distributed to all school health councils, parents/teacher organizations, school principals and school health services personnel in the district.

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