

# **Brazos School for Inquiry and Creativity**

## **Wellness Policy**

### **Nutrition Education Goals:**

1. Schools will provide and promote nutrition education for all students.
2. Schools will educate, encourage, and support skills needed to adopt healthy eating behaviors for all students and faculty.

### **Nutrition Education Guidelines:**

- Nutrition education will be integrated into school curriculum, physical activity and promoted into the community.
- The school cafeteria will display posters to promote healthy eating and display other nutrition education materials.
- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- School district(s) will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
- Educational information will be used to support Nutrition Education such as the Healthy and Wise Curriculum and [squaremeals.org](http://squaremeals.org). Teachers will follow curriculum outlines.

### **Nutrition Standard Goals:**

1. Schools will comply with the current USDA Dietary Guidelines for Americans and the Texas Public Schools Nutrition Policy.
2. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local guidelines.
3. The school will provide a healthy learning environment for all students.
4. All school and community members will be encouraged to participate in all health related activities.
5. The school district encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

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### **Nutrition Standard Guidelines:**

- Support for the health of all students is demonstrated by hosting health screening, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
- School organized local wellness committees, will be comprised of parents, teachers, administrators and students.
- The school district encourages all students to participate in school meals programs and protect the identity of students who eat free and reduced price meals.
- The school district will make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours.
- Buses will be available to transport students home at the end of health related activities and practices.
- The local wellness committee will plan, implement and improve nutrition and physical activity in the school environment.
- Schools will provide sanitizers or hand washing time prior to meal service to help control illness and promote healthy habits.
- Schools will encourage students to wear appropriate attire during any physical related activity.
- Schools will educate students on the importance of grooming and proper hygiene.
- Menus are made available to all families and school faculty in order to encourage proper food choices and meal consumption.
- Food will not be withheld from any student as a result of any form of punishment.
- Food service personnel are adequately trained in food safety and will encourage nutritional food choices according to state and government recommendations.
- Foods of low to minimal nutritional value will be restricted.

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- Medical personnel and food service personnel will consult as needed to modify the diet for students with special nutritional needs and in correlation with the students IHCP/IEP.

### **Physical Activity Goals:**

1. Schools will provide opportunities for every student to develop the knowledge and skills for specific physical activities.
2. Schools will provide opportunities for students to regularly participate in physical activity.
3. Schools will help students understand the short- and long-term benefits of a physically active and healthy lifestyle.
4. Schools will adopt and implement state standards for physical activity.

### **Physical Activity Guidelines:**

- Schools work with the community to create ways for students to walk, bike, rollerblade or skateboard safely to and from school.
- Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- Schools provide training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.
- Time allotted for physical activity will be consistent with research, and state standards. 30 minutes of structured daily physical activity or 135 minutes a week in grades K-6.
- Physical activity participation will take into consideration the “balancing equation” of food intake and physical activity.
- Teachers will be provided with incentives to join in before and/or after school physical activities.
- Children and community members will have access to recreation facilities before and after school hours and during vacation periods.

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## **Other School Based Activity Goals:**

1. The school will provide a healthy learning environment for all students.
2. All school and community members will be encouraged to participate in all health related activities.
3. The school district encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

## **Other School Based Activity Guidelines:**

- Support for the health of all students is demonstrated by health screenings, substance abuse awareness and abstinence programs, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
- School organized local wellness committees, will be comprised of families, teachers, administrators and students.
- The school district provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- The school district encourages all students to participate in school meals programs and protect the identity of students who eat free and reduced price meals.
- The school district will make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours.
- The school district encourages and provides opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas.
- Buses will be available to transport students home at the end of health related activities and practices.
- The local wellness committee will plan, implement and improve nutrition and physical activity in the school environment.
- Schools will provide sanitizers or hand washing time prior to meal service to help control illness and promote healthy habits.

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- Schools will encourage students to wear appropriate attire during any physical related activity.
- Schools will educate students on the importance of grooming and proper hygiene.