

NBISD Wellness Plan  
STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

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]

STRATEGIES TO SOLICIT INVOLVEMENT

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The District has chosen to use the local school health advisory council (SHAC) to work on behalf of the District to review and consider evidence-based strategies and techniques in order to develop and implement nutrition guidelines and wellness goals as required by federal law. The SHAC will permit the following persons to work with the SHAC on the District’s wellness policy and plan: parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public. The SHAC will solicit involvement and input of these other interested persons by posting the intent to review and revise the wellness policy on the SHAC webpage located under Health Services.

IMPLEMENTATION

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

The Health Services Coordinator and the Food Service Director are responsible for the overall implementation of FFA(LOCAL), including the development of this wellness plan and any other appropriate administrative procedures, and ensuring that each campus complies with the 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, the extent to which each campus is compliant with the wellness policy, a description of the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy compares with any state- or federally designated model wellness

policies. This will be referred to as the “triennial assessment.”

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

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The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes. The SHAC may use any of the following tools for this analysis:

- Smarter Lunchrooms’ website  
<https://squaremeals.org/>
- Coordinated School Health Surveys completed by each campus wellness committee annually.-

#### PUBLIC NOTIFICATION

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)];
1. A copy of this wellness plan, with dated revisions;
2. Notice of any Board revisions to policy FFA(LOCAL);
3. The name, position, and contact information of the District official responsible for the oversight of the wellness policy and implementation of this plan;
4. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The SHAC’s triennial assessment; and
6. Any other relevant information.

The District will also publish the above information in appropriate District or campus publications.

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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 Health Services Coordinator in the Student Services Department.

GUIDELINES AND GOALS

The following provisions describe the District's nutrition guidelines and activities and objectives chosen by the SHAC to implement the Board-adopted wellness goals in policy FFA(LOCAL).

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). Federal law requires that the District establish nutrition guidelines for foods and beverages sold to students during the school day on each campus that promote student health and reduce childhood obesity.

The District's nutrition guidelines are to ensure all foods and beverages sold or marketed to students during the school day 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. The following websites have information regarding meal and Smart Snacks requirements:

- <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
- <https://www.fns.usda.gov/cn/nutrition-standards-school-meals>
- <https://squaremeals.org/FandNResources/Handbooks.aspx> (see the Complete *Administrator Reference Manual* [ARM], Section 20, Competitive Foods)

#### EXCEPTION—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)]

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The NBISD SHAC recommends the use of non-food fundraisers only, and encourages those promoting physical activity (such as walk-a-thons, jump rope, fun runs, etc.).

The NBISD SHAC recommends only non-food fundraising items or foods and beverages that meet or exceed the Smart Snacks nutrition standards be sold during and outside school hours.

The District will allow the following exempted fundraisers for the school year: 6 days per campus.

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#### FOODS AND BEVERAGES PROVIDED

There are no federal or state restrictions for foods or beverages provided, but not sold, to students during the school day. However, each school district must set its own standards. 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)]

In addition, the District has established the following local standards for foods and beverages made available to students for education purposes are only for a taste and shall not be used to replace a meal. All campus celebrations shall occur on the dates which campuses have designated. In addition to the legal requirements, the District shall:

1. Recommend that all food or beverages offered to students in grades K-12 outside the reimbursable meal program during the school day are in compliance with the Healthy, Hunger-Free Kids Act of 2010 Nutrition Standards for All Foods Sold in School, or "Smart Snacks Rule."
2. Establish and provide age-appropriate and allergen-aware guidelines for food and/or beverages served during classroom parties, birthdays, or school celebrations/events. Campuses

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shall follow these guidelines when offering food and/or beverages during events, parties, and celebrations.

3. Provide guidelines for campuses to ensure foods and/or beverages are not used as punishment for academic performance or behavior modification unless specifically stated in a student's Individualized Education Plan (IEP) or behavior intervention plan.
4. Recommend food and beverage options offered at concessions at school-related events outside of the school day contain some which meet the "Smart Snacks Rule".

MEASURING COMPLIANCE

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

In accordance with FFA(LOCAL), the District has established the following goal(s) for wellness promotion.

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**GOAL: The District shall create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message.**

**Objective 1:** School personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings. **(Nutrition Promotion and Education)**

Action Steps	Methods for Measuring Implementation
<p>The district will provide nutritional information via newsletters, e blasts and on website.</p> <p>Include healthy messages in monthly printed menus, such as Farm Fresh Fridays, Tasting Tuesdays, Fruit and Vegetable cart daily.</p> <p>Provide nutrition promotion in serving line and 'Healthy for Life' messages.</p> <p>Community programs such as Walking or biking to school, Walking School Bus, American Heart Association, etc.</p> <p>Ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>● Number of campuses providing nutrition or wellness information on their campus newsletters via healthy schools.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>● Nutrition information to be shared with administrators.</li> <li>● Nutrition Services will monitor during campus site visits.</li> <li>● Ongoing check for advertisement at campus level by Campus Administrator and Health Services Coordinator.</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>● Distribution of information.</li> </ul>
<p>Provide monthly rotation of poster from nutrition services.</p> <p>Implement CATCH curriculum lessons to include bulletin board message and health promotion during announcements.</p> <p>Provide nutrition promotion in serving line.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>● Report to SHAC meeting summary of nutrition content.</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>● CATCH curriculum available to all educators.</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>● Compliance.</li> </ul>

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<p><b>Objective 2:</b> The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors. <b>(Nutrition Promotion and Education)</b></p>	
Action Steps	Methods for Measuring Implementation
<p>Require health credit prior to graduation (optional for state requirement)</p> <p>Collaborate with community outreach programs such as American Heart Association, New Braunfels Food Bank, Dairy Max, etc.</p> <p>Offer Campus School Garden program in collaboration with Nutrition Services, Master gardeners and County AgriLife Junior Master Garden Program.</p> <p>Explore CTE nutritional and culinary certifications.</p> <p>Offer quarterly trainings for teachers through AgriLife.</p> <p>Offer quarterly wellness ideas in employee newsletter.</p> <p>Updates to be included on the NB Strong Employee Website.</p> <p>Professional Development to include physical education and athletic offering.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>● Number of students completing Health credit annually.</li> <li>● Report to SHAC of campus garden educational programs and professional development offerings.</li> <li>● Walk throughs</li> <li>● Annual PD tracking</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>● Faculty support and professional development offerings.</li> <li>● Availability of community programs.</li> <li>● Professional Development for faculty.</li> <li>● Administrator support</li> <li>● Community programs</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>● Sustainability of gardens.</li> <li>● Staffing and funding of certification programs.</li> <li>● Buy in</li> </ul>
<p><b>Objective 3:</b> 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 and competitive sports. <b>(Physical Activity)</b></p>	
Action Steps	Methods for Measuring Implementation
<p>Elementary campuses to include 20 - 30 minutes of daily recess PreK-5 grades.</p> <p>Secondary campuses to offer Physical Education courses, Athletics and Fine Art options.</p> <p>Encourage brain breaks daily at all campuses.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>● Walk throughs</li> <li>● Number of students completing PE, athletics and fine arts credit annually.</li> </ul>

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	<p>Resources needed:</p> <ul style="list-style-type: none"> <li>● Professional Development for faculty.</li> <li>● Administrator support.</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>● Scheduling</li> <li>● Implementation</li> </ul>
<p><b>Objective 4:</b> The District shall create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities. <b>(Other School-Based Activities)</b></p>	
<p style="text-align: center;"><b>Action Steps</b></p>	<p style="text-align: center;"><b>Methods for Measuring Implementation</b></p>
<p>The district will provide nutritional information via newsletter, e-blasts, and on website.</p> <p>Community programs such as Walking or biking to school, Walking School Bus, American Heart Association, New Braunfels Food Bank, Dairy Max, etc.</p> <p>Ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards.</p> <p>Offer Campus School Garden program in collaboration with Nutrition Services, Master gardeners and County AgriLife Junior Master Garden Program.</p> <p>Explore CTE nutritional and culinary certifications.</p> <p>Offer quarterly trainings for teachers through Agrilife.</p> <p>Offer quarterly wellness ideas in employee newsletter.</p> <p>Updates to be included on the NB Strong Employee Website.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>● Number of campuses providing nutrition or wellness information on their campus newsletters via healthy schools report to SHAC.</li> <li>● Nutrition Services will monitor during campus site visits.</li> <li>● Ongoing check for advertisement at campus level by Campus Administrator and Health Services Coordinator.</li> <li>● Report to SHAC of campus garden educational programs and professional development offerings.</li> <li>● Walk throughs.</li> <li>● Annual PD tracking.</li> <li>● Number of students completing Health, PE, athletics and fine arts credit annually.</li> </ul> <p>Resources needed</p> <ul style="list-style-type: none"> <li>● Nutrition information to be shared with administrators.</li> <li>● Faculty support.</li> </ul>

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<p>Professional Development to include physical education and athletic offering.</p> <p>Utilize Community Outreach programs.</p> <p>Elementary campuses to include 20 - 30 minutes of daily recess PreK-5 grades.</p> <p>Secondary campuses to offer Physical Education courses, Athletics and Fine Art options.</p> <p>Implement brain breaks daily at all campuses.</p>	<ul style="list-style-type: none"><li>● Availability of community programs.</li><li>● Professional Development for faculty.</li><li>● Administrator support</li><li>● Community programs</li></ul> <p>Obstacles:</p> <ul style="list-style-type: none"><li>● Distribution of information.</li><li>● Sustainability of gardens.</li><li>● Staffing and funding of certification programs.</li><li>● Buy in</li><li>● Scheduling</li><li>● Implementation</li></ul>
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