

# Bronte Independent School District

## Student Nutrition and Wellness Policy

### Purpose and Goal:

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and staff to establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff is encouraged to model healthy eating and physical activity as a valuable part of daily life. The Bronte Independent School District shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms. Bronte ISD will implement the attached Texas Public School Nutrition Policy.

### Component 1: A Commitment to Nutrition and Physical Activity

- a. The Bronte ISD through the School Health Advisory Committee (SHAC) will address nutrition and physical activity issues and will develop, implement, and evaluate guidelines that support a healthy school nutrition environment. This committee shall offer revisions to these guidelines annually or more often if necessary.
- b. Principals will address concerns such as kinds of foods available on their campus, sufficient mealtime, nutrition education, and physical activity.
- c. Nutrition education shall be integrated across the curriculum and physical activity will be encouraged daily.
- d. The school food service staff will participate in making decisions and guidelines that will affect the school nutrition environment.

### Component 2: Quality School Meals

- a. The Bronte ISD will offer a breakfast and lunch program.

- b. School foodservice staff who are properly qualified according to current professional standards and regularly participates in professional development activities will administer the child nutrition programs.
- c. Food safety will be a key part of the Bronte ISD foodservice operation.
- d. Menus will meet the nutrition standards established by the U.S. Dept. of Agriculture and the Texas Dept. of Agriculture, conforming to good menu planning principles and featuring a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at the proper temperature.
- e. Students will be given the opportunity to provide input on local, cultural, and ethnic favorites of the students.
- f. School personnel, along with parents, will encourage students to choose and consume full meals. Positive nutrition statements will be provided to students on a daily basis.

#### Component 3: Other Healthy Food Options

- a. The SHAC will develop and recommend to the administration guidelines on nutrition standards for food and beverages offered through parties, celebrations, social events, and any school functions.
- b. No food or beverages other than those provided through the school food service department may be made available to elementary school students at anytime.
- c. School staff shall not use food as a reward for student accomplishments. The withholding of food as punishment for students is prohibited. For example, restricting a child's selection of flavored milk at mealtime due to misbehavior in the classroom is prohibited.
- d. The school district will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.
- e. Organizations shall only use non-food items or foods designed for delivery and consumption after school hours as fund-raisers.

#### Component 4: Pleasant Eating Experiences

- a. Facility design will be given priority in renovations and new construction.
- b. Drinking fountains will be available for students to get water at meals and throughout the day.
- c. School personnel will assist all students in developing the health practice of washing hands before eating.
- d. School personnel will schedule enough time so students do not have to spend too much time waiting in line.

- e. Schools should not schedule tutoring, pep rallies, assemblies, organizational meetings, and other activities during meal times, unless students may eat during such activities.
- f. Adequate time to eat in a pleasant dining environment should be provided. The minimum eating time for each child after being served will be 10 minutes for breakfast and 20 minutes for lunch.
- g. Schools will encourage socializing among students and between students and adults. Adults will properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and voice level. Parents are encouraged to dine with students in the cafeteria.
- h. Creative, innovative methods will be used to keep noise levels appropriate.
- i. Sharing of food or beverages between students is prohibited due to concerns about allergies and other restrictions on some child's diets.

#### Component 5: Nutrition Education

- a. Bronte ISD will follow health education curriculum standards and guidelines as stated by the Texas Education Agency. Schools will link nutrition education activities with the coordinated school health program.
- b. Students in Pre-Kindergarten through grade 12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.
- c. Nutrition education will be offered in the school dining room and in the classroom, with coordination between school foodservice staff and teachers. This can be done through posters, videos, website postings, etc.
- d. Bronte ISD campuses will participate in USDA nutrition programs as they evolve and conduct nutrition education activities and promotions that involve students, parents, and the community. The school nutrition team responsible for these activities will be composed of child nutrition staff, student services staff, health teachers, and physical education coaches.

#### Component 6: Marketing

- a. Students will receive positive, motivating messages, both verbal and nonverbal, about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.
- b. Schools will consider student need in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys and attention will be given to their comments.
- c. Schools will promote healthy food choices and will not allow advertising that promotes less nutritious food choices.

- d. Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at registration, "Meet the Teacher" night, health fairs, teacher in-services, etc.
- e. Schools will work with parent letters to spread the word to the community about a healthy school nutrition environment.

Component 7: Implementation

- a. The SHAC shall be composed of parents, community members, and school district staff. Each campus principal shall select parents and staff members to represent the campus. Permanent members include Food Service Director, Counselor, and physical education teacher.
- b. The SHAC members from each campus will conduct a yearly review of their respective campuses to identify areas for improvement. Findings will be reported to campus principals.
- c. The SHAC will assign campus groups to do yearly peer reviews of another campus.
- d. Before the end of each school year, the committee will recommend to the Superintendent any revisions to the Student Nutrition and Wellness Plan it deems necessary.
- e. The SHAC, via the Food Service Director, will report yearly to the Superintendent the progress of the committee and the status of compliance by the campuses.

The Bronte ISD Nutrition and Wellness Policy was approved on October 10, 2013 at the regular October board meeting.

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Superintendent

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Board of Trustees, President