

Bronte Independent School District Local Wellness Policy

The Bronte Independent School District is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

To accomplish these goals:

- Child Nutrition Programs comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with local wellness policy goals.
- All foods and beverages made available on campus (including vending, concessions, a la carte, student stores, parties, and fundraising) during the school day are consistent with the current Dietary Guidelines for Americans.
- All foods made available on campus adhere to food safety and security guidelines. The new Smart Snacks in School nutrition standards will allow students to make healthier choices.
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and/or physical activity is not used as a reward or punishment.
- Bronte ISD will also follow School Board Policy FFA (Local) for Student Welfare: Wellness and Health Services.

Bronte Independent School District Wellness Plan

WELLNESS	The District shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education, physical activity and other school-based activities.
DEVELOPMENT OF GUIDELINES AND GOALS	The district shall develop nutrition guidelines and wellness goals in consultation with the local school health advisory council and with involvement from representatives of the student body, school food service, school administration, the Board, parents, and the public.
NUTRITION GUIDELINES	<p>The District shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with the Texas Public School Nutrition Policy.</p> <ol style="list-style-type: none">1. Establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations;2. Provide teachers with education and guidelines on the use of food as a reward in the classroom;3. Establish guidelines for school-sponsored fund-raising activities that involve serving or selling food.
WELLNESS GOALS	<p>The District shall implement, in accordance with law, a coordinated health program with a nutrition education component (see EHAB and EHAC) and shall use health course curriculum that emphasizes the importance of proper nutrition.</p> <p>In addition, the District establishes the following goals for nutrition Education:</p> <ol style="list-style-type: none">1. Students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.2. The food service staff, teachers and other school personnel shall coordinate the promotion of nutrition messages in the cafeteria.3. Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.

PHYSICAL ACTIVITY

The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades.

In addition, the District establishes the following goals for physical activity:

1. The District shall encourage teachers to integrate physical activity into the academic curriculum where appropriate.
2. The District shall encourage parents to support their children's participation, to be active role models and to include physical activity in family events.
3. The District shall encourage students, parents, staff and community members to use the District's recreational facilities that are available outside of the school day.

SCHOOL-BASED ACTIVITIES

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

1. Sufficient time shall be allowed for students to eat meals in lunchroom facilities that are clean, safe and comfortable.
2. Wellness for students and their families shall be promoted at suitable school activities.

IMPLEMENTATION

The Principal shall oversee the implementation of this policy and shall develop Administrative procedures for periodically measuring the implementation of the wellness policy.