



***Blue Ridge ISD is committed to providing a school environment that promotes students' health, well-being, and ability to learn while developing lifelong wellness practices.***

**WELLNESS EDUCATION:**

**BRISD will continue to guide and educate parents, staff, and students encouraging lifelong wellness practices.**

**Guidelines:**

- **Parent meetings are determined per year by campus administrator to focus on nutrition and wellness practices.**
- **Nutrition teaching information is available for parents, students, and BRISD employees.**

**PLAN FOR MEASURING:**

**Who is responsible for ensuring compliance: Campus administrator and Wellness Committee**

**How the plan will be measured: Observation**

**Frequency of measurement: Per Occurrence**

**How the measurement results will be reported and to whom: Campus Improvement Plans to Board of Trustees yearly**

**PHYSICAL ACTIVITY:**

**Goal:**

**Students will be given opportunity for daily physical activity.**

**Guidelines:**

- **Students should be given opportunities for physical activity through a range of programs including intramurals, interscholastic athletics, and physical activity events.**
- **Schools will continue and expand partnerships with community based organizations.**

### **PLAN FOR MEASURING:**

**Who is responsible for ensuring compliance: Campus administrator and athletic personnel**

**How the plan will be measured: Observation**

**Frequency of measurement: Per Occurrence**

**How the measurement results will be reported and to whom: Provide survey report of rate of participation of all activities to the Board of Trustees yearly**

### **NUTRITION GUIDELINES AND OTHER SCHOOL-BASED ACTIVITIES:**

**Child Nutrition Programs comply with federal, state and local requirements.**

**Child Nutrition Programs are accessible to all children.**

**Goal:**

**The Child Nutrition Department will take every measure to ensure that student's access to food and beverages meet school breakfast program and national school lunch program regulations and standards.**

**Guidelines:**

- **For all food and beverages sold on the school campus during the school day.**

### **SCHOOL MEAL NUTRITION STANDARDS AND SMART SNACKS IN SCHOOLS**

1. **Nutrition standards: foods and beverages sold in schools meet nutrition standards for whole grain rich, combination foods, accompaniments, 10% of Daily Value Nutrients, calories, sodium, fat, sugar, caffeine, requirements.**
2. **Competitive food—Time and Place: all food and beverages other than meals reimbursed available for sale to students on the school campus during the school day.**
  - **Elementary School: Only food service can sell competitive foods during the school day**
  - **Middle School: Food service can sell competitive foods 30-minutes before the meal service period through 30 minutes after meal service period. Only outside of this designated time period, can individuals and groups sell competitive foods on this campus.**

- **High School:** Food service may sell competitive foods during the service period where reimbursable meals are sold or consumed on the school campus. Only outside of this designated time period and designated location, can individuals and groups sell competitive foods on this campus.
3. **School Day:** The period from midnight before, to 30 minutes after the end of the official school day.
  4. **School Campus:** All areas of the property under the jurisdiction of the school that is accessible to students during the school day.
  5. **Fundraiser:** The sale of food items that meet the nutrition requirements at fundraisers, are not limited in any way under the standards. The standards do not apply during non-school hours, on weekends, and at off-campus fundraising events. Foods that are not intended to be consumed at the school such as ready-to-bake cookie dough are allowed to sell for consumption after the school day.
  6. **Birthday Cupcakes:** Provided free to be consumed after campus lunch hours.
  7. **Homemade Food Items Allowed:** All food brought into the schools for student consumption will be only after campus lunch hours.
  8. **Field Trips:** Campus-approved field trips are exempt from the Wellness policy. Exception; lunches provided by district Child Nutrition Department.
  9. **Vending Machines:** (Accessible to the students): All items sold in vending machines, school stores, and snack bars must comply with the Smart Snacks guidelines.
  10. **Record Keeping:** The campus personnel is responsible for documenting all receipts and nutritional information for items sold on the campus during the school day.
  11. **Free Food Day:** The campus administrator will delegate three days the campus may have a free food day activity. These dates will be shared with the Food Service Administrator and Superintendent prior to the beginning of each school year.

**PLAN FOR MEASURING:**

**Who is responsible for ensuring compliance: Each Campus administrator**

**How the plan will be measured: Observation**

**Frequency of measurement: Per Occurrence**

**How the measurement results will be reported and to whom: Campus Improvement Plan to Board of Trustees yearly.**

**\*\*\*\*\*Smart Snack Rules (Attachment)**