



# BOYS RANCH

## Independent School District

## Wellness Plan

### Mission:

The Boys Ranch ISD and the School Health Advisory Council are committed to maintaining a safe, healthy, drug-free educational environment that enhances learning and development of lifelong wellness practices for all students.

The District and the SHAC recognize that good mental and physical health, emotional stability, positive social interaction skills, and drug-free lifestyle are key factors in supporting student performance, both academically and in co-curricular and extracurricular activities. In order to maintain this environment, the District shall provide both prevention and early intervention approaches to address all levels of need. Included shall be appropriate and accurate information, positive and healthy activities, an identification and referral process, and support for students and their families.

### School Health Council:

The school district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The school health council consists of a group of individuals representing the school and community, and may include parents, houseparents, caseworkers, chapel staff, outdoor education personnel, school administrators, ranch administrators, teachers, health professionals, and members of the public.

### Nutrition:

- Boys Ranch Independent School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

Is offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;

Is part of not only health education classes, but also integrated in subjects such as math, science, language arts, social sciences, and elective subjects; and  
Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).

- Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
  - Be served in clean and pleasant settings;
  - Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
  - Offer a variety of fruits and vegetables; and
  - Serve only low-fat and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA).

- Schools will:

- Provide sufficient time for students to eat meals after sitting down for lunch.
  - Schedule meal periods at appropriate times, e.g., lunch scheduled 2 ½ hours following breakfast;
  - Not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities; and
  - Will provide students access to hand washing or hand sanitizing before they eat meals.

### Physical Activity:

- Physical Education will:
  - Be required daily in grades K-8 consisting of 30 minutes per day;
  - Be “offered” in grades 9-12 as a part of the required curriculum in Texas;
  - Be designed to stress physical fitness and encourage healthy, active lifestyles;
  - Regularly emphasize moderate to vigorous activity; and
  - Be taught by a certified physical education teacher.
- All elementary school students should have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity.
- Students shall not be deprived of physical activity as a consequence for behavior or academic performance.
- Student involvement in other activities involving physical activity (e.g. interscholastic, recreational, or intramural sports) will be promoted and supported.
- After school physical activity programs will be offered and elementary students will be encouraged to participate.
- All elementary, middle, and high school students will be offered physical activity through adventure or intramural programs.
- All middle school and high school students will be offered opportunities to participate in a variety of interscholastic sports.

### Other School-Based Activities:

- Establish safe school environments and deter severe student misconduct through the enforcement of the law and school policies.
- Facilities will be safe, clean, and orderly.
- School playgrounds meet established OSHA standards for playground safety.
- A district-wide crisis plan will be created, followed, and practiced.
- Staff will be encouraged to participate in wellness activities.
- All extracurricular sponsors will be trained in First Aid, CPR, and AED use.
- Safe drinking water and convenient access to facilities for hand washing and oral hygiene will be available during meal periods.
- Blood pressure checks and flu shots will be made available for staff.

### Policy:

- 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.
- The District shall develop nutritional guidelines and wellness goals in consultation with the school health advisory council (SHAC) and with involvement from representatives of the student body, school food service, school administration, Ranch administration, the board, parents, houseparents, caseworkers, and the public.
- The District shall ensure that nutritional 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.
- The superintendent or designee shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.
- The School Health Advisory Council will meet periodically to monitor implementation and gather feedback from members concerning this policy. Documentation will be maintained to indicate promotion of academic learning and development of healthy activities. The policy will be a work in progress and will be updated as the SHAC determines.