

Just a brief explanation of the Assessment Form Results:

## **Elementary:**

**Component 1E Nutrition Guidelines-** School Nutrition Services (SNS) has control over enforcing the Nutrition Guidelines. Guidelines were based on TX Dept of Agriculture's Nutrition Policy

### **Component 2E Healthy Food Options-**

**2.4E** - School Nutrition Services has worked with each campus, educating them on the TDA Nutrition Policy and to help organizations with non-food related fundraising ideas. TDA materials that offer non-food ideas have been distributed.

**2.5E** - Not all schools participate in the snack program. Of those that do, the snacks provided by SNS follow guidelines set forth by USDA and meet reimbursable requirements. The snack items are not necessarily chosen from the TDA snack list. The TDA snack list is a list of suggestions for healthy snacks. If a school does not qualify for the After School Snack program, SNS can provide acceptable and healthy snacks to teachers at their expense.

**2.6E** - TDA snack list is a list of suggestions for healthy snacks. According to the TDA Nutrition Policy, birthday parties are excluded from the Nutrition Policy, which allows for those foods that are regularly excluded (see policy for more detail). For birthday parties, cake and cupcakes are the most popular food items, which area allowed under the TDA Nutrition Policy. However, under the policy, birthday parties are to be held after the last lunch period has concluded so that they do not interfere with the students receiving a nutrition meal.

**2.7E** - Non-food celebrations are encouraged, but TDA does exempt birthday parties and 3 exempt days (as selected by individual campuses) from the Nutrition Policy. Under the policy, celebrations are to be held after the last lunch period has concluded so that they do not interfere with the students receiving a nutrition meal.

### **Component 3E Wellness Goals-**

**3.2** - School Nutrition Services develops and distributes all nutrition education materials. Materials are developed by Registered Dietitians, who have participated in professional development activities. However, classroom teachers help to distribute nutrition education materials and lessons. The classroom teachers have not undergone professional development courses in nutrition.

**3.3** - Each campus conducts their own CATCH activities. Some have after-school programs, others have weekend field days. Unfortunately, some campuses are in a location that is not conducive to high parental involvement or after-school/weekend activities. SNS develops promotional events such as 5 A Day, Breakfast Promotion, National Nutrition Month, Fuel Up with School Lunch, etc.

**3.4** - SNS works to involve all aspects of CATCH (classroom, PE, parents) with their promotions (5 A Day, Fuel Up with School Lunch, etc). With CATCH, there is a communication between classroom, PE and parents to help with health promoting activities and lessons. Cafeteria is included in classroom assignments regarding nutrition and food – cafeteria will help prepare certain foods for classroom lessons. Classrooms will work with Cafeteria to make their promotion a success – having students bring pictures of healthy foods to put on the cafeteria bulletin board, having students wear colors of the 5 A Day. Cafeteria will work with PE to coordinate healthy snacks for field days.

**3.5** - SNS distributes nutrition flyers (Nutrition Nuggets) each month, which are sent home with each elementary student. Cafeteria bulletin boards offer a monthly nutrition education topic. SNS website has Nutrition Topic of the Month, Nutrition Resources and Nutrition Information on all menu items. An elementary calendar menu is distributed at Meet the Teacher night, and offers the year's menu as well as nutrition education material.

**3.7** – Elementary may not know what is in place at middle schools. I am concluding that is why so many answered N/A for this guideline.

**Component 4E Physical Activity-**

**4.3** – Classroom size, number of students in classroom or age of students may hinder physical activity during lessons.

**4.5** – Not all campuses offer after-school programs, excluding any programs that offer increased physical activity. Unfortunately, some campuses are in a location that is not conducive to after-school programs and would have students going home at later hours. These neighborhoods become unsafe later in the day.

**Component 5E Wellness Goals School Based Activities-**

**5.1** – Meal times and allotment are site base management.

**5.3** – BISD is in the process of developing an Employee Wellness Policy. The proposal has been submitted for funding. A preliminary study will be performed on one segment of employees (Transportation) in order to gather data to support the need for an Employee Wellness Policy

**5.4** – Schools that qualify for the After-School Snack Program are provided snacks that comply with the TDA Nutrition Policy and meet requirements for reimbursement. Champions have requested, and were given, a list of healthy snack options.

## **Middle School:**

**Component 1M Nutrition Guidelines-** School Nutrition Services (SNS) has control over enforcing the Nutrition Guidelines. Guidelines were based on TX Dept of Agriculture's Nutrition Policy. Service lines are decorated with health promoting posters. Menu nutrition information is posted on website.

### **Component 2M Healthy Food Options-**

**2.1M** – Students will bring FMNV and carbonated drinks from home. Vending machines do not turn on until after the last lunch period has concluded.

**2.2M** – Foods sold ala carte by cafeteria meet all standards set by TDA Nutrition Policy.

**2.6M** – Few teachers continue to use food as a reward, but have seen improvement in reducing the use of food as a reward or punishment.

**2.8M** – School Nutrition Services has worked with each campus, educating them on the TDA Nutrition Policy and to help organizations with non-food related fundraising ideas. TDA materials that offer non-food ideas have been distributed.

### **Component 3M Wellness Goals-**

**3.1** – Not applicable. CATCH is not implemented at Middle School level.

**3.2** - School Nutrition Services develops and distributes all nutrition education materials. Materials are developed by Registered Dietitians, who have participated in professional development activities. However, classroom teachers help to distribute nutrition education materials and lessons. The classroom teachers have not undergone professional development courses in nutrition.

**3.3** - Each cafeteria on each campus will conduct their own nutrition promotion. The registered dietitian will be enlisted in planning the event.

**3.4** – SNS (dietitians and cafeteria) are available to assist with any nutrition education program or curriculum in place at Middle Schools.

**3.5** - SNS website has Nutrition Topic of the Month, Nutrition Resources and Nutrition Information on all menu items. All menus are available for downloading from the website, or can be requested from the cafeteria manager.

### **Component 4M Physical Activity-**

**4.1** – At Middle School level, curriculum only requires a certain number of hours/semesters of physical activity. However, athletics is available (teams sports) is available. Sports are also offered before and after school.

**4.9** – Not applicable. CATCH is not implemented at Middle School level.

### **Component 5M Wellness Goals School Based Activities-**

**5.1** – Meal times and allotment are site base management.

**5.3** – BISD is in the process of developing an Employee Wellness Policy. The proposal has been submitted for funding. A preliminary study will be performed on one segment of employees (Transportation) in order to gather data to support the need for an Employee Wellness Policy

**5.4** – Schools that qualify for the After-School Snack Program are provided snacks that comply with the TDA Nutrition Policy and meet requirements for reimbursement. Champions have requested, and were given, a list of healthy snack options.

**5.5** – District will not subsidize hand sanitizer in classrooms. However, many teachers will purchase their own.

## **High School:**

**Component 1H Nutrition Guidelines-** School Nutrition Services (SNS) has control over enforcing the Nutrition Guidelines. Guidelines were based on TX Dept of Agriculture's Nutrition Policy. Service lines are decorated with health promoting posters. Menu nutrition information is posted on website.

### **Component 2H Healthy Food Options-**

**2.1H** – Students will bring FMNV and carbonated drinks from home.

**2.2H** – Need to educate teachers and staff where the boundaries of the National School Breakfast and National School Lunch Program are in operation.

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**2.4H** – School Nutrition Services has worked with each campus, educating them on the TDA Nutrition Policy and to help organizations with non-food related fundraising ideas. TDA materials that offer non-food ideas have been distributed.

**2.5H** – Vending machines in the cafeteria are operated by School Nutrition Services. Vending machines not operated by SNS are no located where the NSBP and NSLP are in operation and comply with size and other restrictions managed by TDA Nutrition Policy.

**2.6H** – Vending machines in the cafeteria are operated by School Nutrition Services and offer only health options (milk, 100% juice) in appropriate sizes.

### **Component 3H Wellness Goals-**

**3.1** – Not applicable. CATCH is not implemented at High School level.

**3.2** - School Nutrition Services develops and distributes all nutrition education materials. Materials are developed by Registered Dietitians, who have participated in professional development activities. However, classroom teachers help to distribute nutrition education materials and lessons. The classroom teachers have not undergone professional development courses in nutrition.

**3.3** - Each cafeteria on each campus will conduct their own nutrition promotion. The registered dietitian will be enlisted in planning the event.

**3.4** – SNS (dietitians and cafeteria) are available to assist with any nutrition education program or curriculum in place at High School.

**3.5** - SNS website has Nutrition Topic of the Month, Nutrition Resources and Nutrition Information on all menu items. All menus are available for downloading from the website, or can be requested from the cafeteria manager.

### **Component 4H Physical Activity-**

**4.1** – At High School level, curriculum only requires a certain number of hours/semesters of physical activity. However, athletics is available (teams sports) is available. Sports are also offered before and after school.

**4.5** – Sports are also offered before and after school.

**4.9** – Not applicable. CATCH is not implemented at High School level.

**Component 5H Wellness Goals School Based Activities-**

**5.1** – Meal times and allotment are site base management.

**5.3** – BISD is in the process of developing an Employee Wellness Policy. The proposal has been submitted for funding. A preliminary study will be performed on one segment of employees (Transportation) in order to gather data to support the need for an Employee Wellness Policy

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