Brookeland Independent School District

Health and Wellness Plan

2025-2026

Updated 12/18/2025

Wellness Plan

This document, referred to as the "Wellness Plan" (the plan), is intended to implement policy FFA(LOCAL), which has been adopted by the Board to comply with the requirements for a school wellness policy. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b; 7 C.F.R. Part 210]

The district's local School Health Advisory Council (SHAC) will work on behalf of the District to review and consider evidence-based strategies and techniques to develop and implement nutrition guidelines and wellness goals required by federal law.

School District: Brookeland ISD Identification Number: 00640

Schools Operating Under the Local Wellness Policy

Brookeland Elementary
Brookeland High School

Updated 12/18/2025

Wellness Plan Committee Members

Angela Williams,Director of Child Nutrition
Brandon Shumake, HS Principal
Dawn Moon, School Nurse
Stacey Gillis, Counselor
Denise Rawlingson, Physical Education
Donna Cooper, Transportation

Camie Hilderbrand,Parent

Sam Ross, Student
Tom Spring, Board Member
Nicole Bennett, Community Memeber

Updated 12/18/2025

Soliciting Involvement and Input

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The SHAC will solicit involvement and input from parents, students, the district's food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public by:

1. E-mail and phone calls to various individuals listed above.
2. Notification and information in regard to the SHAC committee in all campus student handbooks and district website.

Responsibility for Implementation

Each campus principal is responsible for implementing FFA(Local) and this wellness plan at his or her campus, including submitting necessary information to the SHAC for evaluation.

The Director of Child Nutrition is the district official responsible for overall implementation of FFA(Local), including development of this wellness plan and any other appropriate administrative procedures, and for ensuring that each campus complies with the policy and the plan.

Brookeland ISD Health and Wellness Plan

The Brookeland Independent School District is dedicated to establishing and maintaining a school environment that enhances learning and development of lifelong healthy practices.

The District will:

- Comply with federal, state, and local requirements.
- Provide all children with access to Child Nutrition Programs.
- Provide nutrition education to all students.
- Encourage physical activity during and outside the school day.
- Work with the School Health Advisory Council (SHAC) to develop, implement, and evaluate the policy and plan.
- Offer necessary training to teachers and staff to comply with and promote the plan and policy.
- Encourage students to make the best choices for their personal health problems.
- Offer referral services to assist students and staff with nutrition related health problems.
- Offer opportunities for all students to be physically active.

History/Background/Rationale

"Promoting wellness to school children today is a significant investment in their wellbeing for life." Healthy children have better attendance records, improved behavior, increased attention, creativity, and academic achievement. Physical activity and healthy eating patterns (via classroom education and practice) are essential for students to achieve their full academic potential, physical and mental growth, and lifelong wellness.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities do better academically.

The Brookeland ISD Local Wellness Policy will ensure its students receive "the best balance of nutrition offerings, nutrition education, physical education, and recreational activity possible." The following sections of this plan are wellness focus areas with specific goals for the district. Measures will be in place to monitor the effectiveness of the plan including designation of one or more persons within the district or at each school, charged with operational responsibility for ensuring the school meets the local wellness policy objectives.

The district will develop and maintain a plan for implementation to manage and coordinate the execution of the wellness policy. The district will convene a representative district wellness committee (hereto referred to as the DWC or work within an existing school health committee) that meets at least two times per year to establish goals for and oversee school health and safety policies and programs including development, implementation, and periodic review and update of this district-level wellness plan.

Goals for Nutrition Promotion

Federal law requires that the district establish goals for nutrition promotion in its wellness policy. The district's nutrition promotion activities will encourage participation in the National School Lunch Program, the School Breakfast Program, and any supplemental food and nutrition programs offered by the district.

The district will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards.

This will be monitored by:

1. Only allowing Smart Snack products to be advertised in the schools.
2. Removing any signage that does not represent Smart Snacks.

Although the District is not required to immediately remove or replace food and beverage advertisements on items such as menu boards or other food service equipment, or on scoreboards or on gymnasiums, the SHAC will make recommendations when replacements or new contracts are considered.

Implementing Goals for Nutrition Promotion

Goal 1: The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.

Objective 1:

Action Steps: Various posters will be placed throughout the school, cafeterias, and given to teachers, when possible, to promote healthy nutrition.

School and Community Stakeholders: Director of Child Nutrition, Cafeteria Managers, and teachers.

Resources Needed: Posters, menu boards in cafeterias.

Measures of Success: Poster in various areas of the school. Menu boards completed daily in each cafeteria.

Goal 2: The District shall share educational nutrition information with families and the public to promote healthy nutrition choices and positively influence the health of students.

Objective 1:

Action Steps: Healthy nutrition information will be placed on website and distributed through social media.

School and Community Stakeholders: Angela Williams.Meaghan Stuart

Resources Needed: Computer with Internet connection.

Measures of Success: Completed upload of documents on website.

Objective 2:

Action Steps: Health-E Pro menu planning software will be used to create all school menus. Parents will be able to access the menus online and through the "My School Menus" app. Parents will be able to see nutritional information for each item being served in the cafeteria.

School and Community Stakeholders: Angela Williams

Resources Needed: Computer with Internet connection, Smart phone/Tablet to access the mobile app.

Measures of Success: Menus updated frequently, menus posted online and parents choosing to download the mobile app.

Goals for Nutrition Education

Federal law requires that the district establish goals for nutrition education in its wellness policy. State law also requires that the district implement a coordinated health program with a component addressing nutrition services and health education at the elementary and middle school levels. [See EHAA]

Implementing Goals for Nutrition Education

Goal 1: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Objective 1:

Action Steps: Cafeteria staff will provide nutrition information to students through enforcement of the School Breakfast Program, National School Lunch Program, and Smart Snacks in the cafeterias.

School and Community Stakeholders: Director of Child Nutrition and Cafeteria Managers.

Resources Needed: Training on SBP and NSLP

Measures of Success: Cafeteria providing well balanced meals in compliance with the SBP and NSLP.

Goal 2: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

Objective 1:

Action Steps: Incorporate nutrition education into various areas of the curriculum in Science (PK-5), Health (high school), and Physical Education classes (6-12).

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School and Community Stakeholders: Teachers of above-mentioned courses.

Resources Needed: Curriculum

Measures of Success: Lesson Plans

Goals for Physical Activity

Federal law requires that the district establish goals for physical activity in its wellness policy. In accordance with state law, the district will implement a coordinated health program with physical education and physical activity components. The district will offer at least the required amount of physical activity for all grades [see BDF, EHAA, EHAB, and EHAC], as follows:

All students in grades K-12 will be offered physical activities for the entire school year.

- Elementary students will receive the equivalent for 135 minutes/week along with recess every day.
- Middle school/high school students (through physical education classes, athletics, Adaptive PE or alternative physical educational settings) will receive the equivalent of 225 minutes per two weeks.
- Students with disabilities, special healthcare needs and in alternative educational settings will be given physical activity opportunities based on their individual abilities.
- All students in grade 3-8 and high school students that receive physical education credit complete the state assessed fitness gram yearly.

Implementing Goals for Physical Activity

Goal 1: The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.

Objective 1:

Action Steps: Physical education classes will be taught by certified physical education instructors.

School and Community Stakeholders: Campus Administration

Resources Needed: None

Measures of Success: Certification for Physical Education teacher on file with the district.

Objective 2:

Action Steps: Safe, adequate equipment will be available for all students.

School and Community Stakeholders: Physical Education teachers and Maintenance

Resources Needed: Access to work order system

Measures of Success: Equipment well maintained, and work orders completed.

Goal 2: The District shall encourage students, parents, staff, and community members to use the district's recreational facilities, such as tracks, playgrounds, and the like, that are available outside the school day.

Objective 1:

Action Steps: High School track, tennis courts and practice fields remain open after school hours.

School and Community Stakeholders: Maintenance department

Resources Needed: None

Measures of Success: Community members using the track and practice fields.

Goals for Other School-Based Activities

Federal law requires that the district establish goals for other school-based activities in its wellness policy to promote student wellness, create an environment that encourages healthful eating and physical activity, and promote a consistent wellness message.

Implementing Goals for Other School-Based Activities

Goal 1: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

Objective 1:

Action Steps: Students are provided ample time for unhurried eating and are given 20 minutes for lunch and 20 minutes for breakfast. All district cafeterias open 30 minutes prior to the start of the school day. Students are not required to eat breakfast or lunch; however, it is highly encouraged by teachers and staff of each campus.

School and Community Stakeholders: Child Nutrition Personnel and Campus Administrators.

Resources Needed: Bell Schedules.

Measures of Success: Copies of bell schedules that allow for adequate time for students to eat.

Objective 2:

Action Steps: Students will have a clean and safe cafeteria.

School and Community Stakeholders: Director of Child Nutrition and Cafeteria personnel.

Resources Needed: Adequate cleaning supplies and access to work order system.

Measures of Success: Clean facilities, equipment functioning properly, and completed work orders.

Goal 2: The District shall promote wellness for students and their families at suitable District and campus activities.

Objective 1:

Action Steps: Various services, including health screenings and activities promoting healthy behaviors, will be provided to students, their families, faculty/staff, and the community.

School and Community Stakeholders: Camie Hilderbrand

Resources Needed: Information pamphlets, Staff

Measures of Success: Parents and family members participating.

Objective 2:

Action Steps: shall ensure that students will receive annual vision, hearing, and spinal screening according to the Texas Department of State Health and Human Services (DHHS) guidelines and make referrals as necessary.

School and Community Stakeholders: Camie Hilderbrand and campus nurses.

Resources Needed: Equipment

Measures of Success: Completed documentation of health screenings.

Objective 3:

Action Steps: shall ensure that all students are current and in compliance with the DHHS guidelines for immunizations

School and Community Stakeholders: Camie Hilderbrand and campus nurses

Resources Needed: Computer

Measures of Success: Documentation in all student files of compliance

Goal 3: The District shall promote employee wellness activities and involvement at suitable District and campus activities.

Objective 1:

Action Steps: opportunity to obtain the following vaccines while at work: Influenza, Tetanus, Pneumonia, Shingles, and Hepatitis.(Other vaccines/boosters are made available based on the recommendations for the community.) Lipo and B12 injections are also frequently offered to the staff.

School and Community Stakeholders: Dawn Moon and outside medical agency.

Resources Needed: Use of facilities

Measures of Success: Documentation of vaccines available and notification to staff

Objective 2:

Action Steps: nurses located throughout the district available to perform blood pressure checks, discuss health concerns, assist in early detection/intervention, and refer to physician as needed.

School and Community Stakeholders: Camie Hilderbrand and Campus Nurses.

Resources Needed: Equipment

Measures of Success: Nurses available

Goal 4: The District shall promote a program to address students mental health.

Objective 1:

Action Steps: Counselors from each campus will continue to review and update as needed a "Mental Health Plan" for the district.

School and Community Stakeholders: School Counselors

Resources Needed: Use of facilities

Measures of Success: Completion of the Mental Health Plan document.

Objective 2:

Action Steps: All students that receive a student ID will have the Suicide Hotline number on the ID

School and Community Stakeholders: School Principals

Resources Needed: ID Machine or 3rd party purchase of ID's

Measures of Success: Students receive IDs with Suicide Hotline number on it.

Objective 3:

Action Steps: Training is offered periodically to all RN's, Counselors and Assistant Principals on the Mental Health First Aid program.

School and Community Stakeholders: RN's, Counselors and Assistant Principals

Resources Needed: Projector, Program Materials

Measures of Success: RN's, Counselors and Assistant Principals being trained and able to help students and staff with mental health concerns.

Nutrition Guidelines

All District campuses participate in the U.S. Department of Agriculture's (USDA's) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). As required by federal law, the district has established nutrition guidelines to ensure that all foods and beverages sold or marketed to students during the school day on each campus adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity. See appendix 1 and 2.

Food and Beverages Sold

The district will comply with federal requirements for reimbursable meals. See Appendix 3. For other foods and beverages sold to students during the school day, the district will comply with the federal requirements for competitive foods. Competitive foods and beverages are not part of the regular meal programs and occur through sales such as a la carte options or vending machines. For purposes of this plan, these requirements will be referred to as "Smart Snacks" standards or requirements. All competitive foods and beverages sold during the school day must meet or exceed Smart Snacks in School nutrition standards (See Appendix 2), which include limits on fat, sugar, sodium, and calorie content. These standards are the minimum requirement for schools.

Fundraisers

Non-food fundraising is encouraged. Healthy food/beverage options are available for purchase at concession stands at school-related functions outside of the normal school day.

Exceptions for Fundraisers

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six days per year per campus when a food or beverage is sold as part of a District fundraiser. [See CO(LEGAL)]

Food and Beverages Provided

Classroom Parties, Classroom Snacks Brought by Parents, Other Foods Given as Incentives

Texas law allows 3 days for food exemptions during the school year. During these times students may be given candy items or other restricted foods during the school day. On these exemption days students will still be offered breakfast and lunch that meet the Federal guidelines. (2024-2025 school year exempt days (may change due to campus schedule): 12/20, 4/17, 5/23)

- Student incentives using food are discouraged; however, they are allowed on each campus.
- According to Texas Education Code 28.002(1-3) (2). Parents and grandparents may bring foods to the campus for birthdays and special events. [See CO(LEGAL)]
- Students may consume food prepared for the class for instructional purposes. However, this should be on an occasional basis, and food may not be provided or sold to other students or classes.

Measuring and Compliance with Nutrition Guidelines

The district will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to TDA, reviewing foods and beverages that are sold in competition with regular school meals, reviewing items sold as part of approved District fundraisers, and monitoring the types of foods and beverages made available to students during the school day.

Policy and Plan Evaluation

At least every three years, as required by law, the district will measure and make available to the public the results of an assessment of the implementation of the District's wellness policy. The "triennial assessment" will evaluate the extent to which each campus is compliant with the wellness policy, the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy and plan compare with any state- or federally designated model policies. The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes.

Public Notification

Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials.

To comply with the legal requirement to annually inform and update the public about the content and implementation of the local wellness policy, the district will create a wellness page on its website to document information and activity related to the school wellness policy including:

1. A copy of the wellness policy [See FFA(LOCAL)].
2. A copy of this wellness plan, with dated revisions.
3. Notice of any Board-adopted revisions to FFA(Local).
4. The name, position, and contact information of the district official responsible for oversight and implementation of the wellness policy and wellness plan;
5. Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion.
6. The SHAC's triennial assessment; and
7. Any other relevant information.

The district will also publish the above information in appropriate District or campus publication.

Records Retention

Records regarding the District's wellness policy will be retained in accordance with law and the district's records management program. Questions may be directed to the district's designated records management officer. [See CPC(LOCAL)]

Appendix 1 – NSLP Program and SBP Guidelines

National School Lunch Program Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Meal Components	**Amount of Food[1] per Week**		
	(minimum per day)		
Fruits (cups)[2]	2 ½ (½)	2 ½ (½)	5 (1)
Vegetables (cups)[2]	3 ¾ (¾)	3 ¾ (¾)	5 (1)
Dark Green Subgroup[3]	½	½	½
Red/Orange Subgroup[3]	¾	¾	1 ¼
Beans, Peas, and Lentils Subgroup[3]	½	½	½
Starchy Subgroup[3]	½	½	½
Other Vegetables Subgroup[3 4]	½	½	¾
Additional Vegetables from Any Subgroup to Reach Total	1	1	1 ½
Grains (oz. eq.)[5]	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz. eq.)[6]	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups)[7]	5 (1)	5 (1)	5 (1)
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week[8]			
Minimum-Maximum Calories (kcal)	550-650	600-700	750-850
Saturated Fat (% of total calories)	<10	<10	<10
Added Sugars (% of total calories)	<10	<10	<10
Sodium Limit: In place through June 30, 2027	≤1,110 mg	≤1,225 mg	≤1,280 mg
Sodium Limit: Must be implemented by July 1, 2027	≤935 mg	≤1,035 mg	≤1,080 mg

[1] Food items included in each group and subgroup and amount equivalents.
[2] Minimum creditable serving is ⅛ cup. One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100 percent full-strength.
[3] Larger amounts of these vegetables may be served.
[4] This subgroup consists of "Other vegetables" as defined in paragraph (c)(2)(ii)(E) of this section. For the purposes of the NSLP, the "Other vegetables" requirement may be met with any

additional amounts from the dark green, red/orange, and bean, peas, and lentils vegetable subgroups as defined in paragraph (c)(2)(ii) of this section.

[5] Minimum creditable serving is 0.25 oz. eq. At least 80 percent of grains offered weekly (by ounce equivalents) must be whole grain-rich as defined in § 210.2 of this chapter, and the remaining grains items offered must be enriched.

[6] Minimum creditable serving is 0.25 oz. eq.

[7] Minimum creditable serving is 8 fluid ounces. All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less) and must meet the requirements in paragraph (d) of this section.

[8] By July 1, 2027, schools must meet the dietary specification for added sugars. Schools must meet the sodium limits by the dates specified in this chart. Discretionary sources of calories may be added to the meal pattern if within the dietary specifications.