

BRAINATION, Inc. Wellness Policy

The District shall support the general wellness of all students by implementing measureable goals to promote sound nutrition and student health and to reduce childhood obesity. All of our sites operate in residential treatment facilities. Students live at these facilities for a period of thirty to sixty days while they are moving through the TDFPS System. The wellness policy will outline goals established for sites participating in the National Breakfast and Lunch Programs.

Development, Implementation, and review of Guidelines and Goals

On behalf of the District, the Child Nutrition Department will review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law.

Nutrition Guidelines

The District's nutrition guidelines for reimbursable school meals shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance. These guidelines will be established for sites participating in the National Breakfast and Lunch program.

Nutrition Promotion

The District establishes the following goals for nutrition promotion:

Goal

The Districts Food Service staff shall consistently promote healthy nutrition messages in cafeterias.

Nutrition Education

The District establishes the following goals for nutrition education:

Goal

The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

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.

The District establishes the following goals for physical activity:

Goal

The District shall make appropriate training and other activities available to District employees to promote enjoyable, lifelong physical activity for District employees and student.

School Based Activities

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

Goal

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

Implementation

The Child Nutrition Department shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures.

Triennial Progress Assessments

The District shall comply with federal requirements for evaluating this policy and the wellness plan.

Once every Three years the District will evaluate compliance with the wellness policy. The evaluation will include progress made in attaining the goals of the wellness policy.

Public Notification

The District shall annually inform and update the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy, the wellness plan, and the required implementation assessment.

Record keeping

The District shall retain all required records associated with the wellness policy, in accordance with law and the District's records management program.

The District will retain records to document compliance with the requirements of the wellness policy at the central office located at 10325 Bandera Rd, **San Antonio** TX 78250. Documentation maintained in this location will include but will not be limited to:

- The most recent assessment on the implementation of the local school wellness policy
- Documentation of efforts to review and update the District Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate in the policy
- Documentation to demonstrate compliance with the annual public notification requirements
- Documentation stating the progress made in the wellness policy Goals

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