

Triennial Assessment Report: Brazos County Juvenile Services Local Wellness Policy (5/2025)

District: Brazos County Juvenile Detention Center

Introduction

The Brazos County Local School Wellness Policy was established to promote resident/student health, well-being, and ability to learn healthy eating and physical activity. A committee consisting of the Executive Director, Assistant Director, Facility Administrator, Academy Superintendent, Quality Assurance Administrator, and Detention Nurse meets annually to review the LSWP and determine if changes are necessary. The most recent triennial assessment was completed in May of 2025 with input from committee members. As a result of the assessment, there were several changes / areas implemented to ensure compliance. The department will continue completing the assessment at least every 3 years, or sooner if it is determined changes are needed.

Strong Policies and Aligned Practices

Brazos County Juvenile Services is successful in meeting wellness goals by following standards outlined in the Texas Administrative Code as well as the Texas Education Agency. We are also in compliance with the National School Lunch and/or Breakfast standards regarding meal patterns, nutrient levels and calorie requirements necessary for residents/students served by this department. During this assessment, it was determined that we should include additional information in the following sections of this policy: nutrition standards, physical education and activity opportunities, records retention, and policy review.

		Policy Score	Practice Score	
FR1	Does the district have specific goals for nutrition education designed to promote student wellness?	2	2	☆
FR2	Do your National School Lunch Program meals (and, if applicable, School Breakfast Program meals) meet all federal standards for meal patterns, nutrient levels, and calorie requirements for the grade levels served?	2	2	☆
FR3	Does your school take steps to protect the privacy of students who qualify for free or reduced-price meals?	2	2	☆
FR4	Is free (i.e., no cost to students) drinking water available to students during meals?	2	2	☆
FR14	Is there an official who is responsible for the implementation and compliance with the wellness policy at the building level for each school?	2	2	☆

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FR15	How is the wellness policy made available to the public?	2	2	☆
FR16	Is wellness policy implementation evaluated every three years?	2	2	☆
FR17	What is included in the triennial assessment report to the public?	2	2	☆
FR18	Has the wellness policy been revised based on the previous triennial assessment?	2	2	☆
NES1	Does the district offer breakfast every day to all students?	2	2	☆
NES2	Does your school take steps to address feeding students with unpaid meal balances without stigmatizing them?	2	2	☆
NES6	Do students have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they are seated?	2	2	☆
NES7	 In your district, is it a priority to procure locally produced foods for school meals?	2	2	☆
NES13	Do teachers or school staff give students food as a reward?	2	2	☆
NES14	Do students have consistent and easy access to free drinking water throughout the school day?	2	2	☆
NE1	Are skills-based, behavior-focused, and interactive/participatory methods used in nutrition education to develop student skills?	2	2	☆
NE2	Do all elementary school students receive sequential and comprehensive nutrition education?	2	2	☆

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NE3	Do all middle school students receive sequential and comprehensive nutrition education?	2	2	☆
NE4	Do all high school students receive sequential and comprehensive nutrition education?	2	2	☆
PEPA1	 Does the district have a written physical education curriculum that is implemented consistently for every grade?	2	2	☆
PEPA2	Does the district have a written physical education curriculum that is aligned with national and/or state standards?	2	2	☆
PEPA3	How does your physical education program promote a physically active lifestyle?	2	2	☆
PEPA4	How many minutes per week of PE does each grade in elementary school receive?	2	2	☆
PEPA5	How many minutes per week of PE does each grade in middle school receive?	2	2	☆
PEPA6	How many minutes per week of PE does each grade in high school receive?	2	2	☆
PEPA18	Do teachers ever use physical activity as a punishment?	2	2	☆
PEPA19	Do teachers ever withhold physical activity as a classroom management tool?	2	2	☆

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EW1	 Are there strategies used by the school to support employee wellness?	2	2	
EW2	Are school staff encouraged to model healthy eating and physical activity behaviors in front of students?	2	2	
IC1	Is there an active district-level wellness committee?	2	2	

Create Practice Implementation Plan

The Facility Administrator will monitor and ensure compliance with established nutrition and physical wellness policies. All employees of the Brazos County Juvenile Services Department are encouraged to be a positive role model for residents/students by following, at a minimum, the administrative rules of the Local School Wellness Policy. The department first implemented the LSWP in 2017 and is reviewed and assessed accordingly. All detention staff receive at minimum 4 hours of training on NSLP topics each year. The Training Coordinator and Facility Administrator monitor training hours for all staff at the facility. The policy was originally implemented in 2017, and the most recent changes are in 2025.

		Policy Score	Practice Score	
NE5	Is nutrition education integrated into other subjects beyond health education?	2	1	
IC2	Is there an active school-level wellness committee?	2	1	

Update Policies

The Brazos County Juvenile Local School Wellness Policy is reviewed each year in the month of May by the Wellness Committee. An acknowledgment is signed by all parties indicating their participation in the review. If changes to policy are made, the Education Service Center Specialist is given a copy for review. Furthermore, any and all updates to the LWP are presented to the Juvenile Board and are subject to their approval.

	Policy	Practice	
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		Score	Score	
FR5	Do all school nutrition program directors, managers, and staff meet or exceed the annual continuing education/training hours required by the USDA's Professional Standards requirements?	1	2	
NE6	Do school nutrition services staff members use the following methods to collaborate with teachers to reinforce nutrition education lessons taught in the classroom?	1	2	
PEPA7	Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	1	2	

Opportunities for Growth

These rules are subject to ongoing administrative review and modification as necessary to help ensure compliance with the purpose and intent of the Brazos County Juvenile Services Local Wellness Policy. The Bryan Independent School District provides all educational services to youth in the detention center. For youth in the Academy (JJAEP), standards are set by the Texas Juvenile Justice Department and the program is audited on compliance each year.

Conclusion

The Brazos County Juvenile Services Department is committed to creating a healthy environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support resident/student achievement. We will continue to monitor our policies and practices to ensure compliance with all local, state, and federal standards. We are committed to the youth served by the department and encourage them to be successful in their health and wellness goals.

Key

 **Strong Policies and Aligned Practices** - District has a strong policy and is fully implementing practices that align with the policy

 **Create Practice Implementation Plan** - District has a strong or weak policy, but practice implementation is either absent or limited

 **Update Policies Update Policies** - District is fully implementing a practice but there is no or only weak language in the written policy, or the district is partially implementing practices and there is no language in

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the policy



Opportunities for Growth - District has either not addressed the topic in policy or practice; or has only addressed the topic in a very limited way

For more resources, visit: wellsat.org/resources

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