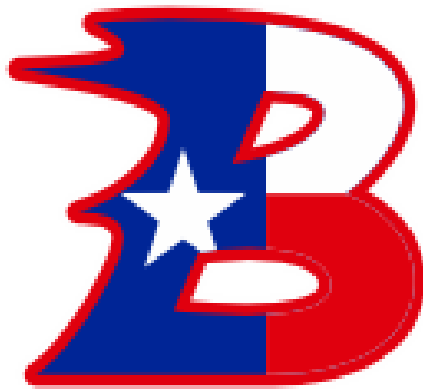


# **Bullard Independent School District**

## **Wellness Plan**

**2023-2024**



***“Where every student is uniquely prepared for their  
future.”***

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.

The Bullard Independent School District is committed to providing school environments that promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical activity.

#### 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:

- Posting on the district’s website the dates and times of SHAC meetings at which the wellness plan is scheduled to be discussed
- Posting on the district’s website the recording and minutes of each meeting
- Listing information of SHAC in the student handbook

#### 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 assistant superintendent shall oversee development of this wellness plan and any other appropriate administrative procedures, and for ensuring that each campus complies with the policy and 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 federal guidelines for competitive foods. The SHAC will monitor this by:

- Reviewing foods and beverages that are sold in competition with the 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
- Adhering to the newly implemented Dietary Guidelines for Americans established in 2015. Adjustments will be made in menu development and product offerings based on the new guidelines. In addition, the SHAC will work in partnership with the BISD Nutrition Department and campuses to educate parents and students regarding balanced, healthy nutritional choices

## **GOAL 1:**

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

**Objective:** The District will research opportunities to offer supplemental food and nutritional programs and will regularly inform families and the community regarding any programs offered by the District such as Meals to You, Backpack Program etc.

**Action steps:** Nutrition web link available to parents with breakfast and lunch menus as well as nutritional information, collaboration with community agencies

**School and Community Stakeholders:** Food services, BISD School Board, BISD campus administration, faculty and staff, SHAC, community agencies

**Measure of success:** Types of food access programs identified and ways the information was communicated to families and the community, number of students participating in food programs

**Resources needed:** Web link, newsletter, literature out to public annually or bi-annually, social media advertisement

## **GOAL 2:**

The District will deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors

**Objective 1:** Promote meal benefits required by the state

**Action Steps:** Distribute information via literature, flyers, website or social media to be used for promotion of meal benefits

**School and Community stakeholders:** Food services, BISD School Board, BISD campus administration, faculty and staff, SHAC, community agencies

**Measures of Success:** Monitor participation rate and delivery

**Objective 2:** Post in an easily accessible location on the District's or campus's website the monthly breakfast and lunch menus, including the nutritional information of each meal.

**Action Steps:** Menus that are in compliance with this objective are posted by the 1st of each month that school is in session.

**Resources Needed:** Website and staff posting to website

**Measures of Success:** Ongoing postings

## 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]

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

**Objective 1:** Nutritional content for breakfast and lunch menus will be posted on the district's website

**Action Steps:** The Food Services Department will post nutritional content of all times offered at breakfast and lunch via web based menus

**Resources Needed:** Website, nutrition from manufacturers

**Measures of Success:** Menus updated monthly with nutrition content available and monitored for accuracy

**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:** Campus and district staff will promote and integrate nutrition education activities at a minimum of 2 events each year

**Action Steps:** Identify appropriate events where nutrition education can be promoted.

**Resources Needed:** Agenda of events, samples of handouts

**Measures of Success:** Number of events that nutrition education was either communicated or promoted

# 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:

## **Elementary School:**

The district will ensure that students in full-day prekindergarten–grade 5 engage in moderate or vigorous physical activity for at least 30 minutes per day or 135 minutes per week, in accordance with policies at EHAB, EHAC, EHBG, and FFA.

For additional information on the district’s elementary school student physical activity programs and requirements, please see the principal.

## **Junior High/Middle School:**

The district will ensure that students in middle or junior high school will engage in 30 minutes of moderate or vigorous physical activity per day for at least four semesters in accordance with policies at EHAB, EHAC, EHBG, and FFA.

## **Physical Activity Goals:**

**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:** On Elementary campuses, recess should not be viewed as a reward, but a necessary educational support component for all children. Taking away recess time as a punitive measure, as a behavior management tool or for tutoring or other competing activities should be avoided.

**Action Steps:** Elementary campus administration will schedule adequate time for recess and encourage staff to use forms of punitive measures other than taking away recess.

**Resources Needed:** Campus elementary administration; campus elementary employees

**Measures of Success:** Master schedules

**GOAL 2:** The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

**Objective 1:** Campus and district staff will promote and integrate physical education activities into academic curriculum such as: brain boosters, kinesthetic learning strategies, and action based learning strategies/labs.

**Action Steps:** Identify appropriate events where physical education can be promoted

**Resources Needed:** Materials integrated into core subjects via videos and research

**Measures of Success:** Number of events that physical education was either communicated or promoted.

**GOAL 3:** The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.

**Objective 1:** Campuses will promote employee wellness district challenges.

**Action Steps:** Distribute Save the Dates for district wide employee wellness challenges

**Resources Needed:** Ideas for Wellness Challenges

**Measures of Success:** Have 2 wellness challenges per year.

**GOAL 4:** The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

**Objective 1:** Bullard Early Childhood will offer a Family Fitness Night

**Action Steps:** BEC planning and promotion

**School and Community Stakeholders:** BEC Site Based Committee and Parent Committees

**Resources Needed:** Title I Parent Engagement Funds

**Measures of Success:** Number of participating families

#### **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 healthy eating and physical activity, and promote a consistent wellness message.

[Include in this next section only the goals listed for other school-based activities in your FFA(LOCAL). Objectives should be SMART (Specific, Measurable, Achievable, Relevant, Timely) and should provide detailed strategies to achieve each goal, including the action steps (what/when/where), school and community stakeholders (who), resources needed (what), and measures of success (i.e., how you will know an objective has been completed).]

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

**Objective 1:** Campuses will allow students at least 30 minutes to eat lunch in a clean environment

**Action Steps:** Master scheduling, monitoring and cleaning during lunch and between lunch groups

**School and Community Stakeholders:** Principals, Assistant Principals, Teachers and Custodians and Students

**Measures of Success:** Students finishing their lunches without rushing or throwing away food

**GOAL 2:** The District shall provide a “grab and go” breakfast program

**Objective 1:** Students who eat breakfast at school will be provided a small sack breakfast to take to class, should the student be late for school

**Action Steps:** Campus administrators work with food service to plan and communicate this with students

**School and Community Stakeholders:** Principals, Assistant Principals, Parents and Food Service

**Measures of Success:** The number of students that benefit from this program

**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 Break- fast Program (SBP). As required by federal law, the District has established nutrition guide- lines 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.

**Foods and Beverages Sold:**

The District will comply with federal requirements for reimbursable meals. 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.

**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)]

The District will allow the following exempted fundraisers for the 2022-2023 school year:

Campus or organization: Bullard Intermediate School

Food or beverage: Chocolate Bars

Number of days: 6

Campus or organization: Bullard Early Childhood

Food or beverage: Cookie Dough

Number of days: 6

**Foods and Beverages Provided:**

The District will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person's child or grandchild on the occasion of the student's birthday or to children at a school-designated function. [See CO(LEGAL)]

**Measuring 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. This "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:

- A copy of the wellness policy [see FFA(LOCAL)]
- A copy of this wellness plan, with dated revisions
- Notice of any Board-adopted revisions to FFA(LOCAL)
- The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan
- Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion
- The SHAC's triennial assessment
- 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)]