



BRIDGEPORT

INDEPENDENT SCHOOL DISTRICT

Wellness Plan

PURPOSE

This document, referred to as the wellness plan (“the plan”), is intended to implement policy FFA(LOCAL) which has been adopted by the Bridgeport ISD Board of Trustees (“the Board”) to comply with the requirements for a school wellness policy. Bridgeport ISD (“the District”) is committed to creating an environment that is collaborative, safe, challenging and responsive to the diverse needs of our community. This plan applies to all students, staff and schools in the District.

Strategies to Solicit Involvement

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness plan. The District has chosen to use the School Health Advisory Council

(SHAC). The SHAC membership is appointed annually by the Board and the composition shall be consistent with BDF(LEGAL).

The SHAC shall solicit involvement and input from other interested persons by:

1. Permitting participation to the extent possible from all school levels, parents, students, child nutrition staff, physical education teachers, school health professionals, school administrators, Board members, and members of the public.
2. Posting dates and times of SHAC meetings on the District’s website.

The District shall solicit involvement and input by:

1. Listing in the student handbook the person and/or position responsible for the oversight of the District’s wellness policy and plan along with an invitation to contact that person.

2. Establishing a wellness team and team leader at every campus in the District.

IMPLEMENTATION

The District will manage and coordinate the execution of the wellness plan including delineation of roles, responsibilities, actions, and timelines. The District will use tools to evaluate wellness goal progress and complete school-level assessments.

Roles and Responsibilities

The Assistant Superintendent is responsible for the overall implementation of FFA(LOCAL) including:

1. Development of this wellness plan and any other appropriate administrative procedures.
2. Coordination with other responsible departments including child nutrition, curriculum and instruction, physical education, and student services.
3. Coordination of wellness plan data collection tools with other responsible departments and campuses.
4. Coordination of staff wellness through the District's Wellness team.

The Director of Child Nutrition is responsible for overall implementation of FFA(LOCAL) nutrition guidelines including:

1. Compliance with federal requirements for reimbursable meals.
2. Compliance with federal requirements for other foods and beverages sold to students during the school day (competitive foods).
3. Compliance with review of competitive foods sold and foods sold in approved fundraisers.
4. Development of local guidelines on foods and beverages made available to students during the school day.
5. Compliance with submission of meal reimbursement submissions to the Texas Department of Agriculture (TDA).

The Coordinator of Curriculum and Instruction is responsible for overall implementation of FFA(LOCAL) physical activity and coordinated school health including:

1. Compliance with state requirements for physical activity at elementary school grades, including recess.
2. Compliance with state requirements for physical activity at middle school level.
3. Compliance with school-based activities to promote student wellness and create an environment conducive to physical activity, and consistent wellness messages.
4. Compliance with implementation of a coordinated school health program.

The Assistant Superintendent is responsible for the advising the SHAC and the overall implementation of programs and procedures to create safe and civil school environments including:

1. Oversight of SHAC agendas and meetings.
2. Oversight of counselors.
3. Oversight safe & civil campuses.

The Director of Curriculum & Instruction is responsible for overall implementation of:

1. Annual wellness goal measurement completion in each Campus Improvement Plan (CIP).
2. Compliance with integration of nutrition education into appropriate curriculum areas.
3. Compliance with professional development of staff responsible for nutrition education.
4. Compliance with integration of physical activity and fitness behaviors into appropriate curriculum areas.
5. Compliance with professional development of staff responsible for physical activity.

Each campus principal is responsible for the implementation of FFA(LOCAL) and this wellness plan at his or her campus, including

1. Submission of necessary information to the SHAC for evaluation.
2. Establishing a campus wellness team and team leader.
3. Ensuring campus compliance with nutrition guidelines for foods sold, foods provided and exempted fundraisers.
4. Ensuring compliance with school-based activities to promote student wellness and create an environment conducive to healthful eating, physical activity, and consistent wellness messages.
5. Monitoring the types of foods and beverages made available to students during the school day.

EVALUATION

In accordance with law, the District will periodically measure and make available to the public an assessment of the implementation of the District's wellness policy, the extent to which each campus is compliant with the wellness policy, a description of the progress made attaining the goals of the wellness policy, and the extent to which the wellness policy compares with any state- or federally designated model wellness policies.

Annual Progress Reports

Campuses will track, analyze and report programs, strategies, activities, and actions to promote wellness and comply with FFA(LOCAL) wellness goals in the areas of nutrition promotion, nutrition education, physical activity, and school based activities.

1. The District will require at least one wellness goal in each Campus Improvement Plan (CIP).
2. Each campus will track and document progress toward meeting the FFA(LOCAL) wellness goals by reviewing campus-level activities, programs and actions.
3. District will prepare a report on the wellness activities of each campus to present to the SHAC upon their request.

Triennial Progress Assessments

Every three years the District will gather wellness information from each campus and appropriate District administrators to evaluate compliance with the wellness policy.

1. Data collection will be completed using relevant portions of the Centers for Disease Control's School Health Index (CDC SHI).
2. Each campus will complete their wellness assessment when requested by the district administrator overseeing the triennial progress assessment.
 - a. Campus administrator and/or wellness team leader will assign wellness team members to assess the school environment on: health education, nutrition, physical activity, competitive foods and beverages, family and community involvement, staff wellness, healthy and safe school environments, and health services.
 - b. Wellness team leader or campus administrator will submit the results of their school environment wellness assessment using the data collection tool provided by the assigned district administrator.
 - c. Campus wellness teams will consider implementing additional wellness activities based on the results of their wellness assessments and progress toward LWP goals.
3. The SHAC will review the results of the triennial progress assessment. The SHAC will consider the assessment results along with evidence-based strategies and techniques to:
 - a. Make recommendations to the Board and District to update or modify the wellness plan.
 - b. Solicit input and involvement from persons knowledgeable of wellness or interested in the wellness plan to meet changing community health needs, emerging health science and technologies, and new federal or state guidance or standards.
 - c. Submit any wellness policy recommendations to the Board.

Public Notification

The District will inform and update the public about the content and implementation of the local wellness policy and plan by posting and documenting information and activity related to the wellness policy on the District's SHAC web page. The District will also publish the above information in appropriate District or campus publications.

1. Link to the wellness policy [FFA\(LOCAL\)](#).
2. Copy of this wellness plan.
3. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed by posting the SHAC meeting agenda prior to the meeting date.
4. The results of the triennial progress assessment.
5. Any other relevant information.

Records Retention

Records regarding the District's wellness policy will be retained in accordance with law and the District's records management program by the Assistant Superintendent.

Nutrition Guidelines and Standards

All District campuses participate in the United States Department of Agriculture (USDA) child nutrition program and are required to establish nutritional guidelines for foods made available on each campus that are consistent with federal standards. The District's nutrition guidelines are to ensure all foods and beverages sold, otherwise made available, or marketed to students during the school day adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity. The following provisions describe the District's nutrition guidelines, activities and objectives chosen by the SHAC to implement the Board-adopted wellness goals in policy FFA(LOCAL) and to comply with state and federal requirements:

- <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
- <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- <http://www.squaremeals.org/Publications/Handbooks.aspx> (see the Complete Administrator Reference Manual [ARM], Section 20, Competitive Foods)

Foods Sold

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

2. For other foods and beverages sold to students during the school day (competitive foods and beverages, such as those a la carte meal options or vending machines):

a. The District will comply with the federal requirements for competitive foods (“Smart Snacks” standards).

<https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>

b. The District will not permit carbonated, diet sodas (artificially sweetened) in student vending machines.

3. **Elementary Schools:** No foods and beverages will be sold outside of the school meal programs during the school day. Celebrations and Rewards are an exception to this rule and are addressed in the Foods Provided section.

4. **Intermediate School:** No foods and beverages will be sold outside of the school meal programs during the school day. Celebrations and Rewards are an exception to this rule and are addressed in the Foods Provided section.

5. **Middle Schools:** No foods or beverages will be sold outside of the school meal programs during the meal periods. Celebrations and Rewards are an exception to this rule and are addressed in the Foods Provided section.

6. **High Schools:** No foods or beverages will be sold outside of the school meal programs during the meal periods where school meals are sold and/or consumed. Celebrations and Rewards are an exception to this rule and are addressed in the Foods Provided section.

7. **Fundraising:** All schools may sell food and beverages that do not meet Smart Snacks standards as part of a fundraiser during the school day for up to six days per school year on each campus.

a. No exempted fundraisers may sell food or beverages in competition with school meals in the food service area during the meal service, or where school meals are sold or consumed. CO(LEGAL)

b. Fundraising shall not be permitted during class time. FJ(LOCAL)

c. Sales of foods and beverages for fundraising that could be consumed during the school day must meet the Smart Snacks requirements if they have not been approved by their campus

administrator as an exempted fundraiser (maximum six per year, per campus). FJ(LOCAL)

d. The District encourages that carbonated sodas (regular or artificially sweetened) are NOT sold at exempted fundraisers.

Foods and Beverages Provided

There are currently no federal requirements for foods or beverages made available at no charge to students during the school day. The District encourages that foods and beverages provided to students at no charge meet the Smart Snack standards. Foods and beverages provided should also comply with the District's *Food & Severe*

Allergy Management Plan to limit risk of allergen exposure to students with food allergies. [CO(LEGAL); FFAF(LEGAL/LOCAL)]

- 1. Celebrations and parties:** Each school may designate days each school year for celebrating holidays or other events. The campus will encourage healthy celebration ideas to parents and teachers, including non-food celebration ideas.
- 2. Rewards and incentives:** The District will provide teachers and other relevant school staff list of alternative ways to reward students. Use of non-food rewards are encouraged, such as stickers, pencils, special privileges (i.e. line leader, outdoor lunch, homework pass), etc.
- 3. Classroom Activities:** The District will permit foods and beverages for instructional, classroom activities. Use of non-food items or foods and beverages that meet the Smart Snack standards are encouraged for instructional activities and projects.
- 4. Birthday celebration:** The District will comply with state law ("Lauren's law"), which allows a parent or grandparent to provide a food product of their choice to classmates of their child or grandchild on the student's birthday. Foods and beverages provided must comply with the District's *Food & Severe Allergy Management Plan* to assure safety to students with life-threatening food allergies.
- 5. Water:** The District will promote hydration by making free, unflavored drinking water available to all students throughout the school day at every campus. Drinking water will be available at no charge during meal times where school meals are served.

Food and Beverage Marketing in Schools

Any foods and beverages marketed or promoted to students on academic school campuses during the school day will meet or exceed the federal nutrition standards (competitive foods, Smart Snacks standards) and will not include carbonated, diet sodas containing artificial sweeteners. “Marketing” will be considered as any written, graphic or oral statement made for the purpose of promoting the sale of a food or beverage, including but not limited to: brand names, trademarks or logos present on posters, equipment, marquees, cafeteria menu boards, or other campus displays; vending machine exteriors; free product samples, coupons or taste tests displaying advertising of a product.

WELLNESS GOALS [FFA(LOCAL)]

Nutrition Promotion and Education

In compliance with federal law the District, with SHAC input, has established goals for nutrition promotion and education in FFA(LOCAL). The District’s nutrition promotion activities shall encourage participation in the NSLP, School Breakfast Program and any other supplemental food and nutrition programs offered by the District.

Nutrition Promotion Goal: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: The District and Director of Child Nutrition will provide materials for use in promoting healthy nutrition to teachers and staff.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • The Director of Child Nutrition, or designee will research to order or print posters and flyers plus other materials promoting healthy nutrition that will be posted throughout the schools. • The District will promote healthy food and beverage choices for all students throughout the school campuses, as well as encourage participation in school meal programs. • The District will comply with the federal requirements for competitive foods. • The District will allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Observe various locations in the school at the end of each six weeks for healthy nutrition signage. Routinely check on compliance with federal guidelines. <p>Resources needed:</p> <ul style="list-style-type: none"> • Time and Materials <p>Obstacles:</p> <ul style="list-style-type: none"> • Funding

Distribute Education on Topics Goal: The District will deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Objective 1: The District aims to teach, model, encourage and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Nutrition education will include enjoyable, appropriate, culturally relevant activities such as, cooking demonstrations or lessons, promotions, taste tasting, farm visits and school gardens. 	Baseline or benchmark data points: <ul style="list-style-type: none"> Observations of Classes Resources needed: <ul style="list-style-type: none"> People with Expertise Obstacles: <ul style="list-style-type: none"> Funding

Nutrition Education Goal: 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: Nutrition education will be integrated into other classroom subjects such as math, science, language arts, social sciences and elective subjects.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Components of the curriculum ensure the nutrition education is linked with school environment, behavior-focused, and sequential and comprehensive in scope. The District will include essential topics on healthy eating in the health education curriculum. 	Baseline or benchmark data points: <ul style="list-style-type: none"> Meet the TEKS for Healthy Eating Strand. Resources needed: <ul style="list-style-type: none"> None Obstacles: <ul style="list-style-type: none"> None
Objective 2: Educational materials will be provided to all students on topics such as disease prevention, lifestyle choices, cardiovascular health, obesity, diabetes, and asthma.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Distribute materials and conduct presentations on various topics. 	Baseline or benchmark data points: <ul style="list-style-type: none"> Meet the TEKS related to the topics. Resources needed: <ul style="list-style-type: none"> People with Expertise

	Obstacles: <ul style="list-style-type: none"> • None
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Specific Health and Safety Goal: The District will ensure students are educated about health and safety.

Objective 1: The District will provide education on topics including, Hands only CPR, Dangers of Vaping and Opioids, Healthy Eating, Water Safety and First Aid.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Distribute materials and conduct presentations on specific topics related to health and safety. 	Baseline or benchmark data points: <ul style="list-style-type: none"> • Meet TEKS related to the Injury and Violence Prevention and Safety Strand plus the Alcohol, Tobacco, and other Drugs Strand. Resources needed: <ul style="list-style-type: none"> • People with Expertise Obstacles: <ul style="list-style-type: none"> • None

The District will promote healthy food and beverage choices using evidence-based strategies and techniques. It is recommended that child nutrition and school staff promote healthy food choices strategies to increase school meal participation, improve healthy food consumption, and reduce food waste at school.

Nutrition education will be integrated in classroom instruction or learning activities in areas of curriculum such as math, science, physical education, health, language arts and social studies.

Physical Activity

The District shall implement, in accordance with law, a coordinated health program with physical activity and physical education components and shall offer at least the required amount of physical activity for all grades. In compliance with federal law the District, with SHAC input, has established goals for physical activity.

Goal: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

Objective 1: At least one campus will implement a before- or after-school physical activity program each year.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Identify any campuses currently offering such programs and have staff from those campuses share information at a District wide staff event. Assign a campus administrator to implement the program. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Number and type of programs offered compared to the previous school year Student participation rates in the program from year to year. <p>Resources needed:</p> <ul style="list-style-type: none"> Support from campus administrators and employees to provide supervision for these programs Educational materials to explain the program to students and parents. <p>Obstacles:</p> <ul style="list-style-type: none"> Staffing

Goal: The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activities in family events.

Objective 1: Each campus will offer at least one event annually either during or outside of normal school hours that involves physical activity and includes both parents and students in the event.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Develop a list of ideas to submit to campus administrators to meet this objective. Assign a campus administrator to organize the event. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Self-reports of campus administrators about the events Participation rates from year to year <p>Resources needed:</p> <ul style="list-style-type: none"> Dissemination of a list to send to campus administrators Timeline and mechanism for the self report about the events Informational materials about the event to distribute to students and parents <p>Obstacles:</p> <ul style="list-style-type: none"> Staff time Participation rates may be low

Goal: 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: Inform the community of the facilities that are available for use outside of the school day by including a statement in at least one District or campus publication, by posting information on the District or campus website, or through the use of appropriate signs	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Create sample wording to be used in a publication or on a website. • Create wording for a sign that could be posted at certain facilities. • Evaluate appropriate lighting for evening use of facilities. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Documentation of publications, website postings, and signs verifying that the information was communicated. <p>Resources needed:</p> <ul style="list-style-type: none"> • A list of the types and locations of facilities that are available for use in the District. <p>Obstacles:</p> <ul style="list-style-type: none"> • Measuring how many people use the facilities in off hours

Physical education shall include the instruction of individual activities as well as competitive and noncompetitive team sports to encourage lifelong physical activity. Campuses are encouraged to participate in programs including but not limited to: Fuel Up to Play 60; Kids Heart Challenge; Healthy Zone; Kids Teaching Kids; Marathon Kids, etc.

Physical activity will be integrated across curricula and throughout the school day when appropriate. Movement can be a part of science, math, social studies and language arts.

The physical activity facilities on school grounds will be safe and regularly maintained.

Other School-Based Activities

The District will strive 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: Bridgeport ISD shall provide a supportive environment for all students to be empowered academically, socially, and emotionally, and have access to a counselor when issues arise.

Objective 1: To improve all students' knowledge about mental health issues and provide them with tools to navigate life successfully by maintaining positive relationships.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> ● Students will receive character education presented through classroom teachers, assemblies, guidance lessons, small group counseling, and individual counseling. ● Students will be taught age-appropriate lessons that will cover suicide awareness, depression, anxiety, and drug/alcohol addiction. ● Counselors value and will instill in students: positive relationships, honesty, respect, & understanding. ● Presentations will be done by school personnel or outside providers, approved by the district. ● BISD will remain in compliance with current laws regarding mental health and all students will receive this training. ● Parents will be informed about the the positive things BISD counseling department is doing through positive community relationship and trainings offered to parents. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> ● Increased attendance rates ● Fewer referrals for misbehavior ● Number of counseling guidance lessons taught ● Number of presentations/assemblies held per year & the number of students in attendance at each of the presentations ● Number of parent resource meetings held ● Number of students served on an individual and group counseling basis ● Counseling crisis intervention ● Outside provider sources <p>Resources needed:</p> <ul style="list-style-type: none"> ● Outside provider sources <p>Obstacles:</p> <ul style="list-style-type: none"> ● Increasing number of crisis intervention needs ● Increasing number of students needing individual counseling ● Duties not related to counseling/mental health

Safety, Security and Civility

The district will implement initiatives and processes to make campuses more safe, secure and civil.

1. The Director of Safety and Security will coordinate campus safety and security through:
 - a. Identification and implementation of campus safety teams.

- b. Identification and implementation of evidence-based safety and security processes and procedures.
2. Each campus will develop a safety team to implement and maintain campus safety and security.
 3. The Director of Safety and Security will coordinate all safety plans in accordance with:
 - a. Federal legal requirements
 - b. State of Texas legal requirements

Employee Wellness and Health Promotion

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

Objective 1: The district will provide information about health services offered throughout the community to staff.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> ● Provide a list of local health and counseling services. 	Baseline or benchmark data points: <ul style="list-style-type: none"> ● Utilize current list from Wise County Behavioral health Resources needed: <ul style="list-style-type: none"> ● Inpatient and Outpatient needs Obstacles: <ul style="list-style-type: none"> ● Funding for private visits
Objective 2: The district will promote physical fitness and a healthy lifestyle to all staff members.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> ● Partner with a local fitness center to provide discounts. 	Baseline or benchmark data points: <ul style="list-style-type: none"> ● Location of all fitness locations Resources needed: <ul style="list-style-type: none"> ● Connection to gym Obstacles: <ul style="list-style-type: none"> ● Cost for memberships
Objective 3: The district will provide basic CPR and EpiPen training to all staff members at the beginning of each school year.	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> ● Nurses train all staff in basic CPR and EpiPen use. 	Baseline or benchmark data points: <ul style="list-style-type: none"> ● All staff must be trained for safety of kids. Resources needed:

	<ul style="list-style-type: none">• Training pens Obstacles: <ul style="list-style-type: none">• Additional pens to use on site
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PROFESSIONAL LEARNING

The District will meet or exceed annual continuing education and training hours required by the USDA Professional Standards Requirements for Child Nutrition Department staff.

Physical education staff will attend regular professional development. Topics may include nutrition education, physical activity, classroom management, and health education.