

Local Wellness: Policy VS Plan

Local Wellness Policy

In accordance with 2 CFR 210.31, each Local Educational Agency (LEA) establish and follow a local school wellness policy (LWP) for all schools participating in the National School Lunch Program and/or School Breakfast Program under the jurisdiction of the LEA.

The Local Wellness Policy is intended to be a useful tool in establishing, evaluating, and maintaining a healthy school environment and promoting transparency to the public on key areas that affect each school's nutrition environment regarding applicable minimum federal standards.

The wellness policy identifies "WHAT" wellness requirements must be implemented at the school district level, however the policy only provides general direction, allowing for specific actions to be determined by the Local Wellness Plan Team.

Local Wellness Plan

The wellness plan describes how the LEA will implement the written policy. The plan for implementation should be updated to meet emerging needs and priorities of the community in addition to addressing local, state, or federal requirements.

The wellness plan generates as a strategy that describes "HOW" the wellness policy requirements will be implemented into the school environment to address the goals and objectives identified by the Local Wellness Plan Team.

The wellness plan includes descriptive objectives and action steps, which include timelines and measures of success that explain the wellness policy's broad goals, is more easily customizable for your district's needs as this does not need board approval, and allows for more creative implementation.

Wellness Plan

This document, referred to as the “wellness plan” is intended to accompany policy which has been adopted by the board to comply with the requirements for a school wellness policy that follows 7 CFR 210.31.

Effective Date
10-22-25
Last Date Updated
1-11-2023

School Official (name and title) Responsible for Implementation and Oversight
Angie Bragg, Director of Food Service/Nutrition

Local Wellness Plan Team

Name	Title	Start Date
Angie Bragg	Chair	8-6-25
Chris LeMonds	Superintendent/Principal	8-6-25
Christi Ochs	Finance Officer	8-6-25
Brent Wagner	Assistant Principal	8-6-25
Erica Sexton	FRYSC Coordinator	8-6-25
Ben Bradshaw	Board Member	8-6-25
Candace Yates	Wellness Teacher	8-6-25
Carolee Taylor	Food Teacher/Parent	8-6-25
Travis Kern	Guidance Counselor	8-6-25

Notification

Description of how stakeholders are provided with an opportunity to participate in the development, implementation and review of policy.
The following statement appears on Burgin Independent’s Website: www.burginschools.com
Burgin Independent School District is committed to a healthy environment for each student. If you

are interested in reviewing the district's local Wellness plan, would like the opportunity to participate as a member of the school wellness team that is responsible for the development and implementation of the policy, or providing feedback on the nutrition environment, please contact Angie Bragg at 859-748-5282 or email us at angie.bragg@burgin.kyschools.us.

Description of how content, implementation and progress is shared with stakeholders.

The goals and objectives of the local wellness policy are shared in the following ways:

1. A copy of the policy is available by request and is maintained on the district website.
2. A copy of the wellness policy can be obtained at the front office from 8:00 – 4:00 daily.
3. Goals and objectives are shared at the school level via email to all staff at the beginning of the year (Before September 1st)
4. At the end of each year, the child nutrition director presents a progress update at the April Board Meeting. The update contains information on the status of achieving goals and possible additional new goals.
5. The local wellness team has access to and maintains a local wellness Google Drive. This is where all documentation is stored and shared relating to work associated with the local wellness policy and plan. The drive is monitored and maintained by the local school wellness team leader.

Evaluation

Description for measuring implementation of policy.
The policy is measured in two ways: Goals and Objectives: 1. All goals are written using SMART objectives. Progress is measured by reviewing the accomplishment of set goals. Progress updates are reviewed during local wellness team meetings. Standards are monitored on a regular basis. Documentation is maintained in the local wellness team's Google Drive file. Policy 1. The strength of the policy is measured using the Well-Sat tool. This tool is completed at a minimum on a three-year basis, and more frequently if possible. Results are available upon request. A copy of the results from the previous three years are maintained in the local wellness team's Google Drive file.
Date of Last Triennial Assessment
April 2024

Recordkeeping

Each local educational agency must retain records to document compliance with the requirements of CFR 210.31. Please list where you maintain the following records:

Written local school wellness policy
The local school wellness policy is available upon request. This information is found on the district website: www.burginschools.com A copy of the local wellness policy can be found in the KSBA online portal. A copy of the district wellness plan is maintained in the local school wellness Google Drive. A copy will be shared upon request.

Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessment available to the public.
To demonstrate compliance with the following requirements, a screen shot of the public website is taken at the beginning of each school year and maintained in the local school wellness Google Drive.

The website is checked on a regular basis to ensure information is accurate and still available.

Documentation of the triennial assessment of the local school wellness policy.

A copy of the most recent Well-Sat Assessment can be found in the local school wellness Google Drive.

Specific Goals

Please input your District's objectives in the left column. In the right column, provide comprehensive Action Steps detailing the strategies to accomplish each listed objective.

Nutrition Education Goals

Objective	Action Steps
Increase student awareness of the importance of proper nutrition.	Elementary students will participate in evidence-based classroom activities at least once per semester. Action Steps: Nutrition Lesson will be provided by the Nutrition Director to Elementary Teachers.
Develop a Nutrition Committee that is comprised of 2 student representatives from each school (elementary, middle, high) and Nutrition Director.	Students will participate in a Nutrition Committee to talk about food choices and ways to increase participation in school meals. Action Steps: 1. Email teachers to request representatives 2. Set dates for meetings 3. Develop an agenda

Nutrition Promotion Goals

Objective	Action Steps
Increase student participation in school breakfast programs.	Middle School and High School will implement 2 nd chance breakfast (grab and go meal service) in 2 locations (Concession Stand for Middle and Cafeteria for High) Action Steps: 1. Work with Administration on Schedule 2. Cafeteria Workers assigned to 2 nd Chance Breakfast Stations 3. Distribute Food to Students

Increase student participation in Meal/Food Options served at Breakfast and Lunch.	Develop a Nutrition Committee Action Steps: 1. Choose students 2. Set dates for meeting 3. Plan Agenda
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Physical Activity

Objective	Action Steps
Increase the amount of student physical activity during and after school.	Physical Activity opportunities (in-class movements, shake breaks, walks, etc) during the school day and increase the number of after school programs that incorporate physical activity (sports and clubs). Action Steps: 1. Work with Administration on Schedule 2. Incorporate time within the day for shake and movement breaks 3. Talk with Club and Sports teams about physical activity (Athletic Director)
All elementary students will participate in moderate to vigorous physical activity each day.	Recess will be incorporated into elementary schedules daily for at least 20 minutes.
All elementary students will participate in a physical education class at least 1 time per week.	PE/Wellness will be provided 1 time per week to all elementary students. Action Steps: 1. Work with Administration on Schedule 2. Incorporate PE into all elementary classes 1 time per week with Specials Teachers
Teachers shall make all reasonable efforts to avoid periods of more than 40 minutes when students are physically inactive. When possible, physical activity shall be integrated into learning activities. When that is not possible, students will be given periodic breaks during which they are encouraged to stand and be moderately active.	Build in shake/movement breaks throughout lessons in the classroom.
Physical activity (recess or other physical activities) will not be used as a consequence for behavior or academic performance. Recess will not be taken away from students.	1. Work with Administration on ways to provide consequences for behavior (PBIS) without taking away recess.

Other School Based Activities

Objective	Action Steps
Increase the engagement between all students and staff.	Develop a Family Hour each month that students and staff are separated into families of all grades to complete activities. 1. Work with Administration and Committee 2. Divide students and faculty into groups 3. Develop Monthly Themes 4. Bulldog Bucks for incentives 5. Bulldog Store (FRYSC)
Increase Staff Moral with Quarterly Activities	Develop a Quarterly Plan for Faculty/Staff Activity (lunch provided, family night, incentives/rewards such as candy, ice cream, etc.)

Standards and Nutrition Guidelines

Please input your District's standards and nutrition guidelines for the following areas.

Food and Beverage Marketing Guidelines on School Grounds

Standards
Our school will encourage healthy food choices for classroom parties and activities that are in compliance with Smart Snacks. Teachers will monitor snacks brought into the classroom. A list of Healthy Food Options will be provided to teachers and to families.
Our school will implement the nutritional standards required by Federal and State laws and regulations. Those rules apply to our Food Program and to other food and beverages available during the school day.

Nutrition guidelines for all foods and beverages available but NOT SOLD on school grounds

Standards
Staff must not provide students with beverages that contain caffeine at the elementary level at school events.
Food available to students during the school day must meet Smart Snack requirements.
Teachers can use food as a reward or reinforcement for students as long as it meets Smart Snack requirements.
Drinking water will be available to students at all times throughout the school day.

Nutrition guidelines for all foods and beverages available SOLD on school grounds

Standards
Fundraisers for food consumed during the school day must meet the Smart Snack requirement.
Food for purchase and provided during the school day to students will meet Smart Snack requirements.
Food provided to students after the school day that do not meet Smart Snack requirements can be served at 3:30 each day.