

Birdville ISD

Wellness Policy Assessment Checklist

School Year 2018-2019

BISD shall support the general wellness of all students by implementing measurable goals to promote sound nutrition and student health to reduce childhood obesity.

Wellness Policy Objectives:	Met Objective	Needs Improvement
Nutritional Guidelines- BISD's nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall not be less restrictive than federal regulations and guidance, except when the district allows an exemption for fundraising activities as authorized by state and federal regulations.	X	
Nutrition Education- BISD shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	X	
Competitive Foods- Foods sold at BISD schools during the school day on the school campus must follow the Competitive Food Nutrition Standards.	X	
Physical Activity- BISD 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 BISD 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.	X	
School Based Activities- BISD shall establish an environment conducive to healthful eating and physical activity by implementing, in accordance with law, a coordinated school health program with a nutrition education component. The District shall also promote and express a consistent wellness message through other school-based activities like a quality health screening process and other health services to make the student's school experience a positive one so that their fullest potential can be reached, becoming happy, healthy, contributing members of society.	X	

<p>Monitoring & Implementation-</p> <p>The School Health Advisory Council (SHAC), on behalf of the District shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law. In the development, implementation, and review of these guidelines and goals, the SHAC shall permit participation by parents, students, representatives of BISD’s food service provider, physical education teachers, school health professionals, members of the Board, school administrators and members of the public. The Superintendent shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures.</p>	<p>X</p>	
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