

## **Birdville ISD**

### **Wellness Plan Assessment 2022-2023**

#### **NUTRITION AND WELLNESS**

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

#### **GOALS AND GUIDELINES**

BISD shall maintain guidelines and wellness goals in consultation with local school health advisory committee and with involvement of representation of parents, students, school food service, the school board, school administrators, and the public. The general wellness of all students shall be promoted through nutrition education, physical activity, and other school-based activities.

#### **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.

- Comply with the applicable sections of the Texas School Nutrition Policy and USDA Smart Snacks.

#### **Supporting Documentation (Met Objective)**

BISD standards for all foods and beverages provided to students in grades PK to 12 during the school day must meet USDA Smart Snack guidelines. Exceptions include 6 exempt fundraising days per campus and school year. During these exempt days, food and beverages that are sold to students may not be done so in competition with breakfast and/or lunch service. In addition, the items should not be consumed in areas where reimbursable meals are sold and or consumed.

#### **NUTRITION EDUCATION**

BISD shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

- Nutrition Education shall include:
  - BISD's food service staff, teachers, and other District personnel promoting healthy nutrition messages in cafeterias, classrooms and other appropriate settings.
  - Sharing educational nutrition information with families and the general public

#### **Supporting Documentation (Met Objective)**

- Monthly nutrition information on web page
- BISD Refresh 8/6/2022
  - Provided assistance with free and reduced lunch applications
  - Tarrant Area Food Bank provided food donations for families.
- District Pre-K information night 4/4/23 - provided school lunch menu and nutrition information

#### **COMPETITIVE FOODS**

Foods sold at BISD schools during the school day on the school campus must follow the Competitive Food Nutrition Standards.

### **Supporting Documentation (Met Objective)**

Any items sold in vending and on campus are reviewed to see if they meet competitive food standards.

### **FUNDRAISING**

Fundraisers conducted at BISD schools must meet all nutritional requirements according to the USDA's Food and Nutrition Services Federal Code 7 CFR parts 2010 and 220 (FNS-2011-0019) and the Texas Department of Agriculture Administrative Code (Title 4, Part 1, Chapter 26 Subchapter A), and shall comply with one of the categories listed below:

1. Food items that meet competitive food service nutrition standards. Smart Snacks:  
<http://www.squaremeals.org/Programs/NationalSchoolLunchProgram/SmartSnacks.aspx>
2. Food items that are not intended to be consumed at school, for example ready-to-bake cookie dough.
3. Non-food items

### **EXEMPT FUNDRAISERS**

BISD schools may sell food and/or beverages as part of a fundraiser that does not meet the Nutritional Requirements, as outlined above, during the school day for up to six (6) days per school year on each school campus. Such fundraisers must comply with the rules listed below:

1. Food and beverages sold during an exempt fundraiser must not be sold in competition with school meal service (breakfast and lunch).
2. Food and beverages sold during an exempt fundraiser must not be consumed in the school meal service area (i.e., school cafeteria).

### **Supporting Documentation (Met Objective)**

If a campus elects to do an exempt fundraiser they must fill out an exempt fundraiser form and send it into the BISD Child Nutrition Office

### **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.

- BISD shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.
- BISD shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.
- BISD shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
- BISD 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 of the school day.

### **Supporting Documentation (Met Objective)**

- Fun Run
- Field Day
- Wellness Thursdays
- Fitness Fridays

## **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.

- Schools will set schedules that allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.
- Wellness for students and their families will be promoted at suitable school activities.
- Employee wellness education and involvement will be promoted at suitable school activities.

### **Supporting Documentation (Met Objective)**

- 21 Day challenge
- Kid's Heart Challenge
- BISD Special Olympics- Spring 2023
- "Train & Play" for sixth graders (basketball, volleyball, flag football) – April 6, 13, 19, 27, 2023
- Counselors serve as a strong connection for the many resources within the school district and the numerous community resources available in the Northeast Tarrant County area.
- Parent Dyslexia Night – October 25, 2022
- HOPE Squad provides training along with resources for teachers, parents and students on the topic of suicide prevention.
- BISD Evening Counseling Services Program is offered to students, employees and families and covers topics like drug addiction, school behaviors, anger, suicidal thoughts, physical abuse, family conflict/divorce, eating disorders and sexual abuse.
- Vaping, Fentanyl & substance abuse program – December 14, 2022
- Be in the Know. More than a diploma. (Mental health and academic support) – March 30, 2023
- Red Ribbon Campaign
  - October 24-28, 2022
- Staff trained in CPR and AED
  - CPR/AED/FA Classes held on:
    - June 1, 2022
    - June 2, 2022
    - June 6, 2022
    - June 7, 2022
    - June 13, 2022
    - June 14, 2022
    - August 9, 2022
- Assigning registered nurses to all schools
  - Yes
- "Stop the Bleed" training for school nurses
  - August 9, 2022

## **MONITORING & IMPLEMENTATION**

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.

**Supporting Documentation (Met Objective)**

- A nutritional analysis for all items sold in BISD is provided on the BISD Child Nutrition website along with food allergy information
- Students participate in physical activities to meet the minimum standards while at school during P.E. and recess times.
- SHAC Agenda
  - October 5, 2022
  - October 25, 2022
  - October 31, 2022