

Blanket Independent School District

Wellness Plan

Blanket ISD's local school health advisory council (SHAC) has developed on behalf of the District a wellness plan that aligns with the following core values in regards to our student's nutrition and wellness. This plan is intended to implement policy FFA(LOCAL) which has been adopted by the Board. The committee will review and consider evidence-based strategies and techniques to develop and implement nutrition guidelines and wellness goals required by federal law.

Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive.

Good health fosters student attendance and education.

Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity.

Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.

On average 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes.

On average 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid.

The items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes.

Community participation is essential to the development and implementation of successful school wellness policies.

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.

1. An email is sent to all parents asking for their participation on the SHAC committee.
2. The purpose of the committee and the soliciting of members is posted on the Tiger News Facebook, and on the website.

Responsibility for Implementation

The campus principal is responsible for implementing FFA(LOCAL) and this wellness plan.

Chris Marrow is the District official responsible for overall implementation of FFA(LOCAL), including development of this wellness plan and any other appropriate administrative procedure, and for ensuring that staff complies with policy and plan.

Nutrition Guidelines:

The District shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are accordance with the Texas Public School Nutrition Policy.

In Addition to the legal requirements the District shall:

Strategy	Person responsible	Resources	Timeline	Measures of Success
Establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations	Principal Food Service Director	FMNV Policy Handbooks	Throughout the school year.	Reports Walk throughs FMNV Policy
Provide teachers with education and guidelines on the use of food as a reward in the classroom.	Principal Food Service Director	Staff Development Handbooks	Throughout the school year.	Notes from professional developments
Establish a guideline for school-sponsored fund-raising activities that involve serving or selling food.	Principal Food Service Director	FMNV policy Handbooks	Throughout the school year.	Handbooks FMNV policies

Nutrition Education:

The District shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasized the importance of proper nutrition.

In addition, the District establishes the following goals for nutrition education:

Strategy	Person Responsible	Resources	Timeline	Measures of Success
Students will receive nutrition education that fosters the adopting and maintenance of healthy eating behaviors.	Principal Health Teacher All teachers	Curriculum	Throughout the School year.	Lesson Plans
Nutrition education will be a Districtwide priority and will be integrated into other areas of the curriculum as appropriate.	Principal Science teachers PE teachers All Teachers	Curriculum	Throughout the School year.	Lesson Plans
Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.	Principal	Region XIV Edu Hero	Beginning of each school year.	Sign in sheets Printed completion of course certificates
The food service staff, teachers and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom and	Principal Food Service Director Teachers	Posters	Through out the school year.	Cafeteria walls Hallways

other appropriate settings.				
Educational nutrition information will be shared with families and general public to positively influence the health of students and community members.	Food Service Director	Posters	Through out the school year.	Observation Radio Facebook Emails Tiger Tales Emails

Physical Activity:

This District 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.

In addition, the District establishes the following goals for physical activity:

Strategy	Person Responsible	Resources	Timeline	Measures of Success
The District will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.	Principal Coaches Staff	Curriculum Youth sports Fitness gram	Through out the school year.	Lesson Plans Reports Sign Up sheets
Physical education classes will regularly emphasize moderate to vigorous activity.	Principal Coaches	Curriculum	Through out the school year.	Walk throughs Lesson Plans
The District will encourage teachers to	Principal All Staff	Health classes Extracurricular activities	Throughout the school year.	Walk throughs Fitness grams Recess

integrate physical activity into the academic curriculum where appropriate.				
Teachers and other school staff will receive training to promote enjoyable, life-long models and to include physical activity in family events.	Principal	Service Center Edu Hero Staff Development	Beginning of each school year.	Minutes Sign in sheets
The District will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.	Principal Teachers	Facebook pages, Tiger tales Friday notes	Through out the school year.	Facebook Tiger Tales Friday notes Observation
The District will encourage students, parents, staff and community member to use the District's recreational facilities that are available outside of the school day.	Superintendent Principal Coaches Teachers	Track Weight room	Year Round	Facebook Tiger Tales Friday Notes Observation

School Based Activities:

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities.

Strategies	Person Responsible	Resources	Timeline	Measures of Success
Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.	Principal Food Service Director	Three separate lunch periods Master schedule	Throughout the school year.	Observation Master schedule
Wellness for students and their families will be promoted at suitable school activities.	Principal Teachers	Open House Title 1 parent night	Throughout the school year.	Sign in sheets Minutes
Employee wellness education and involvement will be promoted at suitable school activities.	Principal	Staff Development	Throughout the school year.	Sign in sheets Minutes

Public Notification:

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 student 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 designate evaluating goals and measurable outcome.

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 twill crate a wellness page on its website to document information and activity related to the school wellness policy, including:

A copy of the wellness policy

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

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 Superintendent, David Whisenhunt, the District's designated records management officer.