

**BOLING INDEPENDENT SCHOOL DISTRICT  
WELLNESS POLICY  
MISSION STATEMENT**

The mission of the Boling ISD wellness policy is to promote the physical and nutritional health of students and community by:

- Offering Health Education.
- Emphasizing nutritional standards.
- Encouraging a community-based effort toward a healthier lifestyle.

**I. Nutrition Education Goals:**

Boling ISD will promote, support and encourage proper nutrition for all students.

**Nutrition Education Guidelines:**

- a. Boling ISD will follow the state health curriculum and TEKS.
- b. Boling ISD campuses will link nutrition education activities to the coordinated school health program (CATCH Program).

**II. Physical Activity Goals:**

Schools will adopt and implement state standards for physical activity.

**Physical Activity Guidelines:**

- a. Boling ISD will implement the lessons from the CATCH Program in grades K – 8 and will implement the physical education Texas Essential Knowledge and Skills (TEKS) in grades K – 12.
- b. All students in Boling ISD, grades K – 8, will receive a minimum of 135 minutes of physical activity each week.
- c. Each campus in Boling ISD will host at least one annual event that emphasizes physical activity or fitness activities.
- d. SB 530-Fitnessgram Assessment.
- e. SB 7-AED Training.

**III. Nutrition Standards Goals:**

Boling ISD will implement the Texas Department of Agriculture (TDA) and the United States Department of Agriculture (USDA) for all meals served in schools.

**Nutrition Standards Guidelines:**

- a. Boling ISD will ensure nutrition information for products offered is readily available near the point of sale.
- b. Boling ISD will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn.

#### **IV. Student Food Allergy Goals:**

Proper planning and implementation can minimize and often eliminate the risk of an allergic student's exposure to a food allergen

#### **Student Food Allergy Guidelines**

- a. Boling ISD will ensure identification of Students with Food Allergies At-Risk for Anaphylaxis
- b. Boling ISD will ensure development, implementation, communication and monitoring of Emergency Care Plans, 504 plans, and/or Individualized Health Care Plans for Students with Food Allergies At-risk for Anaphylaxis.
- c. Boling ISD will implement procedures reducing the risk of exposure within the school setting
- d. Boling ISD will ensure training for school staff on anaphylaxis and emergency response to anaphylactic reactions
- e. Boling ISD will implement post anaphylaxis reaction-review of policies and procedures

#### **V. Other School-Based Activities Designed to Promote Student Wellness Goals:**

Nutrition for students, families, and staff will be a priority for Boling ISD.

#### **Other School-Based Activities Designed to Promote Student Wellness Guidelines:**

- a. Breakfast and lunch meals will be served in time slots that allow adequate time for eating.
- b. School newsletters or websites will include nutritional tips, healthy eating suggestions, and healthy snack ideas/recipes that children can prepare.
- c. Students will have opportunities to sample non-traditional school cafeteria foods.
- d. Boling ISD will facilitate multiple opportunities for physical activity for students, families, and staff members.
- e. A fully functioning School Health Advisory Council will be in place.
- f. Campuses will host at least one event each year that focuses on health and physical fitness.
- g. The district will partner with outside groups to increase participation in sporting and related activities.
- h. The district will provide access to facilities for physical activity outside of school hours.

#### **VI. Goals for Measurement and Evaluation**

- a. Each goal in the wellness policy will be evaluated through a formative and summative process.
- b. Evaluation of the goals of the wellness policy will be conducted by the School Health Advisory Council.
- c. Evaluation of the wellness policy action plans will provide the basis for improvements in the future.

**Boling Independent School District  
Wellness Policy Action Plan  
2015 – 2016**

**Component #1 Nutrition Education**

**BISD will promote, support and encourage proper nutrition for all students**

<b>Activity/Strategy</b>	<b>Responsibility</b>	<b>Resources</b>	<b>Timeline</b>	<b>Formative Evaluation</b>	<b>Summative Evaluation</b>
Follow the state health curriculum and TEKS.	SHAC Principals PE/Health Teachers	TEKS BISD School Health Program	8/ 2015-6/2016	Campus Plans	Review by the School Health Advisory Committee
Link nutrition education activities to the coordinated school health program.	Principals PE/Health	TEKS Health Textbooks Catch Program Related Websites	8/ 2015-6/2016	Evaluation of implementation and effectiveness Administrative team meetings SHAC meetings	Evaluation of Implementation and effectiveness SHAC discussion
Integrate nutrition education into core curriculum areas.	Core Curriculum Teachers Principals	TEKS Textbooks Websites Locally developed activities CATCH	8/ 2015-6/2016	Implementation of curriculum	Integrated activities; Planning for improved activities and instruction; Lesson Plans