

## **Birdville ISD Wellness Policy**

### **STUDENT WELFARE**

#### **WELLNESS**

Birdville ISD is committed to providing a school environment that enhances learning and the development of life-long wellness practices. The District shall follow a nutrition guideline that advances student health and reduces childhood obesity. The general wellness of all students shall be promoted through nutrition education, physical activity, and other school based activities.

#### **DEVELOPMENT OF GUIDELINES AND GOALS**

The District shall develop guidelines and wellness goals in consultation with local school health advisory committee and with involvement of representation of parents,

**GOALS:  
PHYSICAL  
ACTIVITY**

The 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:

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.

Physical education classes will regularly emphasize moderate to vigorous activity.

The District will encourage teachers to integrate physical activity into the academic curriculum where appropriate.

The District will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

**GOALS:  
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.

Sufficient time will be allowed for students to eat meals in lunchroom 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.

**IMPLEMENTATION**

The Director of Child Nutrition, Coordinator of Health Services, Director of Athletics, and Director of Curriculum shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.

