

# School Wellness Policy Building Progress Report

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This tool is to document each school's progress in meeting the expectations of the district's wellness policy. Schools should document the steps that have or will be taken. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of all goals.

Wellness Policy Language <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
<b>Nutrition Education and Promotion Goals</b>					
1. Nutrition education is offered at each grade level to provide students with knowledge and skills necessary to promote and protect health.		X		Nutrition education is part of the health and physical education classes.	Explore other avenues to promote school wellness.
2. Promotes fruits & vegetables, whole grain products, low fat and fat free products, lower sodium products.	X			School cafeteria utilizes only these products	Will always try to find new products with better quality
3.					
4.					
<b>Physical Education and Physical Activity Goals</b>					
1. Physical Education is taught by a certified teacher.	X			All PE teachers are certified.	
2. Physical Education includes students with disabilities .	X			All students enroll in the same PE class.	
3. Elementary teachers are encouraged to allow time for recess.	X			Weather permitting allow outside recess time for students	
4. Teachers in primary grades allow physical activity and movement in the classroom.		X		Allow students to stretch and move around with group activities.	
<b>Nutrition Guidelines for All Foods Available to Students</b>					
1. District website includes information on making healthy food choices etc.	X			<i>Follows all USDA guidelines</i>	.
2. School meals served will be appealing and attractive to children; will be served in clean and pleasant	X				There is always room for improvement and change.

settings; meet, at a minimum , nutrition requirements established by state and federal law; offer a variety of fruits and vegetables; offer only low-fat, fat free milk; and ensure all grains are whole grain.					Continue to find and prepare exciting menu items for students; to increase meal participation
3. To ensure that all children have breakfast, either at home or at school. Schools will operate the breakfast program to the extent possible: arrange bus schedules and utilize methods to serve breakfast that encourage participation.		X			Try to have more “grab & go” breakfast items.
4.					
<b>Other School Based Activities Goals</b>					
<b><i>Integrating Physical Activity into the Classroom Settings</i></b>					
1. The school district will provide information about physical education and other school based activity opportunities before, during, and after school.		X			
2. The school district will support parents’ efforts to provide their children opportunities to be physically active outside of school.		X			
3. The school district will include sharing information about physical education through a website, newsletter, other take home materials.		X			
4.					
<b><i>Communication with Parents</i></b>					
1. Communicate with parents through email, media releases, newsletters, the district webpage, and signage within the school district buildings.	X				
2.					
3.					
4.					
<b><i>Food Marketing in Schools</i></b>					
1.					
2.					
3.					
<b><i>Staff Wellness</i></b>					

1.					
2.					