



Burgin Independent Schools

Wellness Report
2018-2019

Healthy, Hunger-Free Kids Act

The Healthy, Hunger-Free Kids Act requires local education agencies participating in the National School Lunch Program and/or National School Breakfast Program to develop local school district wellness policies to address and improve the unique health needs of students at the district. This policy must include nutrition guidelines and policies for all foods sold or made available to students during the school day, and goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. Districts are required to assess their district's compliance with the wellness policy and provide an annual report to the public.

NUTRITION

National School Breakfast Program

Studies have consistently shown that students who eat breakfast are healthier, have significantly higher standardized achievement test scores, and improved classroom behavior. It's important for our students to start their day off right with a healthy breakfast. Here at Burgin, our nutrition team has worked hard to increase our school breakfast participation. We currently have 22.5% of the student body who participate in our breakfast program, which is up 4% from last year. Our breakfast options provide students with a complete breakfast, including complex whole grains, fruit, juice, and milk. We are within the federally required calories, saturated fat, sodium, and meal component requirements for each age group.

National School Lunch Program

School lunch is an important part of the day for many of our students. The nutritionally-balanced lunch provided by the school lunch program gives students the energy and nutrients they need to be successful in the classroom. We currently have 60% of the student body who participate in our school lunch program. The federal requirements for the meals include:

- Age-appropriate calorie and sodium limits
- Whole grain requirements
- Low fat/fat free milk requirements
- A wider variety of vegetables

We are within the federally requirements for all nutritional elements of the school lunch.

Food Outside the National School Breakfast and Lunch Programs

Any food sold outside the breakfast and lunch programs must comply with the Smart Snacks in Schools federal regulation. Any food provided but not sold to the students (such as through classroom activities, celebrations, etc.) is not required to meet this regulation, but healthy selections are suggested and highly encouraged.

GOALS

Our goals for nutrition in our school are as follows:

- Increase participation in our school breakfast program by 10% within five years
- Increase participation in our school lunch program by 5% within five years
- Improve vegetable and fruit consumption through a local Farm to School program, which we hope to implement within three years
- Use the Smarter Lunchrooms tools and resources to improve our school breakfast and school lunch programs and reach Smarter Lunchroom bronze status by school year 2025
- Implement a nutrition-in-the-classroom unit for all grade levels by school year 2030

PHYSICAL FITNESS AND HEALTH EDUCATION

Health and Physical Education Courses

All students take a Health and Physical Education course their freshman year. Additional Health and Physical Education courses are provided across grade levels (elementary, middle school, high school) when possible. All elementary students receive Physical Education class once a week for 40 minutes. Middle school students have the opportunity to take a 9 week Physical Education course as an elective.

Additional Physical Activity

All elementary students receive 20 minutes of recess daily, weather permitting. Fit breaks are taken in the classroom whenever possible. All students are encouraged to be physically active throughout the day. The school provides a walking trail and an abilities-inclusive playground for students and the community. Students also have the opportunity to participate in sixteen school-sponsored sports teams.

GOALS

Our goals for physical fitness and education in our school are as follows:

- Provide additional opportunities for students at all grade levels to be physically active throughout the day
- Develop a staff/student step challenge to encourage physical activity for both staff and students

School and Community Health Initiatives

We have many school and community health initiatives through our Family Resource and Youth Services Center, Burgin Family Connections. Burgin has a thriving backpack program that provides a backpack of nutritious food each weekend for children dealing with potential food scarcity. Our Family Resource Coordinator runs programs to address and prevent child abuse, including Cradle School and parenting classes, RESPECT (a program about boundaries and puberty for 4th and 5th graders), Darkness to Light, and “My Body Belongs to Me”, as well as programs to address and prevent substance abuse, including Anatomy of an Overdose, Truth & Consequences, Red Ribbon Week, Prevention Fair, and Quit-4-Christmas/Love.

GOALS

Our goals for school and community health initiatives are as follows:

- Plan an annual Family Fit and Fun Day to teach families fun ways to increase their physical activity
- Develop a community garden, seed exchange, and monthly farmers market through the local Farm to School program
- Continue to assess school and community health concerns and develop programs tailored to those needs