



Blanket Independent School District

901 Avenue H

Blanket, TX 76432

Phone: (325) 748 – 5311 * Administration FAX (325) 748 – 3391 Campus FAX (325) 748 – 2110

Blanket Independent School District Wellness Policy

Local Wellness policy # 1: Setting Nutrition Education Goals

- 1). Students in grade pre-k through grade 12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- 2). Students receive consistent nutrition education messages throughout the school, classroom, cafeteria and home.
- 3). Blanket ISD will follow health education curriculum standards and guidelines as stated by the Texas Education Agency.

Local Wellness Policy # 2: Setting Physical Activity Goals

- 1) Students in grades pre-k through grade 12 will have 45 minutes to moderate it to vigorous physical activity every day of the week.
- 2) Students will be given opportunities for physical activity during the school day through daily recess, elective physical education classes, and the integration of physical activity into the academic curriculum.
- 3) Students will be given opportunities for physical activity through a range of school after school programs, including intramurals, interest Scholastic Athletics and physical activity clubs.



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Local Wellness Policy # 3: Establishing Nutrition Standards for All Food Available on School Campus During the School Day

- 1) Students in grades prepaid through grade 12 will be offered breakfast and lunch meals at no charge to the student. Students are encouraged to participate in these programs.
- 2) All foods and beverages made available on campus during the school day are consistent with the current dietary guidelines for Americans.
- 3) All school-based activities are consistent with local Wellness policies.

Local Wellness Policy # 4: Setting Goals for Other School-Based Activities Designated to Promote Student Wellness

- 1) The school environment is safe and comfortable and allows ample time and space for eating meals.
- 2) School staff shall not use food as a reward for students' accomplishments. The withholding of food as a punishment is prohibited.
- 3) Adequate time to eat in a pleasant dining environment will be provided.
- 4) A short recess for elementary students will be scheduled sometime before lunch so that children will continue to come to lunch less distracted and ready to eat.



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Local Wellness Policy # 5: Setting Goals for Measurement and Evaluation

- 1) The SHAC (School Health Advisory Council) shall be composed of parents and school staff.
- 2) The principal will conduct a review of the campus in the fall semester of each year to identify areas of improvement. He/she will report their findings to the superintendent of any changes to the school wellness policy.
- 3) Before the end of this year Shack and food service director will recommend to the superintendent any changes to the school wellness policy .
- 4) The Shack of food service director will report quarterly to the superintendent the progress of the policy and the status of compliance by the campus.

LOCAL WELLNESS POLICY #6: IMPLEMENTING PARENTAL CONSENT REQUIREMENTS

(SB 12)

1. ANNUAL WRITTEN CONSENT: The District shall obtain annual written parental consent before a student may participate in or receive certain health services, counseling services, or club activities, as required by law.
2. HEALTH-RELATED SERVICES: a. **OPT-IN REQUIRED:** The District shall obtain active, written parental consent (Opt-In) before administering any non-emergency, individual health-care service, including the administration of medication. b. **OPT-OUT ALLOWED:** The District shall provide advance written notice to parents for general health-related services, and consent will be assumed unless a parent declines in writing (Opt-Out). This applies to routine, non-invasive services such as vision, hearing, and spinal screenings, and general wellness



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promotion. c. EMERGENCY EXCEPTION: Parental consent is not required in the event of a medical emergency.

3. HEALTH-RELATED COUNSELING: The District shall obtain active, written parental consent **(Opt-In)** before providing a student with counseling services related to the student's mental, emotional, or physical health, including but not limited to, mental health screenings, stress management, substance abuse, or suicide prevention services.

4. STUDENT CLUB PARTICIPATION: The District shall obtain active, written parental consent before a student may participate in any authorized or sponsored school club or organization. This consent requirement **does not apply** to University Interscholastic League (UIL) activities, such as athletics and fine arts.