

Buna Independent School District

Local Wellness Policies

Buna Independent Wellness Policy Mission Statement:

The Mission of the Buna Independent School District wellness policy will follow nutritional guidelines that advance student health and reduce childhood obesity. It shall provide a school environment that enhances the learning and developing of lifelong wellness practices through nutrition education, physical activity, and other school based activities.

GOALS

Therefore, it is the policy of the Buna Independent School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district wide nutrition and physical activity policies.
- All students in grades PK-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the Federal and State guidelines.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- All schools in the district will participate in the School Breakfast Program and the National School Lunch Program.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.