

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(LOCAL)

WELLNESS	The District shall support the general wellness of all students by implementing measureable goals to promote sound nutrition and student health and to shall follow nutrition guidelines that advance student health and reduce childhood obesity. and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities.
DEVELOPMENT IMPLEMENTATION, AND REVIEW OF GUIDELINES AND GOALS	The local school health advisory council (SHAC), on behalf of the The District shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law. in consultation with the local school health advisory council and with involvement from representatives of the student body, school food service, school administration, the Board, parents, and the public. [See BDF and EHAA] In the development, implementation, and review of these guidelines and goals, the SHAC shall permit participation by parents, students, representatives of the District's food service provider, physical education teachers, school health professionals, members of the Board, school administrators, and members of the public.
WELLNESS PLAN	The SHAC shall develop a wellness plan to implement the District's nutrition guidelines and wellness goals. The wellness plan shall, at a minimum, address strategies for soliciting involvement by and input from persons interested in the wellness plan and policy.
NUTRITION GUIDELINES	The District shall ensure that nutrition District's nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all other foods and beverages sold, otherwise made available on each campus are in accordance with the Texas Public School Nutrition Policy. or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rules. [See CO and FJ]
WELLNESS GOALS: NUTRITION PROMOTION AND EDUCATION	<p>The District shall implement, in accordance with law, a coordinated health program with a nutrition education component [see EHAB and EHAC] and shall use health course curriculum that emphasizes the importance of proper nutrition [see EHAA]. The District's nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the District.</p> <p>In addition, students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.</p>

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The District establishes the following goals for nutrition promotion:

1. The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.
2. The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

The District establishes the following goals for nutrition education:

1. The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

WELLNESS 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 [see BDF, EHAA, EHAB and EHAC].

~~In addition, physical education classes shall regularly emphasize moderate to vigorous activity.~~

The District establishes the following goals for physical activity:

1. The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.
2. The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.

SCHOOL-BASED
ACTIVITIES

The District establishes the following goal to create an environment conducive to healthful eating and physical activity and to ~~promote~~ and express a consistent wellness message through other school-based activities: ~~allow~~ sufficient time ~~shall be allowed~~ for students to eat meals in ~~lunchroom~~ ~~cafeteria~~ facilities that are clean, safe, and comfortable.

IMPLEMENTATION

The Superintendent or designee shall oversee the implementation of this policy and ~~shall the develop~~ ~~development and administrative procedures for periodically measuring the~~ implementation of the wellness ~~policy~~ plan and appropriate administrative procedures.