

## PROPOSED POLICY

### WELLNESS

The District 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 OF GUIDELINES AND GOALS

The District shall develop nutrition guidelines and wellness goals 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]

### NUTRITION GUIDELINES

The District shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with the Texas Public School Nutrition Policy. [See CO]

In addition to legal requirements, the District shall:

1. Establish guidelines for food and beverages at classroom parties or school celebrations [see CO]; and
2. Establish guidelines for school-sponsored fund-raising activities that involve serving or selling food.
3. A safe, comfortable eating environment will be provided at each school.

### WELLNESS GOALS

### NUTRITION EDUCATION

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].

In addition, the District establishes the following goals for nutrition education:

1. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. Nutrition education will be a Districtwide priority and will be integrated into other areas of the curriculum, as appropriate.
3. Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
4. The food service staff will coordinate the promotion of nutrition messages in the cafeteria and other appropriate settings.

STUDENT WELFARE:  
WELLNESS AND HEALTH SERVICES

FFA  
(LOCAL)

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 EHAB and EHAC].

In addition, the District establishes the following goals for physical activity:

1. The District will provide an environment that fosters safe and enjoyable fitness opportunities for students, including those who are not participating in competitive sports.
2. Physical education classes will regularly emphasize moderate to vigorous activity.
3. Teachers and other school staff will receive training to promote enjoyable, life-long physical activity for themselves and students.
4. Time allotted for physical activity will be consistent with state and local standards.
5. The District's policies will ensure the use of certified physical education instructors.

SCHOOL-BASED ACTIVITIES

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities:

1. Wellness for students and their families will be promoted.
2. Employee wellness education and involvement will be promoted.

IMPLEMENTATION

The assistant superintendent of school business operations or designee shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.

MEASURES

Health services shall provide an annual report to measure physical indicators of childhood obesity in selected age groups.

The curriculum and instruction department shall ensure implementation of an integrated and sequential curriculum and oversee teacher training to ensure classroom and implementation of the health standards.

The health services and health education departments shall work with physical education teachers and nurses to share data results of fitness testing.

STUDENT WELFARE:  
WELLNESS AND HEALTH SERVICES

FFA  
(LOCAL)

The school health advisory council chairperson shall share the annual report with the curriculum and instructional department.

The physical education department shall provide a fitness program for elementary students and provide results to parents.