

# Memo

To: Dr. Jeff Turner

From: Dr. Paul R. Lupia-Director of Student Services  
Jean Mosley-Director of Child Nutrition

CC: Sid Grant

Date: March 20, 2006

Re: Student Wellness Policy

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Over the past weeks, the School Health Advisory Council has met to review student wellness policy options for Coppell ISD. As a result of our research, we have determined that TASB drafted a wellness policy that reflects our districts vision.

This policy is a result of new legislation regarding health and nutrition as outlined in the Child Nutrition & WIC Reauthorization bill of 2004.

Therefore, we request that the CISD School Board consider and adopt this policy outlined in the attachments.

Should you or any board members have any questions, please feel free to contact Jean Mosley or Dr. Paul R. Lupia.

**Recommendation: That the Coppell ISD Board of Trustees adopt the student wellness policy at the March 27, 2006 board meeting.**

## **Student Welfare Wellness and Health Services**

### **The Federal Law**

On June 30, 2004, the Child Nutrition and WIC Reauthorization Act of 2004 was signed into law by the president. In the words of the law:

Not later than the first day of the school year beginning after June 30, 2006, each local education agency participating in a program authorized by the Richard B. Russell National School Lunch Act...or the Child Nutrition Act of 1966...shall establish a local school wellness policy...

### **Requirements of Federal Law**

Reducing childhood obesity through improved nutrition and increased physical activity appears to be the new law's principal goal. Section 204 of the Reauthorization Act separates the requirement for a wellness policy into five parts:

- First, a variety of individuals – parents, students, food service representatives, board members, administrators, and members of the public – must be involved in the development of the policy.
- Second, policies must establish goals for nutrition education, physical activity, and other school-based activities that are designed to promote wellness.
- Third, nutrition guidelines must be in place with the objectives of promoting student health and reducing childhood obesity.
- Fourth, the policy must provide an assurance that guidelines for reimbursable meals will comply with USDA guidance.
- Fifth, there must be a provision that allows for measuring implementation of the policy, along with identifying an administrator responsible for ensuring compliance with policy.

### **Requirements of State Law**

The Texas legislature has also passed laws relating to student health that coordinate with federal law. Among these is Texas Education Code 28.004, which calls for the formation of a school health advisory council (SHAC). The SHAC is intended to be an advisory body in the area of health education instruction. In addition to the SHAC, Texas Education Code 38.013 and 38.014 also require a coordinated health program (CHP).

## **Coppell ISD Wellness Policy**

### **WELLNESS**

Coppell ISD 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**

Coppell ISD shall develop nutritional 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.

### **NUTRITION GUIDELINES**

Coppell ISD shall ensure that nutritional 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.

### **WELLNESS GOALS: NUTRITION EDUCATION**

Coppell ISD shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition.

### **WELLNESS GOALS: PHYSICAL ACTIVITY**

Coppell ISD 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.

### **WELLNESS GOALS: SCHOOL-BASED ACTIVITIES**

Coppell ISD shall implement an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities:

### **IMPLEMENTATION**

The Director of Student Services shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.