

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 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. [See BDF and EHAA]**

NUTRITION GUIDELINES **The District 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. [See CO]**

In addition to legal requirements, the District shall:

- **Establish guidelines for food and beverages at classroom parties or school celebrations [see CO];**
- **Provide teachers with education and guidelines on the use of food as a reward in the classroom [see CO];**
- **Establish guidelines for school-sponsored fund-raising activities or school stores that involve serving or selling food [See CO]; and**
- **Establish guidelines for food and beverage vending machines [See CO].**

**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:

- Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
- Nutrition education will be a District wide priority and will be integrated into other areas of the curriculum, as appropriate.
- Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
- The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.
- Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.

**WELLNESS
GOALS: PHYSICAL
ACTIVITY**

The District shall implement, in accordance with the law, a coordinated health program with physical education and physical activity components and shall use 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:

- The District will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.
- Physical education classes will regularly emphasize moderate to vigorous activity.
- Teachers will be encouraged to integrate physical activity into the academic curriculum where

appropriate.

- The District employees will be encouraged to participate in enjoyable, life long physical activity for themselves and students.
- The District will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
- The District will encourage students, parents, staff, and community members to use the District's recreational facilities that are available outside of the school day. [see GKD]

**WELLNESS
GOALS: 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:

- Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.
- Wellness for students and their families will be promoted at suitable school activities such as: annual health fairs that are age appropriate, vaccines for children to prevent communicable illnesses, and brief classroom instruction, signs, or flyers on subjects such as importance of hand washing to prevent illness.
- Employee wellness education and involvement will be promoted at suitable activities such as: annual flu shot campaigns, follow up on blood exposures, outside health professionals to speak on health topics, and health fairs for staff.

IMPLEMENTATION The Curriculum Department shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.