

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(LOCAL)

WELLNESS

In order to advance student health, reduce childhood obesity, and promote the general wellness of all students, the District shall establish a local school wellness policy in accordance with the Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy Hunger-Free Kids Act of 2010 as required for local educational agencies that receive funding for U.S. Department of Agriculture Child Nutrition Programs.

DEVELOPMENT OF
GUIDELINES AND
GOALS

The District shall develop nutritional guidelines and wellness goals in consultation with the local school health advisory council (SHAC) and with involvement from representatives of the student body, school nutrition department, school administration, physical education teachers, school health professionals, 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 following nutrition guidelines shall apply:

1. Food and beverages served on school campuses shall meet guidelines as established by the Texas Public School Nutrition policy with the exception of classroom birthday parties and the campus's pre-selected three exempt days.
2. Food, or withholding of food, shall not be used as a punishment or reward in any school-based setting.
3. Fund-raising and school stores sponsored by the school or school groups that involve serving or selling food shall be in compliance with the Texas Public School Nutrition Policy.
4. Food and beverage vending machines located in school dining areas shall be considered as additional points of sale for the school nutrition department and shall comply with the Texas Public School Nutrition Policy.

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:

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1. Students shall receive scientifically based nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. Nutrition education shall be a Districtwide priority and shall be integrated into other areas of the curriculum, as appropriate.
3. The school nutrition department staff shall serve as a resource to staff responsible for nutrition education.

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, EHAB, and EHAC].

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

1. The District shall provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.
2. Physical education classes shall regularly emphasize moderate to vigorous activity.
3. Teachers shall be encouraged to integrate physical activity into the academic curriculum where appropriate. Physical activity, or withholding of physical activity, will not be used as a punishment or reward in any school-based setting.
4. District employees shall be encouraged to participate in enjoyable, life-long physical activity for themselves and students.
5. The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
6. The District shall encourage students, parents, staff, and community members to use the District's recreational facilities that are available outside of the school day. [See GKD]

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. Sufficient time shall be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.
2. To the extent possible, elementary schools shall make every effort to schedule recess periods prior to the scheduled lunch period.

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3. Wellness for students and their families shall be promoted at suitable school activities such as annual health fairs that are age-appropriate. The District shall also make available vaccines for children to prevent communicable diseases and classroom instruction on subjects such as the importance of hand washing.
4. Employee wellness education and involvement shall be promoted at suitable school activities such as annual flu shot campaigns, follow-up on blood exposures, health professionals speaking on health topics, and health fairs for staff.

NUTRITION
PROMOTION

The District establishes the following goals to promote wellness to students, staff, families, and the community:

1. The school nutrition staff, teachers, and other school personnel shall coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.
2. Educational nutrition information shall be shared with families and the general public to positively influence the health of students and community members.

RESPONSIBILITY AND
IMPLEMENTATION

The curriculum department shall oversee the implementation of this policy and shall carry out administrative procedures for periodically measuring the implementation of the wellness policy and sharing the findings with the public.

In addition, the District establishes the following goals for responsibility and implementation:

1. The curriculum department shall designate one or more administrative or school officials to ensure each school's compliance with this policy.
2. The curriculum department shall be responsible for informing and updating the public regarding the content and implementation of this policy, including the extent to which schools are in compliance with the policy and the extent to which the policy compares to model policy, and describing the progress made in attaining the goals of the policy.

PERIODIC REVIEW
AND UPDATE

The District shall periodically review and update the policy with participation from the local SHAC, representatives of the student body, school nutrition department, school administration, physical education teachers, school health professionals, the Board, parents, and the public.