

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(LOCAL)

HEALTH SERVICES
PROGRAM

The District shall establish, maintain, and periodically evaluate a health services program that is coordinated with other student services and related instructional programs to focus on health-related needs of students and their families.

WELLNESS

The District is committed to providing a school environment that enhances learning and encourages lifelong wellness practices by establishing healthy school nutrition environments, reducing childhood obesity, and preventing diet-related chronic diseases. The District 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 age-appropriate guidelines for food and beverages at classroom parties or school celebrations [see CO];
2. Provide teachers with education and guidelines on the use of food as a reward in the classroom;
3. Establish guidelines for school-sponsored fund-raising activities that involve serving or selling food; and
4. Require that healthy food and beverage options be included at concessions at school-related events outside of the school day.

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 shall receive 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. Staff responsible for nutrition education shall be adequately prepared to educate all District personnel regarding federal and local health guidelines.
4. The food service staff, teachers, and other school personnel shall coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.
5. Educational nutrition information shall be shared with families and the general public to positively influence the health of students and community members.

PHYSICAL ACTIVITY

The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer the nationally recommended amount of physical activity for all grades (i.e., at least 60 minutes per day). [See EHAB and EHAC for daily physical activity requirements]

In order for students to fully embrace regular physical activity as a personal behavior, the District shall provide students opportunities for physical activity beyond physical education class.

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. The District shall encourage teachers to integrate physical activity into the academic curriculum where appropriate.
4. Before-school and after-school physical activity programs shall be offered and students shall be encouraged to participate.
5. Teachers and other school staff shall receive training to promote enjoyable, life-long physical activity for themselves and students.
6. The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
7. The District shall encourage students, parents, staff, and community members to use the District's recreational facilities that are available outside the school day, on weekends, and during school vacations. [See GKD]

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(LOCAL)

SCHOOL-BASED ACTIVITIES	<p>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:</p> <ol style="list-style-type: none">1. Sufficient time shall be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.2. Wellness for students and their families shall be promoted at suitable school activities such as health fairs.3. The District shall support parents' efforts to provide a healthy diet and daily physical activity for their children by providing information about physical activity and physical education through a Web site, newsletter, or other take-home materials.4. Physical activity shall not be used as a form of punishment (e.g., running laps, pushups), nor shall withholding opportunities for physical activity (e.g., recess, physical education) be used as a form of punishment.
STAFF WELLNESS	<p>The District values the health and well-being of every staff member and shall support personal efforts by staff to maintain a healthy lifestyle. Staff members shall be encouraged to join local health and wellness centers and to participate in community or school-sponsored activities.</p>
IMPLEMENTATION	<p>The Superintendent or designee shall ensure compliance with established Districtwide nutrition and physical activity wellness policies.</p> <p>School food service staff shall ensure compliance with nutrition policies within school food service areas and shall report on this matter to the Superintendent.</p>
POLICY REVIEW	<p>The District shall review its nutrition and physical education policies at least every three years. The District shall, as necessary, revise its wellness policies and develop work plans to facilitate implementation.</p>