

STUDENT WELFARE:
WELLNESS AND HEALTH SERVICES

WELLNESS POLICY

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 health advisory council (SHAC) and with involvement from representatives of the student body, school food service, school administration, the board, parents, and the public.

NUTRITIONAL
GUIDELINES

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

The District shall provide educational guidelines for foods and beverages sold in vending machines, and snack bars on school campuses.

WELLNESS GOALS:
NUTRITION EDUCATION

The District shall implement, in accordance with the law, a Coordinated health program with a nutrition education Component and shall use health course curriculum that emphasizes the importance of proper nutrition.

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

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 and are designed to prevent obesity, cardiovascular disease and type 2 diabetes through coordination of health education, physical education, and physical activity, nutrition services, parental involvement, and instruction to present the use of tobacco, alcohol, substance abuse, and uninformed over the counter therapies.
2. Nutrition education will be a District wide priority and will be integrated into other areas of the curriculum, as appropriate.
3. Elementary students and Junior High students will be provided health education for approximately one hour per week.
4. Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
5. The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages into the cafeteria, the classroom and other settings.
6. 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 offer at least the required amount of physical activity for all grades.

In accordance with Texas Education Code, 28.002, all students enrolled in full-day kindergarten or Grades 1-6 in an elementary school setting are required to participate in physical activity for a minimum of either 30 minutes daily or 135 minutes weekly under the following conditions:

1. participation must be in a Texas Essential Knowledge and Skills (TEKS) – based physical education class or a TEKS based structured activity; and

2. each school district shall establish procedures for providing the required physical activity that must consider the health-related education needs of the students and the recommendations of the local health advisory council.

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

1. 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.
2. The District will encourage physical activity into the academic curriculum where appropriate.
3. Teachers and other school staff will receive education to promote enjoyable, life-long physical activity for themselves and students.
4. The District will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
5. The District will encourage community involvement to create an environment that is safe and supportive of students' physically active commute to and from school.
6. The District will encourage students, parents, and staff and community members to use the District's recreational facilities that are available outside the school day according to school policy.

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:

1. Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.
2. Wellness for students and their families will be promoted at suitable school activities.

3. Employee wellness education and involvement will be promoted at suitable school activities.
4. Provide enough space and serving areas to ensure student access to school meals with a minimum of wait time.
5. Provide on-going professional training and development for foodservice staff in the areas of nutrition and physical education.
6. Encourage parents, teachers, school administrators, students, foodservice professional, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

IMPLEMENTATION

The Superintendent or designee(s) shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.