

STUDENT WELFARE:
WELLNESS AND HEALTH SERVICES

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, stress management, 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 regulation and guidance and that all foods available on each campus are in accordance with Texas Public School Nutrition Policy. [See CO]

In addition to legal requirements, the District shall:

1. Provide staff and community with education and guidelines on the use of food in school.
2. Establish guidelines for school-sponsored fund-raising activities that involve serving or selling food; and
3. Require that healthy food and beverage options be included at concessions at school-related events outside of the school day.

WELLNESS GOALS The District shall implement, in accordance with law, a coordinated health program with a nutrition component [see EHAB and EHAC] and shall use health course curriculum that emphasizes the importance of proper nutrition [see EHAA].

NUTRITION EDUCATION

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.
2. Nutrition education will be a Districtwide priority and will be integrated into other areas of the curriculum, as appropriate.
3. Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.

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4. The food service staff, teachers, and other personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.
5. Educational nutrition information will 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 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:

1. The District will provide an environment that fosters safe and appropriate fitness activities for all students, including those who are not participating in competitive sports.
2. Physical education classes will regularly emphasize moderate to vigorous activity.
3. The District will encourage teachers to integrate physical activity into the academic curriculum where appropriate.
4. Physical activity programs will be offered and students will be encouraged to participate.
5. Teachers and other school staff will receive training to promote enjoyable, life-long physical activity for themselves and students.
6. The District will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

SCHOOL-BASED

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.
3. Employee wellness education and involvement will be promoted.

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4. Stress management techniques will be promoted for students, staff, and parents.

IMPLEMENTATION

The Assistant Superintendent of Curriculum and Instruction shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.