

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 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]; and~~
- ~~2. Establish guidelines for school-sponsored fund-raising activities that involve serving or selling food.~~
1. Establish guidelines for alternative choices of a nutritious snack for after school tutorials.
2. Establish guidelines for the number of party days allowed in a school year.
3. Establish guidelines regarding appropriate party food choices and procedures for party snack sign ups.

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 goal for nutrition education: 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.

In addition, district students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors. Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(LOCAL)

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. After-school physical activity programs shall be offered, and students shall be encouraged to participate.

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. Employee wellness education and involvement shall be promoted at suitable school activities.~~
- ~~3.2.~~ Water shall be available for students at meal times and throughout the day.
- ~~4.3.~~ School personnel shall assist all students in developing the healthy practice of washing hands before eating.

IMPLEMENTATION

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