

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,
IMPLEMENTATION,
AND REVIEW OF
GUIDELINES AND
GOALS

The local school health and advisory council (SHAC), on behalf of the District, shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law. In the development, implementation, and review of these guidelines and goals, the SHAC shall permit participation by parents, students, representatives of the District's food service provider, physical education teachers, school health professionals, members of the Board, school administrators, and members of the public. ~~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 for required membership of the SHAC and EHAA.]

WELLNESS PLAN

The SHAC shall develop a wellness plan to implement the District's nutrition guidelines and wellness goals. The wellness plan shall, at a minimum, address:

1. Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;
2. Objectives, benchmarks, and activities for implementing the wellness goals;
3. Methods for measuring implementation of the wellness goals;
4. The District's standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and
5. The manner of communicating to the public applicable information about the District's wellness policy and plan.

The SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.

NUTRITION
GUIDELINES: FOODS
AND BEVERAGES
SOLD

The District's nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and ~~ensure that nutrition guidelines for reimbursable school meals~~ shall be at least as restrictive as federal regulations and guidance except when the District allows an exemption for fundraising activities as authorized by state and federal rules ~~and that all foods available on each campus are in accordance with the Texas Public School Nutrition Policy~~. [See CO and FJ]

NUTRITION
GUIDELINES: FOODS
AND BEVERAGES
PROVIDED

The District shall establish standards for all foods and beverages provided, but not sold, to students during the school day. These standards shall be addressed in the District's wellness plan.

~~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 school 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]. The District's nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the District.

NUTRITION
PROMOTION

The District establishes the following goals for Nutrition Promotion:

1. The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.
2. The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

NUTRITION
EDUCATION

~~In addition, t~~ The District establishes the following goals for ~~nutri-
tion N nutrition education E education~~:

1. ~~The District Students~~ shall ~~deliver receive~~ nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. ~~The District shall make N nutrition education shall be~~ a Districtwide priority and shall ~~be~~ integrate ~~d nutrition education in-~~ to other areas of the curriculum, as appropriate.
3. ~~Staff responsible for nutrition education shall be adequately prepared and shall participate in professional development activities to effectively deliver the program as planned~~
- 3.4. ~~The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.~~
- 4.5. The ~~District's~~ food service staff, teachers, and other ~~District school_~~ personnel shall coordinate the promotion of nutrition messages in the cafeteria~~s~~, the classroom~~s~~, and other appropriate settings.
- 5.6. Educational nutrition information shall be shared with families and the general public to positively influence the health of students and community members~~:-~~

NUTRITION
PROMOTION

~~The District establishes the following goals for Nutrition Promotion:~~

1. ~~The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.~~
2. ~~The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.~~

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.~~

4.2. The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.

~~2.3.~~ 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. The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.

~~4.5.~~ 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 be encouraged to participate in and promote enjoyable, life-long physical activity for themselves and students.~~

6. The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.

~~6.7.~~ The District shall encourage parents to support their children's participation in activities that promote physical well-being.

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. The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

2. The District shall promote wellness for students and their families at suitable District and campus activities.

3. The District shall promote employee wellness activities and involvement at suitable District and campus activities.

	<p>1. Sufficient time shall be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.</p> <p>2. Wellness for students and their families shall be promoted at suitable school activities.</p> <p>3. Employee wellness education and involvement shall be promoted at suitable school activities.</p>
IMPLEMENTATION	The Superintendent or designee shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.
<u>IMPLEMENTATION</u>	<u>The Superintendent or designee shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures.</u>
<u>EVALUTATION</u>	<u>The District shall comply with federal requirements for evaluating this policy and the wellness plan.</u>
<u>PUBLIC NOTIFICATION</u>	<u>The District shall annually inform and update the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy, the wellness plan, and the required implementation assessment.</u>
<u>RECORDS RETENTION</u>	<u>The District shall retain all required records associated with the wellness policy, in accordance with law and the District's records management program. [See CPC and FFA (LEGAL)]</u>