

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(LOCAL)

WELLNESS

The District shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students and staff 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 (SHAC) 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. Teachers will be discouraged from using food as a reward in the classroom.
2. Students shall be given the opportunity to provide input on local, cultural, and ethnic favorites of the students.
3. Elementary classrooms may serve one nutritious snack per day in the morning or afternoon (not during meal time) under the principal's and teacher's guidance. The snack may be provided by the school food service, the teacher, parents, or other groups and shall be at no cost to the students.
4. Fund-raisers shall follow smart snack rules during the school day.
5. Require that healthy food and beverage options be included at concession at school-related events outside of the school day.
6. Students in possession of foods or beverages of minimal nutrition value outside of the cafeteria shall be asked to surrender such items to school staff members, who in turn shall dispose of the items or return them at the end of the school day.
7. Sack lunches provided by parents must be packaged so that perishable items are kept cool until lunch time. Sack lunches shall not be placed in the cafeteria coolers. Parents or guardians shall not provide candy items, carbonated drinks or bag of chips over 2 oz. for their child's consumption for breakfast or lunch.

8. Eating in the classroom during instructional time is prohibited for all employees.

NUTRITION
WELLNESS GOALS

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 will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. Nutrition education will be Districtwide priority and will be integrated into 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.
4. Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.
5. Menus shall be sent home with students each month in the elementary and middle school grades. Menus shall contain information about healthy eating and physical activity.

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 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 will encourage teachers to integrate physical activity into the academic curriculum where appropriate.

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.

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. School buildings, grounds, structures, buses and equipment shall meet all current health and safety standards, including environment air quality, and be kept inviting, clean, safe, and in good repair.
2. Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.
3. Wellness for students and their families will be promoted at suitable school activities.
4. Employee wellness education and involvement will be promoted at suitable school activities.
5. School personnel shall assist all students in developing the healthy practice of washing hands before eating.
6. Schools shall encourage socializing among students and between students and adults at meal times. Adults shall properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and voice level.
7. Support for the health of all students shall be demonstrated by hosting health clinics, health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
8. Food safety shall be a key part of the school food service operation.
9. Drinking water shall be available for students at meals and throughout the day.
10. Each work site, school, and classroom shall work to create an environment where students, parents/guardians, and staff are respected, valued, and accepted with high expectations for personal behavior and accomplishments.

IMPLEMENTATION

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