

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

FFA  
(LOCAL)

Because health and success in school are interrelated, schools can achieve their primary mission of education when students and staff are healthy and fit - physically, mentally, and socially.

While families are the main caregivers and teachers for their children, it shall be a goal of the District to help prevent unnecessary injury, disease, and chronic health conditions.

PURPOSE OF  
WELLNESS POLICY

The purpose of the District's wellness policy is to teach students to take responsibility for their own health and to adopt lifelong health promoting behaviors.

The District shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities. The District shall follow nutrition guidelines that reduce childhood obesity and advance student health.

DEVELOPMENT OF  
GUIDELINES AND  
GOALS

The District, 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 will serve the needs and interest of all students and staff, taking into consideration differences in cultural norms. [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]

Accordingly:

1. All foods made available on campus will comply with current USDA Dietary Guidelines for Americans.
2. Food safety and security will be key parts of the school food service operation.
3. School child nutrition staff who are properly qualified according to current professional standards and regularly participate in professional development activities will administer the child nutrition program.

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 goals for nutrition education:

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1. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. Teachers will be encouraged to integrate nutrition education into core curriculum areas such as mathematics, science, social studies, and language arts as applicable.
3. The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.
4. 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 enjoyable 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 parents to support their children's participation and to be active role models.
4. The District will encourage students, parents, staff, and community members to use the District's recreational facilities that are available outside of the school day. [See GKD]

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.

IMPLEMENTATION

The assistant superintendent for student services shall oversee the implementation of this policy and shall develop administrative pro-

cedures for periodically measuring the implementation of the well-  
ness policy.