

Wellness Policy: Pewitt CISD

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

Mission Statement: The mission of Pewitt CISD is to promote a healthy lifestyle for students, parents and staff which will lead to lifelong maintenance of healthy habits. This mission will be accomplished by the development and implementation of our district wellness policy which will incorporate nutrition education and standards, physical activity and any other school related activities.

Nutrition Education Goals

Goal 1: Pewitt CISD will educate, encourage and support healthy eating by all students, staff and community.

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. Examples include culinary program at the high school and elementary curriculum through science and ELA.
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. 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.
5. Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.
6. A one semester health course is a graduation requirement for all students to graduate from Pewitt High School. Curriculum includes physical and nutritional wellness.

Physical Education Goals

Goal 1: Pewitt CISD will provide opportunities for students to participate in regular physical activity to promote personal lifelong behavior and maintain physical well being.

- 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.
- The District will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events through campus newsletters and food service menu newsletter.
- Teachers and other school staff will receive training to promote enjoyable, life-long physical activity for themselves and students. Examples include monthly newsletter and encouraged participation in the AETNA Get Active program.
- The District will encourage teachers to integrate physical activity into the academic curriculum where appropriate.

- Campuses will not deny student participation in recess or tother physical activity as a form of discipline or classroom make-up time.

Goal 2: Pewitt CISD will provide opportunities for every student to develop the knowledge and skills for specific physical activities in accordance with distrit, state and national guidelines.

- Before-school and after-school physical activity programs will be offered and students will be encouraged to participate.
- State-certified physical education instructors teaching all physical education classes.
- K-5th grade students shall have a minimum of 30 minutes of moderate to vigorous physical activity daily or 135 minutes weekly.
- 6th – 8th grade students shall have a minimum of 30 minutes of moderate to vigourous physical activity daily or 135 minutes weekly, or 225 minutes over a two week period.
- All physical education instructors and their paraprofessional assistants must be trained in CPR/AED.

Nutrition Standards

Goal 1: USDA Nutrition Standards and The Texas Public School Nutrition Policy will be used as the standard for guidelines pertaining to foods and beverages made available on school campuses.

- All foods made available on campus will comply with local, state and federal laws and regulations as well as the current USDA Dietary Guidelines for Americans.
- Food providers will take every measure to ensure that student access to foods and beverages meet federal, state and local laws, regulations and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for EC/PK, elementary school, middle school and high school.

Other School Related Activities

Goal 1: Schools will create a total school environment that is conducive to being physically active.

- After school activities may encourage and include physical activity and health and wellness information for all students (PK -12th).
- Snacks served during the day or in after-school activities make a positive contribution to children's nutrition and health.
- Student health is supported by the Registered Nurse in district, coordinating and hosting health screenings.
- School Health Advisory Committee (SHAC) shall report directly to the school board as least once annually, including written report with information regarding the council's recommendations, modifications and activities.
- PTO actively supports physical education and healthy wellbeing for students and families. Examples include Mother/Son Olympics, Jumprope for Heart, Little Dribblers.

Monitoring and Evaluation

Goal 1: The School Health Advisory Council will receive reports from the appropriate campus representative to ensure that each campus complies with the local wellness policy.

- The extent to which schools are in compliance with local wellness policy.
- The extent to which local wellness policy compares to model local school wellness policies.
- The progress made in obtaining goals of the local wellness policy.
- Makes available to the public an assessment of the local wellness policy.