

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 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];
2. Provide teachers with education and guidelines on the use of food as a reward in the classroom; and
3. 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 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. Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
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.

PHYSICAL ACTIVITY The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity com-

ponents 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 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.

SCHOOL-BASED
ACTIVITIES

The District establishes the following goal to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities: sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.

IMPLEMENTATION

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