

Holliday I.S.D.

WELLNESS POLICY

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 Wellness Policy Committee of Holliday ISD is committed to providing a school environment that enhances learning and development of lifelong wellness practices as well as promoting physical activity and nutrition education for all students, staff, parents and community members.

Setting Nutrition Education Goals

Schools will promote nutrition education to all students.

The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.

Students will be educated on the importance of starting each day with a healthy breakfast and encouraged to do so everyday.

The school cafeteria will display posters to promote healthy eating and display other nutrition education materials. Nutrition education information will be reviewed by a qualified, credentialed nutrition professional (e.g. School Food and Nutrition Specialist, (SFNS), a Registered Dietitian (R.D), who is specialized in school-based nutrition).

Setting Physical Activity Goals

Schools will provide opportunities for students to maintain physical fitness.

Time allotted for physical activity will be consistent with research, and state standards. Thirty minutes of structure daily physical activity or 135 minutes a week in grades K-6.

Schools will provide opportunities for students to regularly participate in physical activity.

Schools provide training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.

Schools will adopt and implement state standards for physical activity.

Policies ensure that state-certified physical education instructors teach all physical education courses and are supported and encouraged to participate in professional development opportunities. Policies ensure that state physical education classes have a student/teacher ratio similar to others.

Establishing Nutrition Standards for All Foods Available on School Campus during the School Day

Schools will comply with the current USDA Dietary Guidelines and Smart Snack regulations.

Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

All school based activities are consistent with local wellness policy goals.

School organized local wellness committees, will be comprised of families, teachers, administrators and students.

The school district provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.

The school district makes drinking fountains available in all schools, so that students can get water at meals and throughout the day.

The school district encourages all students to participate in school meals programs and protect the identity of students who eat free and reduced price meals.

The school district will provide opportunities for on-going professional training and development for food service staff and teachers in the areas of nutrition and physical education.

The school district will make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours.

Outside after-school sport activities and practices will take into consideration heat index and rising temperatures.

Schools will encourage students to wear appropriate attire during any physical related activity.

Schools will educate students on the importance of grooming and proper hygiene.

Setting Goals for Measurement and Evaluation

An annual evaluation will be conducted to ensure policy is effective and properly adhered.

Revised: October 2015

Reviewed: May 2017