

# Hubbard ISD Wellness Plan

## **FFA (Local): STUDENT WELFARE: Wellness and Health Services**

### 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 nutritional guidelines and wellness goals in consultation with 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 nutritional 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]

USDA nutrition guidelines can be found at:

<https://fns.usda.gov/school-meals/nutrition-standards-school-meals>

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]
  - \*FMNV days (3) are designated on party days
  - \*School celebrations adhere to healthy choice options such as popcorn, trailmix, fruit and/or sugar free drinks, water, all natural juices.
- (2) Provide teachers with education and guidelines on the use of food as a reward in the classroom.
  - \*Teachers adhere to healthy choice options when using food in the Classroom.

### 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.
  - \*Health & Wellness Curriculum adopted by district
  - \*P.A.P.A. Curriculum for 7<sup>th</sup> & 8<sup>th</sup> grades
  - \*Water is available for all students during meal times.
- (2) 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.
  - \*Nutrition posters in cafeteria
  - \*Recognize National School Lunch and Breakfast Weeks
  - \*The dining area is clean and welcoming for staff and students.
- (3) Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.
  - \*Nutrition Nuggets flyer sent home monthly with menus
  - \*All meals will meet or exceed current nutrition requirements which can be found on the USDA website at [www.usda.gov](http://www.usda.gov)

### Wellness Goals: 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 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.
- (5) Students will participate in FitnessGram yearly-a physical fitness assessment.

### Wellness Goals: 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.
  - \*Lunch periods are 30 minutes cafeteria, 20 minute recess period follows
  - \*Tables are cleaned and floors swept between lunch periods
- (2) Wellness for students and their families will be promoted at suitable school activities.
  - \*Family night
  - \*Jump Rope for Heart
  - \*Muffins For Mom
  - \*Grandparents Luncheon
  - \*Field Day
- (3) Employee wellness education and involvement will be promoted at suitable school activities.
  - \*Professional Development
  - \*Pink Pride-Breast Cancer Awareness
  - \*3 District Employee Wellness days
  - \*Oktoberfest 5K
  - \*After school Walking group

### Implementation

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

Approved by Board of Trustees May 15, 2006  
Updated by Board of Trustees: October 14, 2013  
February 13, 2017  
August 29, 2019