

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(LOCAL)

The District shall support the general wellness of all students by implementing measurable goals to promote sound nutrition and student health and to reduce childhood obesity.

[See EHAA for information regarding the District's coordinated school health program.]

**Development,
Implementation, and
Review of Guidelines
and Goals**

The local school health advisory council (SHAC), on behalf of the District, shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law. In the development, implementation, and review of these guidelines and goals, the SHAC shall permit participation by parents, students, representatives of the District's food service provider, physical education teachers, school health professionals, members of the Board, school administrators, and members of the public.

[See BDF for required membership of the SHAC.]

Wellness Plan

The SHAC shall develop a wellness plan to implement the District's nutrition guidelines and wellness goals. The wellness plan shall, at a minimum, address:

1. Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;
2. Objectives, benchmarks, and activities for implementing the wellness goals;
3. Methods for measuring implementation of the wellness goals;
4. The District's standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and
5. The manner of communicating to the public applicable information about the District's wellness policy and plan.

The SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.

Nutrition Guidelines

Foods and
Beverages Sold

The District's nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rules. [See CO and FJ]

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**Foods and
Beverages Provided**

The District shall establish standards for all foods and beverages provided, but not sold, to students during the school day. These standards shall be addressed in the District's wellness plan.

Wellness Goals

**Nutrition Promotion
and Education**

The District shall implement, in accordance with law, a coordinated school health program with a nutrition education component. [See EHAA] The District's nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the District.

The District establishes the following goals for nutrition promotion:

1. The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.
2. The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

The District establishes the following goals for nutrition education:

1. The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

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 BDF, EHAA, EHAB, and EHAC]

The District establishes the following goals for physical activity:

1. The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.
2. The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.
3. The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

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Other School-Based Activities	<p>The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities:</p> <ol style="list-style-type: none">1. The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.2. The District shall promote wellness for students and their families at suitable District and campus activities.
Implementation	<p>The Superintendent shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures.</p>
Evaluation	<p>The District shall comply with federal requirements for evaluating this policy and the wellness plan.</p>
Public Notification	<p>The District shall annually inform and update the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy, the wellness plan, and the required implementation assessment.</p>
Records Retention	<p>The District shall retain all the required records associated with the wellness policy, in accordance with law and the District's records management program. [See CPC and FFA(LEGAL)]</p>

May 16, 2017

The Board of Trustees of the Northside Independent School District met in regular session with the following members present:

Harlen Moore, President
Michael King, Vice President
Phoebe Reeves, Secretary
Betsy Smith
Kathy Nickels
Terry Bourland
Larry lee

Others Present:

Mark Haught, Superintendent
Molly Lemon, Principal
Lori Woods

1. President Harlen Moore established a quorum was present and called the meeting to order at 6:45 p. m.
2. Public Forum: Lori Woods
3. Heard Superintendent Report.
 - A. Molly Lemon, Principal presented Principal's report.
 - B. Mark Haught, Superintendent presented financial report.
 - C. Vernon Regional Retired Teachers gave a monetary donation to go toward a book project.
4. Michael King made a motion to approve consent agenda items and minutes from April 6, 2017 meeting. Phoebe Reeves seconded. Motion carried unanimously.
5. ESL evaluation report was presented by Molly Lemon, Principal.
6. Betsy Smith made a motion to approve the board resolution for Employee Benefits. Larry Lee seconded. Motion Carried unanimously.
7. Terry Bourland made a motion to approve the Northside Wellness Policy FFA(Local) as recommended by the School Health Advisory Committee(SHAC). Kathy Nickels seconded. Motion carried unanimously.
8. Phoebe Reeves made a motion to enter executive session at 7:41 p.m. Betsy Smith seconded. Motion carried unanimously. Terry Bourland made a motion to exit executive session at 8:00 p.m. Phoebe Reeves seconded. Motion carried unanimously.
9. No action.

10. Larry Lee made a motion to approve student transfers as presented by Mrs. Lemon, with the exception of the following non-renewal students: Ashlynn Gillespie, Breigh Halford, and Haley Rodriquez . Kathy Nickels seconded. Motion carried unanimously.
11. Terry Bourland made a motion to adjourn at 8:10 p.m. Michael King seconded. Motion carried unanimously.



President



Secretary

Northside Independent School District

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Mark Haught
Superintendent of School

Molly Lemon
School Principal

Agenda – SHAC Committee Meeting –5-31-2018

1. Review of agenda
2. Review contents of SHAC binder
3. Review and Dissemination of District Wellness Regulation Template
4. Planning for future/ fall meetings and dates.- August 29
5. Adjournment