

STUDENT WELFARE:
WELLNESS AND HEALTH SERVICES

WELLNESS

The District is committed to providing an environment that enhances learning, the development of life-long wellness practices and wellness initiatives for employees.

The District shall follow nutrition guidelines that advance student health and reduce childhood obesity. The general wellness of all students shall be promoted 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, food and nutrition services, school administration, the Board of Trustees, counseling services, school health services, student services, employee benefits committee, 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 ensure that:

1. All foods and beverages made available on campus during the school day are consistent with the USDA Dietary Guidelines for Americans; and
2. Each campus establishes a coordinated health team to communicate ideas, gain feedback and maintain rapport with students, staff, and parents.

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. Nutrition education will be a District wide initiative and will be integrated into other areas of the curriculum as appropriate.
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.

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].

The District will provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthy lifestyle.

In addition, the District establishes the following goals for physical activity:

1. The District will provide a developmentally appropriate sequential curriculum of physical education instruction with a focus on students' development of motor skills, movement forms, and health-related fitness and incorporates lifetime physical activities.
2. Teachers and other school staff will receive training to promote enjoyable life-long physical activity for themselves and students.
3. The District will offer and support an environment that strives to promote safe and enjoyable physical activity.
4. The District will encourage teachers to integrate physical activity into the academic curriculum where appropriate.

5. Before-school and after-school physical activity programs will be offered and students will be encouraged to participate.
6. Enrichment programs will provide and encourage physical activity and the formation of healthy habits.

**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 and comfortable.
2. The District will provide wellness opportunities for students and their families during appropriate school activities.
3. The District will promote employee wellness education and physical activity involvement with appropriate District initiatives.
4. The District will conduct a health-related physical fitness assessment for students in selected grades.
5. The District will support daily, unstructured physical activity and play.
6. The school nurse will collaborate with the campus coordinated health team to assist the student in making individual healthy life choices especially in nutrition and physical activities.
7. Counseling and guidance services will be available to all students.
8. The District will promote a safe and drug-free lifestyle.

IMPLEMENTATION The nutrition director or designee, coordinator of physical education and health, and the coordinator of district health services shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.

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