

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

FFA  
(LOCAL)

WELLNESS

The District shall follow nutrition and physical activity guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students and the prevention of tobacco, steroid, drug, and alcohol use 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]

All fundraisers involving food shall follow federal and state guidelines and definitions of a school day. Food allergies, diabetes, and other documented food-related special needs must be considered.

In addition to the federal and state policy guidelines, the District establishes the following:

1. Fundraisers involving food shall not be held during the federally defined school day (the period from midnight before to 30 minutes after the end of the school day) on any campus.
2. Except as provided by the food service department during meal times, no food shall be given to students during the federally defined school day, unless one of the following exceptions applies:
  - a. Elementary campuses – may designate three party days and two additional principal discretion days. Each campus must designate party days with the Superintendent or designee prior to August 1st each school year. Each discretionary day must be documented in the quarterly Campus Coordinated Health meeting minutes.
  - b. Secondary campuses – may designate five waiver days and two additional principal discretion days. Each campus must designate waiver days with the Superintendent or designee prior to August 1st each school year. Each discretionary day must be documented in the quarterly campus Coordinated Health meeting minutes.

- c. Food may be provided as a part of the approved District educational curriculum or as part of a student's written individualized education plan (IEP).
  - d. Athletes or UIL student participants may be provided a meal at campus directly after school on a game or UIL event day, with healthy options considered first, or as part of a workout recovery, for example chocolate milk.
  - e. Food may be provided by the school nurse as part of an approved individualized health plan (IHP) or as needed based upon nursing assessment, for example crackers for an upset or hungry stomach.
3. All foods provided to students, except foods provided by the student's parent, must be prepackaged with a USDA label of ingredients.
  4. Waiver day foods may include any item that meets the federal smart snack guidelines, with only one food item that does not meet the smart snack guidelines.
  5. Foods provided as part of the curriculum or on waiver days must be inclusive for all students. Food allergies, diabetes, and other documented food-related special needs must be considered.

In addition to these requirements, the District shall:

1. Provide teachers with education and guidelines on the use of items other than food as a reward in the classroom; and
2. 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. Nutrition education shall be a District-wide priority and shall be integrated into other areas of the curriculum, as appropriate.

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2. Staff responsible for nutrition education shall be adequately prepared and shall participate in professional development activities to effectively deliver the program as planned.
3. The food service staff, teachers, and other school personnel shall coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.
4. Educational nutrition information shall 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].

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

1. The District shall 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 shall regularly emphasize moderate to vigorous activity.
3. The District shall encourage teachers to integrate physical activity into the academic curriculum where appropriate.
4. Before-school and after-school physical activity programs shall be offered and students shall be encouraged to participate.
5. Teachers and other school staff shall receive training to promote enjoyable, life-long physical activity for themselves and students.
6. The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
7. The District shall provide teachers and staff with education and guidelines in the importance of not using or taking away physical activity or recess as a punishment.
8. Twenty minutes of recess shall be provided daily at elementary campuses.

SCHOOL-BASED  
ACTIVITIES

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to ex-

press a consistent wellness message through other school-based activities:

1. Sufficient time shall be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.
2. Wellness for students and their families shall be promoted at suitable school activities.
3. Employee wellness education and involvement shall be promoted at suitable school activities.

IMPLEMENTATION

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