



## Wellness Policy Guidelines

<b>1. WELLNESS</b>	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.
<b>2. WELLNESS GUIDELINES</b>	The District shall maintain nutritional guidelines and wellness goals in consultation with the local school health advisory council and with involvement from representatives of the student body, school nutrition services, school administration, the board, parents and the public.
<b>3. NUTRITION GUIDELINES</b>	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 and district established standards:

### 3a. ESTABLISH AGE-APPROPRIATE GUIDELINES FOR FOOD AND BEVERAGES AT CLASSROOM PARTIES OR SCHOOL CELEBRATIONS

<b>ELEMENTARY SCHOOLS</b>	<p><b>Nutrient Standards:</b> FMNV (foods of minimal nutritional value as defined by USDA) and all forms of candy may not be sold or distributed to students during the school day. Carbonated drinks are strictly prohibited during the school day.</p> <p><b>Food/Beverages brought onto campus during school by parents/guardians:</b> A parent that wishes to bring outside food and beverages onto campus for their student must sit in a designated Student-Parent seating section chosen by school administrators and may only offer food/beverages to their student unless otherwise indicated by school administration. All food/beverages should be in compliance with the School Wellness Policy and may not include FMNV.</p> <p><b>Competitive Foods and Snacks:</b> All elementary school campuses may not serve competitive foods (or provide access to them through direct or indirect sales) to students anywhere on school premises until the end of the last scheduled class.</p> <p>The district after school program is considered part of the school day in</p>
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	<p>elementary school. This does not pertain to food items made available by the School Nutrition Services. Food items may not be purchased from School Nutrition Services and then redistributed to students. Competitive foods may not be distributed to students in the afterschool program.</p> <p>Elementary Schools may allow one nutritious snack during the school day under the teacher's supervision. The snack may be in the morning or afternoon but may not be at the same time as the regular meal periods for that class. The snack may be provided by school nutrition services, the teacher, parents or other groups and</p> <p>The snack <b>must</b> comply with the fat and sugar limits of the Texas Public School Nutrition Policy and may not contain any FMNVs or consist of candy or dessert type items (cookies, cakes, cupcakes pudding, ice cream or frozen desserts).</p> <p><b>Classroom Birthday Parties:</b> Birthdays are encouraged to be celebrated with non-food items or special school recognitions. Campuses are encouraged to celebrate birthdays on a monthly basis. If food is used as part of the event these guidelines should be followed:</p> <ul style="list-style-type: none"> <li>• Activity must first be coordinated with child's teacher.</li> <li>• Birthday parties must be celebrated during the last period of the day.</li> <li>• Food must be either commercially prepackaged or prepared in a licensed facility. No items may be cooked or prepared at home.</li> <li>• Food items offered should be healthy, low-fat items.</li> <li>• Food items offered are to be individual portions such as cupcakes or cookies. Items that are temperature sensitive are not allowed.</li> </ul> <p><b>After School Snacks:</b> Students should be offered only one after school snack per day. All snacks must be consumed on site. Snacks provided after-school will not consist of foods of minimal notational value (FMNV).</p>
<p><b>Middle and High School</b></p>	<p><b>Nutrient Standards:</b> FMNV (foods of minimal nutritional value as defined by USDA) and all forms of candy may not be sold or distributed to students during the school day. Carbonated drinks are strictly prohibited during the school day.</p> <p><b>Food/Beverages brought onto campus during school by parents/guardians:</b> A parent that wishes to bring outside food and beverages onto campus for their student must sit in a designated Student-Parent seating section chosen by school administrators and may only offer food/beverages to their student unless otherwise indicated by school administration. All food/beverages</p>

	<p>should be in compliance with the School Wellness Policy and may not include FMNV.</p> <p><b>Competitive Foods and Snacks:</b> Middle and High school campuses may not serve competitive foods (or provide access to them through direct or indirect sales) to students anywhere on school premises until the last scheduled class. This does not pertain to food items made available by the School Nutrition Services. Food items may not be purchased from School Nutrition Services and then redistributed to students.</p> <p>Middle and High schools may allow one nutritious snack during the school day under the teacher's supervision. The snack may be in the morning or afternoon but may not be at the same time as the regular meal periods for that class. The snack may be provided by School Nutrition Services, the teacher, parents or other groups and should be of no cost to students.</p> <p>The snack <b>must</b> comply with the fat and sugar limits of the Texas Public School Nutrition Policy and may not contain any FMNVs or consist of candy or dessert type items (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts).</p> <p><b>After School Snacks:</b> Students participating in the district after school program should be offered only one after school snack per day. All snacks must be consumed on site. Snacks provided after-school will not consist of foods of minimal nutritional value (FMNV).</p>
<b>Food Safety</b>	<p>All food distributed or sold to students must be prepared in a licensed facility. In special circumstances when food is prepared in the classroom, <b>teachers</b> are responsible to insure the food safety of products prepared in the classroom. Teachers are responsible for enforcement of food sanitation principles to include: adequate hand washing facilities, temperature control for heating, reheating and cooling.</p>
<b>Special Event Days</b>	<p>Schools may have three special event days per year.. These school events are to be determined by the school principal. Breakfast and lunch must still be available to all students.</p>
<p><b>3b. GUIDELINES ON THE USE OF FOOD AS A REWARD IN THE CLASSROOM</b></p> <ul style="list-style-type: none"> <li>Food will not be used as a reward or punishment. The distribution of a food item to reward such performance as attendance, testing success, and behavior is considered a reward. Students should be allowed to make their own food selections in accordance with federal and state child nutrition program policies and school cafeteria operations and availability.</li> </ul>	
<p><b>3c. GUIDELINES FOR SCHOOL-SPONSORED FUND-RAISING ACTIVITIES THAT INVOLVE SERVING OR SELLING FOOD</b></p> <ul style="list-style-type: none"> <li>Fund raising involving the sale of prepared foods must be consistent with district standards for portion size and approved items.</li> <li>Candy will not be allowed. Prepackaged gift items with candy are allowed provided they are part of a fund raising project that includes a majority of other gift items (nuts, jewelry, etc) or in catalog sale.</li> </ul>	

<b>4. NUTRITION EDUCATION</b>	<p>The district shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasis the importance of proper nutrition.</p>
	<p><b>4a. NUTRITION EDUCATION THAT FOSTERS THE ADOPTION AND MAINTENANCE OF HEALTHY EATING BEHAVIORS</b></p> <ul style="list-style-type: none"> <li>• Students in all grades will receive nutrition education that provides the knowledge they need to adopt healthy lifestyles.</li> <li>• Each campus will have a coordinated wellness team that meets at least once a semester to address health and wellness issues and the implementation of the wellness policy on the campus. Members of the health team should include: <ul style="list-style-type: none"> <li>○ Elementary School: Coordinated Approach To Child Health (CATCH) team.</li> <li>○ Middle/High School: Physical Education teachers, School Nutrition/Cafeteria representative, parent, health teacher, science teacher, counselor, and administrator. Each year, campuses will provide at least one nutrition education in-service for their staff.</li> </ul> </li> </ul>
	<p><b>4b. NUTRITION EDUCATION WILL BE A DISTRICT-WIDE PRIORITY AND WILL BE INTEGRATED INTO OTHER AREAS OF THE CURRICULUM, AS APPROPRIATE STAFF RESPONSIBLE FOR NUTRITION EDUCATION WILL PARTICIPATE IN PROFESSIONAL DEVELOPMENT ACTIVITIES TO EFFECTIVELY DELIVER THE PROGRAMS AS PLANNED</b></p> <ul style="list-style-type: none"> <li>• The District will provide opportunities for staff to attend staff development activities on nutrition and health education.</li> </ul>
	<p><b>4c. 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</b></p> <ul style="list-style-type: none"> <li>• CATCH (Coordinated Approach to Child Health) is the state approved program that the elementary and middle schools are implementing to help meet the state requirements for a coordinated health program.</li> </ul>
	<p><b>4d. EDUCATIONAL NUTRITION INFORMATION WILL BE SHARED WITH FAMILIES AND THE GENERAL PUBLIC TO POSITIVELY INFLUENCE THE HEALTH OF STUDENTS AND COMMUNITY MEMBERS</b></p> <ul style="list-style-type: none"> <li>• School district will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.</li> <li>• Campuses will host at least one event, such as a health fair, to educate and promote to their students and their families the benefits of healthy lifestyle choices</li> </ul>

<b>5. PHYSICAL ACTIVITY</b>	The District shall implement, in accordance with law, a coordinated health program with physical education, physical activity components and shall offer at least the required amount of physical activity for all grades.
<b>5a. 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</b> <ul style="list-style-type: none"> <li>• Time allotted for moderate to vigorous physical activity will be consistent with state standards</li> <li>• All medical exemptions and substitutions for middle and high school will be in accordance with District Board policy and State mandates.</li> <li>• Schools will not remove or pull students from physical education classes unless for administrative reasons such as discipline issues or counseling issues.</li> <li>• Provide a regularly scheduled daily recess at the elementary level that is a minimum of twenty minutes of recess, of which at least 15 minutes is unstructured.</li> <li>• The recess cannot be used for punishment, study hall or tutoring.</li> <li>• Schools that choose to have a lunch recess are encouraged to schedule the recess before lunch because it can increase nutrient intake and reduce food waste.</li> <li>• District Physical Education Schedule Guidelines will be implemented to ensure that students enrolled in physical education classes receive regular, age-appropriate physical education.</li> </ul>	
<b>5b. PHYSICAL EDUCATION CLASSES WILL REGULARLY EMPHASIZE MODERATE TO VIGOROUS ACTIVITY</b> <ul style="list-style-type: none"> <li>• Physical education courses will follow state guidelines and program recommendations for coordinated health programs. Physical education courses will be an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge.</li> <li>• All students enrolled in physical education and physical education substitution courses in grades 3 – 12 will participate in fitness testing using the state approved assessment tool. Fitness test results will be shared with the parents.</li> <li>• Physical education courses will provide instruction that meets the Texas Essential Knowledge and Skills and national standards. Adequate equipment is available for all students and safe, appropriate facilities are provided for physical education classes.</li> </ul>	
<b>5c. THE DISTRICT WILL ENCOURAGE TEACHERS TO INTEGRATE MOVEMENT AND/OR PHYSICAL ACTIVITY INTO THE ACADEMIC CURRICULUM WHERE APPROPRIATE</b> <ul style="list-style-type: none"> <li>• Core content and elective teachers are encouraged to build student's capacity for learning through movement and physical activity.</li> </ul>	
<b>5d. BEFORE-SCHOOL AND/OR AFTER-SCHOOL PHYSICAL ACTIVITY PROGRAMS WILL BE OFFERED AND STUDENTS WILL BE ENCOURAGED TO PARTICIPATE</b>	
<b>5e. AFTER-SCHOOL PROGRAMS WILL ENCOURAGE PHYSICAL ACTIVITY AND HEALTHY HABIT FORMATION</b>	

**5f. TEACHERS AND OTHER SCHOOL STAFF WILL RECEIVE TRAINING TO PROMOTE ENJOYABLE, LIFE-LONG PHYSICAL ACTIVITY FOR THEMSELVES AND STUDENTS**

- Each campus will have a coordinated wellness team that meets at least once a semester to address health and wellness issues and the implementation of the wellness policy on the campus. Members of the health team should include:
- Elementary/Middle School: Coordinated Approach To Child Health (CATCH) team.
- High School: School nurse, Physical Education teachers, School Nutrition/Cafeteria representative, parent, health teacher, science teacher, and administrator(s).

**5g. THE DISTRICT WILL ENCOURAGE PARENTS TO SUPPORT THEIR CHILDREN'S PARTICIPATION, TO BE ACTIVE ROLE MODELS, AND TO INCLUDE PHYSICAL ACTIVITY IN FAMILY EVENTS**

- Schools will hold family events that will promote the benefits of physical activity and healthy lifestyle choices. Information will be provided to families to help them make healthy choices and incorporate physical activity into their daily routines

**6.SCHOOL-BASED ACTIVITIES:**

The District established the following goals to create and environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school based activities.

**6a. SUFFICIENT TIME WILL BE ALLOWED FOR STUDENTS TO EAT MEALS IN LUNCHROOM FACILITIES THAT ARE CLEAN, SAFE AND COMFORTABLE**

- Schools will set schedules that allow a minimum of 10 minutes to eat breakfast and 20 minutes to eat lunch. This time will not include the time a student waits in line. All cafeterias, drinking fountains, and concession areas will be clean and well maintained.

**6b. WELLNESS FOR STUDENTS AND THEIR FAMILIES WILL BE PROMOTED AT SUITABLE SCHOOL ACTIVITIES**

- After school programs will encourage physical activity and healthy habit formation. School based communications and advertising will be consistent with a message of health and wellness.
- Health and wellness goals will be considered in planning all school based activities such as school events, field trips, dances and assemblies. Support for the health of all students will be demonstrated by hosting health fairs and health screenings.

**6c. EMPLOYEE WELLNESS EDUCATION AND INVOLVEMENT WILL BE PROMOTED AT SUITABLE SCHOOL ACTIVITIES**

**7. IMPLEMENTATION**

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

The responsible party at the campus for implementation of the local wellness policy will

	<p>be the principal with input from faculty and staff. The responsible party at the district will be the superintendent with input from the school health advisory council to include as a minimum School Health Services, School Nutrition Services and PE/Health/Athletics.</p> <p>Each school shall participate in the CDC School Health Index (SHI). A SHI report shall be conducted and submitted to the SHAC designee every two years and every two years thereafter in December. The SHAC will review the SHI reports and submit a summary of their review and recommendations to the Superintendent or his designee for approval.</p> <p>Upon approval the summary and recommendations will be distributed at a minimum to the Board of Trustees, the School Health Advisory Council and principals for implementation the following school year.</p>
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DATE ISSUED: