

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. [See CO]

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.
3. The District shall give students the opportunity to provide input on local, cultural, and ethnic favorites of the students.
4. Elementary classrooms may serve one nutritious snack per day in the morning or afternoon (not during mealtime) under the principal's and teacher's guidance. The snack may be provided by the school food service, the teacher, parents, or other groups and shall be at no cost to the students.
5. Students in possession of foods or beverages of minimal nutrition value outside of the cafeteria shall be asked to surrender such items to school staff members, who in turn shall dispose of the items or return them at the end of the school day.
6. Sack lunches provided by parents must be packaged so that perishable items are kept cool until lunchtime. Sack lunches shall not be placed in the cafeteria coolers. Parents or guardians shall not provide candy items, carbonated drinks, or bag of chips over two ounces for their child's consumption for breakfast-or lunch.
7. Principals at each campus shall ensure that products in all snack and beverage vending machines available to students meet the Texas Public School Nutrition Policy. Vending machines shall not be located in the cafeterias.

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.
3. The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.
4. Menus shall be sent home with students each month in the elementary and middle school grade.
5. 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 BDF, EHAA, EHAB, and EHAC]

The District establishes the following goals for physical activity:

1. Participation in such physical activity shall be required for all students. Time allotted for physical activity shall be consistent with research, and national and state standards.
2. The District shall provide an environment that fosters safe, fitness activities for all students, including those who are not participating in competitive sports.
3. Physical education classes shall regularly emphasize moderate to vigorous activity.
4. A daily recess period, which is not used as a punishment or a reward, shall be provided at the elementary campus.
5. The District shall encourage teachers to integrate physical activity into the academic curriculum where appropriate.
6. The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.
7. 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.
8. The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

FFA  
(LOCAL)

School-Based  
Activities

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 school-based activities:

1. Food safety shall be a key part of the school food service operation.
2. Drinking water shall be available for students at meals.
3. The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.
4. The District shall promote wellness for students and their families at suitable District and campus activities.
5. The District shall promote employee wellness activities and involvement at suitable District and campus activities.
6. School personnel shall promote all students in developing the healthy practice of washing hands before eating.
7. Schools shall encourage socializing among students and between students and adults at meal times. Adults shall properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and voice level.
8. Safety procedures and appropriate training for students and staff shall support personal safety and a violence- and harassment-free environment.

Other School-Based  
Activities

The District establishes the following goals for other school-based activities:

1. After-school programs shall encourage physical activity and healthy habit formation.
2. Local wellness policy goals shall be considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
3. Support for the health of all students shall be demonstrated by hosting health clinics and health screening.

**Implementation**

The Superintendent or other designee shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures.

**Evaluation**

The District shall comply with federal requirements for evaluating this policy and the wellness plan.

**Public Notification**

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.

**Records Retention**

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)]