

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(LOCAL)

WELLNESS

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

DEVELOPMENT,
IMPLEMENTATION,
AND REVIEW OF
GUIDELINES AND
GOALS

The District shall develop, implement, and review nutrition guidelines and wellness goals, as required by law, in consultation with the local school health advisory council. SHAC shall permit participation by parents, students, representatives of the District's food service provider, physical education teacher, school health professionals, member of the Board, school administrators, and members of the public. [See BDF and EHAA]

Each campus principal is responsible for the implementation of FFA(LOCAL) and this wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation.

The Superintendent is the District official responsible for the overall implementation of FFA(LOCAL), including the development of this wellness plan and any other appropriate administrative procedures, and ensuring that each campus complies with the policy and plan.

NUTRITION
GUIDELINES

All District campuses participate in the United States Department of Agriculture's (USDA's) child nutrition programs, including the Federal law requires that the District establish nutrition guidelines for foods made available that are consistent with the federal standards and that promote student health and reduce childhood obesity.

FOODS AND
BEVERAGES SOLD

The District's nutrition guidelines for reimbursable school meals and all other foods and beverages sold, otherwise made available, or marketed to students during the school day shall be designated to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance.

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EXCEPTION -
FUNDRAISERS

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six days per year per campus when a food or beverage is sold as part of a District fundraiser. [See CO(LEGAL)]

WELLNESS GOALS

NUTRITION
EDUCATION AND
PROMOTION

The District shall implement, in accordance with law, a coordinated health program with a nutrition education component. [see EHAB and EHAC] The District's nutrition promotion activities shall encourage participation in the National School Lunch Program (NSLP) and the School Breakfast Program (SBP), and any other supplemental food and nutrition programs offered by the district.

In addition, the District establishes the following goals for nutrition education:

1. Students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. Nutrition education shall be a Districtwide priority and shall be integrated into other areas of the curriculum, as appropriate.
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 BDF, EHAA, EHAB, 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.

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OTHER 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 other school-based activities:

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 activities.

IMPLEMENTATION

The superintendent 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 the federal requirements for evaluating this policy and the wellness plan.

PUBLIC NOTIFICATION

The District shall annually inform and update the public about 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 required records associated with the wellness policy, in accordance with law and District's records management program. [see CPC and FFA (LEGAL)]

In accordance with FFA(LOCAL), the District has established the following goal(s) for physical activity.