

AGUA DULCE INDEPENDENT SCHOOL DISTRICT LOCAL WELLNESS POLICY

Local Wellness Policy Component 1: Setting Nutrition Education Goals

The primary goal of nutrition education is to influence students' eating behaviors. The following should be considered when establishing nutrition education:

- Students in grades PK-12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education is offered in the school dining room as well as in the classroom, with coordination between the foodservice staff and teachers.
- Students receive consistent nutrition messages throughout the school, classroom, cafeteria, and home.
- State and district health education curriculum standards and guidelines include both nutrition and physical education.
- Nutrition is integrated into health education curricula or core curriculum (i.e. math, science, language arts)
- Schools link nutrition education activities with the coordinated school health program.
- Appropriate training has been provided to staff that provide nutrition education.

Local Wellness Policy Component 2:

The primary goal for a school's physical activity component is to 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.

The following should be considered when setting goals for physical activity:

- Agua Dulce Elementary offers a 45 minute PE period every day, for students in grades K-5. All students in grades 6-8 attend a PE period daily. High school students receive a minimum of 1 1/2 years of PE classes. Students in grades 9-12 are encouraged to participate in PE classes 4 years.
- Elementary students are given the opportunity for physical activity during the school day through recess periods. Students in grades PK-2 receive a minimum of 15 minutes recess daily. Students in grades 3-5 receive 15 minutes recess daily.
- Students in grades PK-12 are given opportunities for physical activities through a range of after-school programs.
- Students in grades 7-12 are encouraged to participate in the organized competitive sports held after school (i.e. basketball, football, golf, volleyball, baseball, cross country, track, tennis)

**Local Wellness Policy Component 3:
Establishing Nutrition Standards for all foods available on school
campus during the school day.**

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Schools must ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under the 7 CFR Part 210 and Part 220. They must also establish standards to address all foods and beverages sold or served to students, including those available outside of the school meal program.

When setting standards for all available foods during the school day, the following are considered:

- Guidelines for foods and beverages in the food service program on the school campus are established. Staff is well trained in the guidelines.
- Agua Dulce Elementary has vending machines for the staff only.
- Agua Dulce Secondary has no vending machines.
- School sponsored fundraising activities follow established guidelines.
- Agua Dulce Elementary establishes 3 days in the school year to allow minimum nutritional value items. The days are advertised to parents through the weekly newsletter and school calendar.
- Agua Dulce Elementary follows established guidelines concerning class parties, celebrations, and classroom cooking activities established by the Texas Public School Nutrition Policy.

**Local Wellness Policy Component 4:
Setting goals for other school-based activities designed to promote student wellness**

When setting other school-based activities, the following is considered:

- Prohibit use of food as a reward or punishment.
- Provide enough space and serving areas to ensure student access to school meals with a minimum of wait time.
- Provide a clean, safe, enjoyable meal environment for students.
- Provide adequate time for students to enjoy healthy foods with friends, scheduled as near the middle of the day as possible.
- Prohibit denial of student participation in recess or other physical activity as a form of discipline, or cancellation of recess or other physical activity time for instructional make-up time.
- Ensure fundraising efforts are supportive of healthy eating.
- Provide on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education.
- Provide student access to physical activity facilities outside school hours.
- Develop strategies for parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

**Local Wellness Policy Component 5:
Setting Goals for Measurement and Evaluation**

- Funds to support policy implementation and/or evaluation is established by the School Board when the district budget is approved.

The School Health Advisory Council (SHAC) is responsible for overseeing the policy, monitoring and evaluating implementation