

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

FFA  
(LOCAL)

**WELLNESS** The District shall follow nutrition guidelines that advance student health and reduce childhood obesity. Guidelines shall also address issues that negatively impact student health relating to the use of tobacco, steroids, drugs, and alcohol. The wellness program shall promote the general wellness of all students 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]

In addition to legal requirements, the District shall:

1. Establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations [see CO];
2. Provide teachers with education and guidelines on the use of food as a reward in the classroom;
3. Establish guidelines for school-sponsored fund-raising activities that involve serving or selling food; and
4. Recommend 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. Students shall receive nutrition education that crosses cultural barriers and 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.

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

FFA  
(LOCAL)

3. Staff responsible for nutrition education shall be adequately prepared and shall participate in professional development activities to effectively deliver the program as planned.
4. 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.
5. Educational nutrition information shall be shared with families and the general public to positively influence the health of students and community members.
6. Educational nutrition programs shall focus on issues such as Type I and II diabetes, high blood pressure, and heart disease.

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. Teachers and other school staff shall receive training to promote enjoyable, life-long physical activity for themselves and students.
5. The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
6. The District shall promote involvement of community members in school activities.

SCHOOL-BASED  
ACTIVITIES

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

1. Sufficient time shall be allowed for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

FFA  
(LOCAL)

2. Sufficient time shall be allowed for physical activity during the school day.
3. Wellness for students and their families shall be promoted at suitable school activities.
4. Employee wellness education and involvement shall be promoted at suitable school activities.
5. The District child nutrition program shall integrate healthy food choices, eating habits, and cooking techniques. This will ensure that the District complies with the recommended daily allowance standards and child nutrition programs that the U.S. Department of Agriculture (USDA) requires.

IMPLEMENTATION

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

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

FFA  
(LEGAL)

- WELLNESS POLICY Each district participating in a program authorized by the Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 et seq., or the Child Nutrition Act, 42 U.S.C. 1771 et seq., shall establish a local school wellness policy for schools in the district.
- GUIDELINES The U.S. Secretary of Agriculture shall promulgate regulations that provide the framework and guidelines for districts to establish local school wellness policies, including, at a minimum:
1. Goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness;
  2. For all foods available on each school campus during the school day, nutrition guidelines that are consistent with sections 9 and 17 of the National School Lunch Act and sections 4 and 10 of the Child Nutrition Act, and promote student health and reduce childhood obesity;
  3. A requirement that a district permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the local school wellness policy;
  4. A requirement that a district inform and update the public (including parents, students, and others in the community) about the content and implementation of the local school wellness policy.
  5. A requirement that a district periodically measure and make available to the public an assessment on the implementation of the local school wellness policy, including:
    - a. The extent to which schools in the district are in compliance with the local school wellness policy;
    - b. The extent to which the district's local school wellness policy compares to model local school wellness policies; and
    - c. A description of the progress made in attaining the goals of the local school wellness policy; and
  6. A requirement that a district designate one or more district or school officials, as appropriate, to ensure that each school complies with the local school wellness policy.

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

FFA  
(LEGAL)

LOCAL DISCRETION     A district shall use the guidelines to determine specific policies appropriate for the schools in the district.

*Healthy, Hunger-Free Kids Act of 2010, Pub. L. No. 111-296, sec. 204, 124 Stat. 3183 (2010) [42 U.S.C. 1758b]*

[See EHAA for state law requirements relating to health education]

CHANGE IN HEALTH  
SERVICES

Before a district or a school may expand or change the health-care services available at a school in the district from those that were available on January 1, 1999, the board must:

1. Hold a public hearing at which the board provides an opportunity for public comment and discloses all information on the proposed health-care services, including:
  - a. All health-care services to be provided;
  - b. Whether federal law permits or requires any health-care service provided to be kept confidential from parents;
  - c. Whether a child's medical records will be accessible to the parent;
  - d. Information concerning grant funds to be used;
  - e. The titles of persons who will have access to the medical records of a student; and
  - f. The security measures that will be used to protect the privacy of students' medical records.
2. Approve the expansion or change by a record vote.

*Education Code 38.012*