

STUDENT WELFARE

FFA (REGULATION)

The Campus School Health Advisory Council (CSHAC) team will serve as the primary health and wellness communication link from campuses to the district School Health Advisory Council (SHAC). The CSHAC teams will develop site-based guidelines that advance student health and are included in the Campus Improvement Plan and evaluated at the end of each year. The following are general regulations that apply throughout the District.

NUTRITION

1. Every CSHAC will establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations that advance student health.
2. Every CSHAC will provide teachers with education and guidelines on the use of food as a reward in the classroom.
3. Every CSHAC will establish guidelines for school-sponsored fund-raising activities that involve serving or selling food.
4. Every CSHAC will suggest that healthy food and beverage options be included at concessions at school-related events outside the school day.

NUTRITION EDUCATION

1. Students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. Nutrition education will be a District-wide priority and will be integrated into other areas of the curriculum, as appropriate.
3. Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
4. The child nutrition staff, teachers and other school personnel will 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.

(See MISD Regulation CO for additional information concerning Child Nutrition Services)

PHYSICAL ABILITY

1. 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.
2. Physical education classes will regularly emphasize moderate to vigorous activity.
3. The District will encourage teachers to integrate physical activity into the academic curriculum where appropriate.
4. Before-school and after-school physical activity programs will be offered and students will be encouraged to participate.
5. Teachers and other school staff will receive training to promote enjoyable, life-long physical activity for themselves and students.
6. The District will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

OTHER SCHOOL-BASED ACTIVITIES

1. Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe and comfortable.
2. Wellness for students and their families will be promoted at suitable school activities.
3. Employee wellness education and involvement will be promoted at suitable activities.

IMPLEMENTATION

The Midland ISD SHAC Chairman will oversee the implementation of this policy and will develop administrative procedures, as needed, for periodically measuring the implementation of the wellness policy. The MISD SHAC will conduct an annual review of campus education improvement plans to insure that the local Wellness Policy is developed, implemented and improved on each campus.

Approved – October 2006