Princeton ISD District Wellness Policy

District Contact Information
District: Princeton ISD
County-District number: 4835850
State District ID: TX-043911
Wendy A. Cain, Director of Mental and Physical Wellness

History

The PISD SHAC has a history of coordinating, educating and supporting both district and community efforts that promote the physical, social and emotional well-being of students, staff and families. PISD first adopted a Wellness Plan in the fall of 2006 with the CATCH program implemented that same school year. In 2015-16, the Wellness Plan was revised to include new nutritional program guidelines for meeting mandated requirements. For the 2023-24, the Wellness Policy has undergone revisions to maintain the emphasis on children's health.

Introduction

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 good service provider, physical education teachers, school health professionals, members of the Board, school administrators and members of the public. [See BDF (Legal) for required members 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: Food 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, except when the District allows an exemption for fundraising activities as authorized by state and federal rules. [See CO (Legal) and FJ (Legal)]

Nutritional Guidelines: 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 implement, in accordance with law, a coordinated health program with a nutrition education component and shall use a health course curriculum that emphasizes the importance of proper nutrition.

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 food service staff, teachers and other school personnel shall coordinate the promotion of nutrition messages in the cafeteria, 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.

Wellness Goals: 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. The District shall provide an environment that fosters safe, enjoyable and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.
2. The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.
3. The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.
4. 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.
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 encourage students, parents, staff and community members to use the District's recreational facilities, such as tracks, playgrounds and the like, that are available outside of the school day. [See GKD]

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 and campus activities.
3. The District shall promote employee wellness activities and involvement at suitable District and campus activities.

Implementation

The Director of Mental and Physical Wellness 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.