Development, Implementation, and Review of Guidelines and Goals

The District shall support the general wellness of all students by implementing measurable goals to promote sound nutrition, physical activity, student health, and the reduction of childhood obesity.

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. SHAC membership and participation opportunities shall include parents, students, District food service personnel, school health professionals, physical education teachers, Board members, administrators, and other community stakeholders

Wellness Plan

The SHAC shall develop and periodically review a wellness plan that addresses:
• Stakeholder involvement;
• Objectives, activities, and measurable benchmarks for implementing wellness goals;
• Methods for monitoring progress;
• Standards for foods and beverages provided (not sold) to students; and
• Communication of the wellness policy and plan to the public.

Nutrition Guidelines

Foods and Beverages Sold

Foods and Beverages Sold: The District shall comply with federal Smart Snacks nutrition standards and federal meal requirements for all foods and beverages sold or marketed to students during the school day. Fundraising exemptions may be permitted in accordance with federal and state rules.

Foods and Beverages Provided: The District shall establish standards for foods and beverages provided, but not sold, to students during the school day. These standards shall be included in the wellness plan.

Wellness Goals

Nutrition Promotion and Education

The District shall:
• Promote healthy nutrition messages throughout the school environment;
• Encourage participation in federal meal programs;
• Integrate nutrition education into the PK–12 science curriculum;
• Provide staff responsible for nutrition education ongoing professional development;
• Provide opportunities for students to pursue nutrition-related

	certifications; and • Offer family and community nutrition engagement opportunities in partnership with organizations such as Healthy South Texas (HST), CACOST, and CIS.
Physical Activity	The District shall: • Provide developmentally appropriate physical activity environments; • Ensure students receive the physical activity required by state law, including at least 30 minutes of daily moderate-to-vigorous physical activity; • Offer annual or seasonal family physical activity events in collaboration with community partners; and • Encourage family and community use of District recreational facilities outside of the school day.
Other School-Based Activities	The District shall: • Ensure meal times occur in safe, clean, and comfortable environments; • Promote hydration by encouraging refillable water bottles and ensuring access to clean drinking water; • Provide voluntary wellness programs, challenges and self-care resources for staff and students; and • Conduct an annual District wellness week or health fair.
Implementation	The Superintendent or designee shall oversee District and campus implementation of this policy and related administrative procedures.
Evaluation	The District shall comply with triennial assessment requirements and shall publicly report: • Policy compliance, • Progress toward wellness goals, and • Comparison with model wellness policies.
Public Notification	The District shall annually inform and update the public on the content and implementation of this policy by posting it on the District website and through other public communications.
Records Retention	The District shall retain required wellness policy and plan documentation in accordance with law and local records management requirements.