Hurst - Euless - Bedford ISD
Wellness Policy Assessment Checklist
School Year 2023-2024

HEB ISD shall follow applicable state and federal nutrition guidelines that advance student health and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities.

Wellness Policy Objectives:	**Met Objective**	**Needs Improvement**
Nutrition Education- HEB ISD shall implement, in accordance with law, a coordinated school health program with a nutrition education component. 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 HEB ISD food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings. HEB ISD shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	✓	
Physical Activity- HEB ISD 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. HEB ISD 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. HEB ISD shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate. HEB ISD shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events. HEB ISD 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.	✓	

Wellness Policy Objectives:	**Met Objective**	**Needs Improvement**
School Based Activities- HEB ISD shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable. The District shall promote wellness for students and their families at suitable District and campus activities. HEB ISD shall promote employee wellness activities and involvement at suitable District and campus activities.	✓	
Health Education- HEB ISD has adopted a state health curriculum which provides lessons and strategies aligned with the state curriculum	✓	
Health Services- The District shall provide quality health screening and services to students at all levels.	✓	
Nutritional Guidelines- 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.	✓	
Competitive Foods- Foods sold at HEB ISD, shall meet the nutrition requirements. Third party individuals or groups may not sell competitive foods and beverages at any time during the school day.	✓	
Monitoring & Implementation- The director of child nutrition, the coordinator for physical education and health, and the coordinator of health services shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures with involvement of the SHAC Committee.	✓	