Administrative Regulation/Assessment WELLNESS
Hurst-Euless-Bedford ISD

NUTRITION AND WELLNESS

HEBISD 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.

GOALS AND GUIDELINES

HEBISD shall maintain wellness goals and nutritional guidelines in consultation with the local school health advisory committee (SHAC) and with representatives of the district's Nutrition Services Department, school administration, school board and parents. Goals shall be accomplished through physical education and activity.

PHYSICAL ACTIVITY

The District shall implement, in accordance with law, a coordinated school health program that complies with the state-mandated time for daily/weekly physical education. Students in high school shall meet the physical education component as required for graduation. HEBISD will provide an environment that fosters safe and enjoyable fitness activities for students, including those who are not participating in competitive sports. Time allotted for moderate to vigorous physical activity will be consistent with state standards and district board policy and regulations, to include at a minimum:

a. Elementary (K-6); 30 minutes daily or 135 minutes weekly
b. Middle School (7-9): 30 minutes daily for four semesters;

- High School (9-12): 2-½ credits (1.0 credits total) of physical education. Exemptions for middle and high school will be in accordance with District Board Policy and State mandates.
- Schools will not remove or pull students from Physical Education classes unless for administrative reasons such as discipline or counseling issues.
- State-certified physical education instructors who will participate in professional staff development opportunities that are aligned with district requirements will teach all Physical Education courses.
- Schools are encouraged at all elementary campuses to schedule recess before lunch. The benefits of having recess before lunch includes: better behavior on the playground, in the cafeteria and in afternoon classes. Additionally, there is less food waste, increased beverage consumption and an improved cafeteria atmosphere.
- Schools are encouraged to hold family events that will promote the benefits of physical activity and healthy lifestyle choices. Information shall be provided to families to help them consider and know how to make healthy choices and incorporate physical activity into their daily routines.

Supporting Documentation (Met objective)

Elementary schools participate in the minimum requirements for Physical activity through P.E class and recess. Grades 6 & 7 participate in 30 minutes of P.E each school day. Students in 8th grade are offered as an elective but are encouraged to participate.

SCHOOL-BASED ACTIVITIES

HEBISD shall establish an environment conducive to healthful eating and physical activity and to express a consistent wellness message through school-based activities:

- Schools will set schedules that allow a minimum of 10 minutes to eat breakfast and 20minutes to eat lunch. This time will not include the time a student waits in line.
- Wellness for students and their families will be promoted at suitable school activities.
- Employee wellness education and involvement will be promoted at suitable school activities.

Supporting Documentation (Met Objective)

Schools set schedules that allow students at least 10 minutes to eat breakfast and 20 minutes to eat lunch. Schools hold different events such as National Walk to School Day, Jump for Hope, and elementary campuses participate in the Fuel Up to Play 60 Challenge to support and promote physical activity and healthy lifestyles. Employees participate in physical activity events at their campuses after school.

HEALTH EDUCATION

Health Education is a component of the Coordinated School Health Model, which consists of a planned, sequential, K-12 curriculum that addresses the physical, mental, emotional and social dimensions of health. The curriculum is designed to motivate and assist students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors. It allows students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills, and practices. The comprehensive health education curriculum includes a variety of topics such as personal health, family health, community health, consumer health, environmental health, mental and emotional health, injury prevention and safety, nutrition, prevention and control of disease, and substance use and abuse. Qualified, trained teachers provide health education. HEBISD continually reviews the state and national standards for current updates and research.

Supporting Documentation (Met Objective)

Our campuses participate in many activities that support physical, mental, emotional and social dimensions of health. Below are a list of these activities:

- National Walk to School Day
- Fitness Clubs
- Veteran's Day Programs
- Weekend Food
- HEB Showcase
- Red Ribbon Week
- Jump for Hope
- Nurse Health Screenings
- HEB Clothes Closed
- Burgers for Books

HEALTH SERVICES

The District shall provide quality health screening and services to students at all levels. Goals of the Screening Program include:

- Teaching prevention and developmental health
- Staff trained in CPR and AED
- Assigning registered nurses to all schools
- Conduct AED Drills on each campus

Supporting Documentation (Met Objective)

- Teaching prevention and developmental health
  - Blood borne Pathogens, Anaphylaxis, and Diabetes
  - Growth and Development (Puberty) Videos for 4th girls and 5th grade
- Staff trained in CPR and AED
  - Assigning registered nurses to all schools

MONITORING AND IMPLEMENTATION

The School Health Advisory Committee shall help HEBISD oversee this administrative regulation and periodically review the implementation of the wellness regulation with input from: Health Services, Nutrition Services, Counseling Services and the Athletics/Physical Education Department. The campus administration shall be responsible for implementation.

Supporting Documentation (Met Objective)

HEB ISD reviews the district Wellness Plan Annually with Health Services and the SHAC committee. HEB ISD Child Nutrition Services provides nutrition education to all students through a variety of ways. The district Dietitian communicates with campus staff the availability for scheduling nutrition education on campus. Students participate in regular physical activity that meet the minimum standards while at school during P.E and recess times. Nutrition Services promotes healthier snacking options such as fruit and yogurt based smoothies and snacks that only meet smart snack guidelines.

NUTRITION

The district shall increase awareness of the school lunch program.

- Distribute flyers and post on the Child Nutrition Department's website regarding school food programs within the first two weeks of the schoolyear.
- Participation rates in federal child nutrition programs throughout the school year shall be monitor for changes.
- When relevant, the district shall use social media to advertise special event or nutrition/food related activities
- Communicate with public relations to utilize current social media accounts for promotions.

The district shall deliver nutrition education that fosters the adoption and maintenance of heathy eating behaviors.

- Provide nutritional information on monthly breakfast and lunch menus.
- Ensure all menus are posted online.

Supporting Documentation (Met Objective)

- HEB ISD Back to school Fair at each campus(dates varied)
  - Provided assistance with free and reduced lunch applications
  - provided nutrition education materials
  - provided healthy snacks
- Trainings & Meeting
  - Community outreach to Nurses regarding education on reading and understanding carb counts and food allergen in menu items
  - Spring Garden Elementary Cooking Class
- HEB ISD Showcase
  - Provided nutritional information
  - Provided healthy snacks
  - Discussed meal benefits with participants