

The District is committed to providing a school environment that enhances learning about and development of lifelong wellness practices.

NUTRITION
EDUCATION

Schools shall provide nutrition education to students, staff, and community, using the following guidelines:

- The Coordinated Approach to Child Health (CATCH) curriculum, or the adopted coordinated health program, shall be used to support nutrition education. Teachers shall follow curriculum outlines.
- Nutrition education shall be integrated into other areas of the curriculum such as mathematics, science, language arts, and social studies.
- Professional development training shall provide basic nutrition knowledge and shall be designed to promote healthy eating habits.
- Nutrition education shall involve sharing information with families and the broader community to positively impact students and the health of the community.

NUTRITION
PROMOTION

Nutrition promotion and education shall result in better eating habits and improved student health.

- The school cafeteria shall display posters to promote healthy eating and display other nutrition education materials.
- Nutrition education includes enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.
- Nutrition education promotes the consumption of fruits, vegetables, whole grain foods, low-fat and fat-free dairy foods, healthy food preparation methods, and health-enhancing nutrition practices.
- Students shall be educated on the importance of starting each day with a healthy breakfast and encouraged to do so every day.

PHYSICAL ACTIVITY

Schools shall provide opportunities for students to develop the knowledge and skills for specific physical activities, which will enable students to maintain and improve their physical fitness.

- Students are given opportunities for physical activity during the school day through physical education classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.
- Students are given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.

KNOWLEDGE AND
SKILLS

Schools shall help students understand the short- and long-term benefits of a physically active and healthy lifestyle.

- Schools shall implement physical activity from the CATCH curriculum or approved coordinated health program.
- Schools shall encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

ENCOURAGING
PHYSICAL ACTIVITY

Schools shall, at a minimum, adopt and implement state standards for physical activity.

Time allotted for physical activity shall be consistent with research and state standards of 135 minutes of physical activity per week in kindergarten through grade 5.

NUTRITION
STANDARDS

Schools shall, at a minimum, follow USDA and TDA guidelines for all foods sold to students during the school day.

Foods and beverages sold to students during the school day on a school campus must either meet USDA Smart Snack guidelines or must be approved by the campus principal for up to six exemption days per school year.

All foods given away at no charge to students must be approved and monitored by campus principals and/or their designees.

SCHOOL-BASED
ACTIVITIES

School-based activities are consistent with local wellness policy goals.

- Schools shall serve as safe learning environments that are conducive to being in good health.
- After-school programs shall promote the development of healthy habits.
- Local wellness policy goals are considered in planning school-based activities such as school events, field trips, dances, and assemblies.

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(LOCAL)

- The District shall encourage the use of non-food items such as pencils, erasers, stickers, and markers as rewards, as an alternative to food rewards.
- Support for the health of all students is demonstrated by hosting health clinics and health screenings.
- The District shall make drinking fountains available in all schools, so that students may get water at meals and throughout the day.

COMMUNITY
INVOLVEMENT

The District encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy lifestyles.

- School-organized local wellness committees shall be comprised of families, teachers, administrators, and students.
- The District shall make efforts to keep tennis courts, tracks, and fields open for use by students outside school hours.
- School newsletters shall be used as an avenue for reaching parents and the community for information about the benefits of a healthy lifestyle.

MONITORING AND
EVALUATION

Monitoring of implementation of the wellness policy shall be coordinated by the Student Health Advisory Committee (SHAC). The SHAC shall provide campus principals with an implementation tool to complete and return every three years. Campus principals shall work with other campus professionals to collect data and measure implementation. The assessment of the implementation, compliance, and description of progress made in attaining goals of the policy shall be available on the District website.

The local wellness policy shall be reviewed and revised as needed by the SHAC. Any revisions to the policy shall be available on the District website.