

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(LOCAL)

WELLNESS	The District shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities.
DEVELOPMENT OF GUIDELINES AND GOALS	The District shall develop nutrition guidelines and wellness goals in consultation with the local school health advisory council and with involvement from representatives of the student body, school food service, school administration, the Board, parents, and the public. [See BDF and EHAA]
NUTRITION GUIDELINES	<p>The District shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with the Texas Public School Nutrition Policy. [See CO]</p> <p>In addition to legal requirements, the District shall continue the collaboration between corporate food services and the District administration to coordinate food service issues.</p>
WELLNESS GOALS NUTRITION EDUCATION	<p>The District shall implement, in accordance with law, a coordinated health program with a nutrition education component [see EHAB and EHAC] and shall use health course curriculum that emphasizes the importance of proper nutrition [see EHAA].</p> <p>In addition, the District establishes the following goals for nutrition education:</p> <ol style="list-style-type: none">1. Students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.2. The food service staff, teachers, and other school personnel shall coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.3. Educational nutrition information shall be shared with families and the general public to positively influence the health of students and community members.
PHYSICAL ACTIVITY	<p>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 EHAB and EHAC].</p> <p>In addition, the District establishes the following goal for physical activity: the District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.</p>

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SCHOOL-BASED ACTIVITIES	<p>The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities:</p> <ol style="list-style-type: none">1. Wellness for students and their families shall be promoted at suitable school activities.2. Employee wellness education and involvement shall be promoted at suitable school activities.
IMPLEMENTATION	<p>The Superintendent or designee shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.</p>
TIME AND PLACE RESTRICTIONS FOR COMPETITIVE FOODS	<p>Except for food items made available by the school food service department, no school shall serve competitive foods to students, allow sales of competitive foods to students, or provide students access to competitive foods during meal periods in areas in which a reimbursable meal is served or consumed, in accordance with state rules.</p>
FUNDRAISING	<p>The District shall encourage fundraising through projects that do not involve the sale of food items; however, any organization that is granted approval for a fundraising project in which competitive foods are sold shall comply with applicable Board policies and campus procedures regarding fundraising projects. [See FJ]</p> <p>All food items sold for an approved fundraising project shall meet the USDA Smart Snack guidelines. The sale of such food items may be approved on any campus, but sales shall occur only outside of the designated meal periods and outside the areas in which reimbursable meals are served or consumed.</p>