

Students who eat well-balanced meals and are healthy are more likely to learn. The Board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of the District's youth. 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]

Commitment to Nutrition and Physical Activity

The Board shall appoint a school health advisory committee (SHAC)/wellness committee. One of its missions shall be to address nutrition and physical activity issues and develop, implement, and evaluate guidelines that support a healthy school nutrition environment. This committee shall offer revisions to these guidelines annually or more often if necessary.

Nutrition Guidelines

The District shall ensure that nutritional 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]

In addition to legal requirements, the District shall:

1. Establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations [see CO].

Pizza parties may be provided by the cafeteria and shall always include two sources of fruits/vegetables and a choice of fat-free, low-fat, flavored, and unflavored milk. If the food is not provided by the cafeteria, it is recommended that elementary classroom parties be scheduled after the lunch period and foods served are of some nutritional value and meet Smart Snack rules.

2. Provide teachers with education and guidelines on the use of food as a reward in the classroom.

School staff shall not use foods of minimal nutritional value as a reward for student accomplishment. The withholding of food as punishment for students is prohibited. For example, restricting a child's selection of flavored milk at mealtime due to misbehavior in the classroom is prohibited. At the beginning of the school year, every teacher will be given written

guidelines from the student nutrition services for food and beverages offered to students.

3. Establish guidelines for school-sponsored fundraising activities that involves serving or selling food.

Elementary school organizations shall only use nonfood items or foods designed for delivery and consumption after school hours as fundraisers. For example, barbecue plate sales after school hours would be acceptable. The sale of individually wrapped candy (e.g., candy bars) as a fundraiser is prohibited; however, packaged candy gift items are allowed provided they are only part of a fundraising project that includes other gift items (e.g., nuts, candles, jewelry) as well.

Nutrition Education

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].

In addition, the District establishes the following goals for nutrition education:

1. Students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

The District shall follow health education curriculum standards and guidelines as stated by the Texas Education Agency (TEA). Schools shall link nutrition education activities with the coordinated school health program.

2. The student nutrition services office, teachers, and other school personnel shall coordinate the promotion of nutrition messages in the cafeteria, the classroom and other appropriate settings.

Nutritional information shall be posted on the District's website, and menus that are sent home with the children shall contain nutritional facts.

3. Educational nutrition information shall be shared with families and the general public to positively influence the health of students and community members.

Nutritional information shall be posted on the District's website, and menus that are sent home with the children shall contain nutritional facts.

Physical Activity

The District shall implement, in accordance with law, a coordinated health program with physical activity components and shall offer at least the required amount of physical activity for all grades.

In addition, the District establishes the following goals for physical activity:

1. The District shall provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.

Physical education classes shall be offered to students in prekindergarten–grade 12. Athletics shall be offered to junior high and high school students. High school students are required to have one and one-half years of credit for physical education/athletics. Elementary students are required to receive 135 minutes of physical education each week.

2. Physical education classes shall regularly emphasize moderate to vigorous activity.

Instructors shall provide students with activities that promote moderate to vigorous exercise.

3. Before-school and after-school physical activity programs shall be offered, and students shall be encouraged to participate.

Junior high and high school students shall be offered athletic opportunities for in-season sports.

4. Teachers and other school staff shall receive training to promote enjoyable, life-long physical activity for themselves and students.

Trinity Mother Frances Hospital sponsors faculty in a “Teachers On The Move” program. Visits are made from the hospital staff three times a year to participating campuses providing access to literature and health screenings.

5. The District shall encourage students, parents, staff, and community members to use the District’s recreational facilities that are available outside of the school day. [See GKD]

The community shall have access to a number of facilities that include: track, baseball/softball field, soccer field, and tennis courts.

**School-Based
Activities**

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:

1. Sufficient time shall be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.

The administration and/or principals shall consider scheduling lunch times that will help in avoiding overcrowding issues that impact students' length of time to eat and the comfort, safety, and cleanliness of facilities. At appropriate campuses, principals may consider scheduling recess before lunch, which may impact the atmosphere of the cafeteria (noise level, students would be less distracted and ready to eat, and the like) as well as the appetites of the students.

2. Employee wellness education and involvement shall be promoted at suitable school activities.

Efforts shall be made at suitable school activities to educate and promote nutrition and physical activity by providing an environment that promotes healthy choices through items offered in school cafeterias and vending machines as well as items served at campus or District staff events. As school activities allow, efforts shall be made to promote activities that involve movement. Efforts shall also be made to post or distribute information to the staff regarding available District and community programs such as "Teachers on the Move," offered through Trinity Mother Francis Health System, and organized health screenings or health fairs.

Implementation

The SHAC/wellness committee members shall conduct a review of their respective campuses in the fall semester of each year to identify areas for improvement. These groups shall report their findings to the campus principal and shall develop with him or her a plan of action for improvement.

The student nutrition services director shall report quarterly to the Superintendent the progress of the committee and the status of compliance by the campuses.

The director of federal programs and instruction shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.