

El Paso ISD
071902

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

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. SUPPORT THE GENERAL WELLNESS OF ALL STUDENTS BY IMPLEMENTING MEASURABLE GOALS TO PROMOTE SOUND NUTRITION AND STUDENT HEALTH AND TO REDUCE CHILDHOOD OBESITY.~~

[SEE EHAA FOR INFORMATION REGARDING THE DISTRICT'S COORDINATED SCHOOL HEALTH PROGRAM.]

DEVELOPMENT, OF GUIDELINES AND IMPLEMENTATION, AND REVIEW 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, EHAA, and FFA(REGULATION)]~~

THE LOCAL SCHOOL HEALTH ADVISORY COUNCIL (SHAC), ON BEHALF OF THE DISTRICT, SHALL REVIEW AND CONSIDER EVIDENCE-BASED STRATEGIES AND TECHNIQUES AND SHALL DEVELOP NUTRITION GUIDELINES AND WELLNESS GOALS AS REQUIRED BY LAW. IN THE DEVELOPMENT, IMPLEMENTATION, AND REVIEW OF THESE GUIDELINES AND GOALS, THE SHAC SHALL PERMIT PARTICIPATION BY PARENTS, STUDENTS, REPRESENTATIVES OF THE DISTRICT'S FOOD SERVICE PROVIDER, PHYSICAL EDUCATION TEACHERS, SCHOOL HEALTH PROFESSIONALS, MEMBERS OF THE BOARD, SCHOOL ADMINISTRATORS, AND MEMBERS OF THE PUBLIC.

[SEE BDF FOR REQUIRED MEMBERSHIP OF THE SHAC.]

WELLNESS PLAN

THE SHAC SHALL DEVELOP A WELLNESS PLAN TO IMPLEMENT THE DISTRICT'S NUTRITION GUIDELINES AND WELLNESS GOALS. THE WELLNESS PLAN SHALL, AT A MINIMUM, ADDRESS:

1. STRATEGIES FOR SOLICITING INVOLVEMENT BY AND INPUT FROM PERSONS INTERESTED IN THE WELLNESS PLAN AND POLICY;
2. OBJECTIVES, BENCHMARKS, AND ACTIVITIES FOR IMPLEMENTING THE WELLNESS GOALS;
3. METHODS FOR MEASURING IMPLEMENTATION OF THE WELLNESS GOALS;
4. THE DISTRICT'S STANDARDS FOR FOODS AND BEVERAGES PROVIDED, BUT NOT SOLD, TO

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STUDENTS DURING THE SCHOOL DAY ON A SCHOOL
CAMPUS; AND

5. THE MANNER OF COMMUNICATING TO THE PUBLIC APPLICABLE INFORMATION ABOUT THE DISTRICT'S WELLNESS POLICY AND PLAN.

THE SHAC SHALL REVIEW AND REVISE THE PLAN ON A REGULAR BASIS AND RECOMMEND REVISIONS TO THE WELLNESS POLICY WHEN NECESSARY.

NUTRITION
GUIDELINES:
FOODS AND
BEVERAGES SOLD

~~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]~~

~~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];~~
- ~~2. Provide teachers with education and guidelines on the appropriate use of foods in the classroom;~~
- ~~3. Establish guidelines for school sponsored fund raising activities that involve serving or selling food; and~~
- ~~4. Require that healthy food and beverage options be included at conferences at school related events outside of the school day.~~

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. [SEE CO AND FJ]

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The below statement will
be moved to the next
title box.

WELLNESS GOALS

EDUCATION:
FOODS AND
BEVERAGES
PROVIDED

The following statement will be moved to the next section
(WELLNESS GOALS: NUTRITION PROMOTION AND
EDUCATION).

~~The District shall implement, in accordance with law, a coordinated
SCHOOL health program with a nutrition education component.
[see EHAB and EHAC] and shall use the approved K-12 health
curricula that emphasizes the importance of proper nutrition [see
EHAJ].~~

THE DISTRICT SHALL ESTABLISH STANDARDS FOR ALL
FOODS AND BEVERAGES PROVIDED, BUT NOT SOLD, TO
STUDENTS DURING THE SCHOOL DAY. THESE STANDARDS
SHALL BE ADDRESSED IN THE DISTRICT'S WELLNESS
PLAN.

ADDITIONAL

GUIDELINES

IN ADDITION, THE DISTRICT SHALL:

1. ESTABLISH GUIDELINES FOR SCHOOL-SPONSORED
FUND-RAISING ACTIVITIES THAT INVOLVE SERVING OR
SELLING FOOD; AND
2. REQUIRE THAT HEALTHY FOOD AND BEVERAGE
OPTIONS BE INCLUDED AT CONCESSIONS AT SCHOOL-
RELATED EVENTS OUTSIDE OF THE SCHOOL DAY.

Indicated statement
above to be moved
here :

*The District shall implement, in accordance with law, a coordi-
nated SCHOOL health program with a nutrition education
component. [see EHAB and EHAC] and shall use the approved
K-12 health curricula that emphasizes the importance of
proper nutrition [see EHAJ].*

WELLNESS GOALS
NUTRITION
PROMOTION AND
EDUCATION

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 DISTRICT ESTABLISHES THE FOLLOWING GOAL FOR
NUTRITION PROMOTION:

1. THE DISTRICT'S FOOD SERVICE STAFF, TEACHERS,
AND OTHER DISTRICT PERSONNEL SHALL
CONSISTENTLY PROMOTE HEALTHY NUTRITION
MESSAGES IN CAFETERIAS, CLASSROOMS, AND
OTHER APPROPRIATE SETTINGS.

THE DISTRICT ESTABLISHES THE FOLLOWING GOALS FOR
NUTRITION EDUCATION:

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1. THE DISTRICT SHALL DELIVER NUTRITION EDUCATION THAT FOSTERS THE ADOPTION AND MAINTENANCE OF HEALTHY EATING BEHAVIORS.
2. THE DISTRICT SHALL MAKE NUTRITION EDUCATION A DISTRICT-WIDE PRIORITY AND SHALL INTEGRATE NUTRITION EDUCATION INTO OTHER AREAS OF THE CURRICULUM, AS APPROPRIATE.
3. THE DISTRICT SHALL PROVIDE PROFESSIONAL DEVELOPMENT SO THAT TEACHERS AND OTHER STAFF RESPONSIBLE FOR THE NUTRITION EDUCATION PROGRAM ARE ADEQUATELY PREPARED TO EFFECTIVELY DELIVER THE PROGRAM.
4. THE DISTRICT SHALL ESTABLISH AND MAINTAIN SCHOOL GARDENS.

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

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 BDF, EHAA, EHAB and EHAC].

WELLNESS GOALS:
PHYSICAL ACTIVITY

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

1. ~~The District will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.~~
2. ~~Physical education classes will regularly emphasize moderate to vigorous activity.~~
3. ~~The District will encourage teachers to integrate physical activity into the academic curriculum where appropriate.~~
4. ~~Before school and after school physical activity programs will be offered and students will be encouraged to participate.~~
5. ~~Teachers and other school staff will receive training to promote enjoyable, life long physical activity for themselves and students.~~
6. ~~The District will encourage parents to support their children's participation to be active role models, and to include physical activity in family events.~~

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~~7. The District will encourage students, parents, staff, and community members to use the District's recreational facilities that are available outside of the school day. [See GKDJ]~~

~~The District will provide incentives such as certificates of improvement and fitness report cards for student participation in health-related fitness testing, as appropriate. THE DISTRICT ESTABLISHES THE FOLLOWING GOALS FOR PHYSICAL ACTIVITY:~~

1. THE DISTRICT 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.
2. THE DISTRICT SHALL PROVIDE APPROPRIATE STAFF DEVELOPMENT AND ENCOURAGE TEACHERS TO INTEGRATE PHYSICAL ACTIVITY INTO THE ACADEMIC CURRICULUM WHERE APPROPRIATE.
3. THE DISTRICT SHALL MAKE APPROPRIATE BEFORE-SCHOOL AND AFTER-SCHOOL PHYSICAL ACTIVITY PROGRAMS AVAILABLE AND SHALL ENCOURAGE STUDENTS TO PARTICIPATE.
4. THE DISTRICT SHALL MAKE APPROPRIATE TRAINING AND OTHER ACTIVITIES AVAILABLE TO DISTRICT EMPLOYEES IN ORDER TO PROMOTE ENJOYABLE, LIFELONG PHYSICAL ACTIVITY FOR DISTRICT EMPLOYEES AND STUDENTS.
5. THE DISTRICT SHALL ENCOURAGE PARENTS TO SUPPORT THEIR CHILDREN'S PARTICIPATION, TO BE ACTIVE ROLE MODELS, AND TO INCLUDE PHYSICAL ACTIVITY IN FAMILY EVENTS.
6. THE DISTRICT 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. [SEE GKDJ].
7. THE DISTRICT SHALL PROVIDE PHYSICAL EDUCATION CLASSES THAT REGULARLY EMPHASIZE MODERATE TO VIGOROUS ACTIVITY.

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SCHOOL-BASED
ACTIVITIES

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to PROMOTE AND express a consistent wellness message through other school-based activities:

1. ~~Sufficient time will be allowed~~ **THE DISTRICT SHALL ALLOW SUFFICIENT TIME** for students to eat meals in ~~unhealthy~~ CAFETERIA facilities that are clean, safe, and comfortable.
2. **THE DISTRICT SHALL PROMOTE** Wellness for students and ~~THEIR families will be promoted~~ at suitable school DISTRICT AND CAMPUS activities.
3. **THE DISTRICT SHALL PROMOTE** Employee wellness ~~education~~ **ACTIVITIES** and involvement ~~will be promoted throughout the~~ **AT SUITABLE District AND CAMPUS ACTIVITIES.**

IMPLEMENTATION

The Food and Nutritional Services Department under the leadership of its director and the ~~Curriculum and Instruction Department~~ **OFFICE OF HEALTH, WELLNESS AND PE** under the leadership of its ~~associate superintendent~~ **DIRECTOR** shall oversee the implementation of this policy and ~~shall develop administrative procedures for periodically measuring~~ the **DEVELOPMENT AND implementation** of the wellness ~~policy~~ **PLAN AND APPROPRIATE ADMINISTRATIVE PROCEDURES.**

EVALUATION

THE DISTRICT SHALL COMPLY WITH FEDERAL REQUIREMENTS FOR EVALUATING THIS POLICY AND THE WELLNESS PLAN.

PUBLIC NOTIFICATION

THE DISTRICT SHALL ANNUALLY INFORM AND UPDATE THE PUBLIC ABOUT THE CONTENT AND IMPLEMENTATION OF THE WELLNESS POLICY, INCLUDING POSTING ON ITS WEBSITE COPIES OF THE WELLNESS POLICY, THE WELLNESS PLAN, AND THE REQUIRED IMPLEMENTATION ASSESSMENT.

RECORDS RETENTION

THE DISTRICT SHALL RETAIN ALL REQUIRED RECORDS ASSOCIATED WITH THE WELLNESS POLICY, IN ACCORDANCE WITH LAW AND THE DISTRICT'S RECORDS MANAGEMENT PROGRAM. [SEE CPC AND FFA (LEGAL)]

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ADOPTED: