

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

GENERAL
REQUIREMENTS

As required by law and Board policy, the District shall establish and maintain a wellness program through nutrition education, physical activity, and other school-based activities, with involvement of student representatives, parents, Board, school food service, school administration, and the public.

For additional information regarding:

School Health Advisory Council (SHAC), see BDF(LEGAL) and EHAA(LEGAL);

Coordinated Health Programs for elementary students, see EHAB (LEGAL);

Coordinated Health Programs for middle and junior high school and grades 9–12 students, see EHAC(LEGAL); and

To promote a healthier nutrition environment in schools, see CO(LEGAL) and (LOCAL) and the ~~Texas Public School Nutrition Policy (TPSNP)~~ **NATIONAL SCHOOL LUNCH PROGRAM** at www.squaremeals.org.

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COMMUNICATION
PARENT OR
GUARDIAN

Each campus will support the District's efforts to promote healthy eating and daily physical exercise by educating parents/guardians, staff, and community through seminars, take-home information, and information posted on District or campus Web sites.

~~At the beginning of each school year, the SHAC will provide lists and guidance related to, but not limited to, the following issues:~~

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1. Healthy food ideas ~~sales in vending machines and for fundraising;~~ **AND NON-FOOD IDEAS** for after school
2. Healthy food ideas for celebrations or parties;
3. Nonfood rewards;
4. Physical activity goals, suggestions, and programs before, during, and after school;
5. Hydration and healthy habits; and
6. Wellness issues.

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COMMUNITY HEALTH
RESOURCES

The District program shall maintain liaisons with community health resources.

Lists of these resources will be posted on the District's Web site.

The below statement will be moved to the section after NUTRITION GUIDELINES: FOODS AND BEVERAGES SOLD/PROVIDED

NUTRITION EDUCATION PROMOTION AND EDUCATION

The below statement will be moved to the section after NUTRITION GUIDELINES: FOODS AND BEVERAGES SOLD/PROVIDED

~~The District shall endeavor to teach, encourage, and support healthy eating by students and staff. Schools will provide nutrition education that:~~

- ~~• Is offered at each grade level as part of a sequential, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;~~
- ~~• Permeates the entire instructional program including classroom instruction in subjects such as math, science, language arts, social science, and elective subjects;~~
- ~~• Includes activities that are enjoyable, developmentally appropriate, culturally relevant, and participatory, such as art displays, contests, taste testing events, farm visits, and school gardens;~~
- ~~• Promotes fruits, vegetables, low sugar products, whole grains products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;~~
- ~~• Emphasizes caloric balance between food intake and energy expenditure, i.e., physical activity or exercise;~~
- ~~• Links with school meal programs, other school foods, and nutrition-related community services;~~
- ~~• Teaches media literacy with an emphasis on food marketing; and~~
- ~~• Includes teacher and staff training.~~

FOODS / BEVERAGES SOLD IN SCHOOLS

NUTRITION GUIDELINES: FOODS AND BEVERAGES SOLD AND NUTRITION GUIDELINES: FOODS AND BEVERAGES PROVIDED

School-based marketing and sales will be consistent with District nutrition education and health promotion. Schools will limit food and beverage marketing and/or sales to those that meet the ~~TPSNR standards~~ **USDA SMART SNACK GUIDELINES** established for meals or for foods and beverages sold ~~individually~~ **DIRECTLY OR INDIRECTLY TO STUDENTS**. School-based marketing of brands promoting predominantly low-nutrition foods and beverages will be prohibited. Ongoing availability of healthy foods and beverages, including water, fruits, vegetables, whole grains, and low-fat dairy products will be encouraged. See policy CO(LEGAL) and (LOCAL).

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~~INTEGRATING~~
WELLNESS GOALS:
~~PHYSICAL ACTIVITY~~
~~INTO CLASSROOM~~
~~SETTINGS~~
INTEGRATED
CLASSROOM
PHYSICAL ACTIVITY

To embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the required physical education classes. Accordingly:

- Classroom health education must complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.
- Opportunities for physical activity will be incorporated into other subject lessons.
- Classroom teachers will provide short physical activity breaks between lessons or classes.
- Campuses must discourage extended periods (i.e.: two hours or more) of physical inactivity. When events such as mandatory schoolwide testing make it necessary for students to remain indoors for long periods of time, students will be given periodic breaks during which they are encouraged to stand and be moderately active.

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~~PHYSICAL ACTIVITY~~
~~OPPORTUNITIES~~
DAILY PHYSICAL
EDUCATION

Students in ~~K~~ kindergarten–grade 5, including students with disabilities, special health-care needs, and in alternative educational settings, will receive a minimum of 30 minutes of daily health/physical education or its equivalent of 150 minutes per week throughout the school year.

Students in grades 6–8 will receive daily opportunities for physical activity before, during, or after school as outlined in local policy. All students will meet health and physical education time requirements outlined by the District and directed by the Texas Education Code.

Students in grades 9–12 must meet statutory health/physical education requirements. See EIF(LEGAL)

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DAILY RECESS

Elementary students will have at least 20 minutes of supervised recess each school day, preferably outdoors, during which time the campus should promote moderate to vigorous physical activity by providing space, equipment, and verbal encouragement.

BEFORE AND
AFTER SCHOOL

All elementary, middle, and high schools will offer extracurricular programs, such as physical activity clubs or intramural programs. High schools and middle schools will offer interscholastic sports programs. Campuses will offer a range of activities that meet the needs, interests, and abilities of all students, including students with disabilities and students with special health-care needs.

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PHYSICAL ACTIVITY
AS PUNISHMENT

Teachers and other school and community personnel will not use physical activity (e.g.: running laps or pushups) as punishment, nor will they withhold opportunities for physical activity (e.g.: recess, physical education) as disciplinary measures.

HEALTH-RELATED
FITNESS TESTING

District students in physical education classes will participate in health-related fitness testing on an annual basis. The District will collect data from selected grade levels in order to make curricular and programmatic improvements.

The below statements will be moved to the NUTRITION GUIDELINES: PROMOTION AND EDUCATION section above.

~~FOODS AND
BEVERAGES ON
CAMPUS~~

~~• Campuses will encourage students to start the day with a healthy breakfast through a variety of means including news-letters and take-home information.~~

~~BREAKFAST~~

~~• The District/campus will arrange bus schedules and use methods to serve school breakfasts that encourage participation.~~

SCHOOL MEALS

~~Campuses will use electronic identification and payment systems, promote the availability of school meals to all students, and/or use nontraditional methods for serving school meals, as necessary.~~

SNACKS

~~If eligible, the campuses that provide snacks through after school programs will pursue receiving reimbursements through the National School Lunch Program. See CO(LOCAL).~~

HYDRATION

~~Hydration is an important factor in student health. Students will be allowed access to water during the school day and will be allowed to drink bottled water in the classroom. Sponsors and coaches for extracurricular activities (including band, intramurals, and inter-scholastic athletics) will provide, encourage, and mandate water breaks.~~

BATHROOM BREAKS

Bathroom breaks will be allowed as needed so the health of the student is not compromised.

REWARDS AND
PUNISHMENTS

Campuses will use nonfood items as rewards. Campuses will not withhold school meals as punishment.

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~~SCHOOL EVENTS CLASSROOM CELEBRATIONS~~

~~The below statement will be moved to the section NUTRITION GUIDELINES: FOODS AND BEVERAGES SOLD/PROVIDED above.~~
~~The Texas Public School Nutrition Policy allows a policy exemption during the school day as follows: Students may be given foods with minimal nutritional value (FMNV), candy items, or other restricted foods during the school day for up to three different events each school year as determined by the District. During these events, FMNV may not be given during meal times in the areas where school meals are being served or being consumed, and regular meal service (breakfast and lunch) must continue to be available to all students in accordance with federal regulations. **FOODS THAT MEET THE USDA SMART SNACK GUIDELINES CAN BE GIVEN OUT AT ANY TIME AT CAMPUS DISCRETION.**~~

~~SCHOOL SPONSORED EVENTS~~

~~The below statement will be moved to the section NUTRITION GUIDELINES: FOODS AND BEVERAGES SOLD/PROVIDED~~
~~Foods and beverages offered or sold at school-sponsored events (such as, but not limited to, athletic events, dances, or performances) outside the school day are encouraged to meet the current nutrition standards outlined in current Texas Public School Nutrition Policy. **THE USDA SMART SNACK GUIDELINES.**~~
~~Foods and beverages sold for fundraising, either through organizations or vending machines, are encouraged to meet the District's SHAC healthy snack guidelines.~~

~~**ALL FOOD SOLD OR MADE AVAILABLE TO STUDENTS DURING THE SCHOOL DAY MUST MEET SMART SNACK AND BEVERAGE RULES TO INCLUDE:**~~

- ~~• **VENDING MACHINES, SCHOOL STORES, FUND RAISERS DURING THE SCHOOL DAY**~~
- ~~• **FOOD USED FOR INSTRUCTIONAL PURPOSES EXCEPT FOR FOOD LABS AND CULTURAL EVENTS**~~
- ~~• **ELEMENTARY – NO COMPETITIVE FOODS DURING REGULAR AND EXTENDED SCHOOLS DAY**~~
- ~~• **MIDDLE SCHOOL – NO COMPETITIVE FOOD UNTIL 30 MIN AFTER LAST LUNCH PERIOD**~~
- ~~• **HIGH SCHOOL – NO SALES DURING MEALS**~~

~~**THE DISTRICT WILL ALLOW 6 EXEMPTION DAYS WHERE CAMPUSES CAN SALE FOODS THAT DO NOT MEET USDA SMART SNACK GUIDELINES.**~~

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MEAL TIMES

The campus will:

- Provide a pleasant eating environment that does not socially isolate individual students;
- Provide students with at least ten minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Schedule meal periods at appropriate times, i.e., lunch between 11:00 a.m. and 1:00 p.m.;
- Not schedule tutoring, club, organizational meetings, or activities during mealtimes, unless students are allowed to eat during such activities;
- Schedule elementary school lunch periods to follow recess periods when possible; and
- Take reasonable steps to accommodate postmeal tooth-brushing regimens of students with special oral health needs, e.g., orthodontia or high tooth decay risk.

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HAND WASHING

Hand washing is an important component of student health because it reduces the spread of communicable diseases and reduces absenteeism. It will be the responsibility of the classroom teacher to provide access to hand washing or hand sanitizing before each meal or snack.

MEASUREMENT AND EVALUATION

Each campus coordinated school health leadership team is responsible for an annual evaluation. Utilization of the **ALLIANCE FOR A HEALTHIER GENERATION HEALTHY SCHOOLS PROGRAM INVENTORY** school health index from the Centers for Disease Control (CDC) is encouraged. **REQUIRED.** www.cdc.gov

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