

**General
Requirements**

As required by law and Board policy, the District will 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 National School Lunch Program at <http://www.squaremeals.org>.

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 websites.

The SHAC will provide lists and guidance related to, but not limited to, the following issues:

1. Healthy food ideas and non-food ideas for fundraising;
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.

**Community Health
Resources**

The District program will maintain liaisons with community health resources.

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

Nutrition Guidelines

Foods and
Beverages Sold
and 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 USDA Smart Snack guidelines established for meals or for foods and beverages sold 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).

Wellness Goals

Physical Activity

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

Integrated Classroom Physical Activity

- 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.

Daily Physical Education

Students in 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)]

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.

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.

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.

Classroom Celebrations

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 Snacks guidelines can be given out at any time at campus discretion.

School-Sponsored Events

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 USDA Smart Snacks guidelines.

All food sold or made available to students during the school day must meet Smart Snacks and beverage rules to include:

- Vending machines, school stores, fundraisers during the school day;
- Food used for instructional purposes except for food labs and cultural events;
- Elementary: No competitive foods during regular and extended school days;
- Middle school: No competitive food until 30 minutes after the last lunch period; and

- High school: No sales during meals.

The District will allow six exemption days where campuses can sell foods that do not meet USDA Smart Snacks guidelines.

**Measurement and
Evaluation**

Each campus wellness team is responsible for an annual evaluation. Utilization of the Alliance for a Healthier Generation Healthy Schools Program inventory required.