

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 establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations [see CO].</p>
Wellness Goals	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]. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
Nutrition Education	
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 goals for physical activity:</p> <ol style="list-style-type: none">1. Physical education classes will regularly emphasize moderate to vigorous activity.2. Before-school and after-school physical activity programs will be offered and students will be encouraged to participate.3. Teachers and other school staff will receive training to promote enjoyable, life-long physical activity for themselves and students.4. The District will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

**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 will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.
2. Wellness for students and their families will be promoted at suitable school activities.
3. Employee wellness education and involvement will be promoted at suitable school activities.

Implementation

The District nursing staff shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.