

1. WELLNESS PLAN The District shall follow state and federal 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.

2. GUIDELINES AND GOALS The District shall maintain nutritional guidelines and wellness goals in consultation with the local school health advisory committee (SHAC) and with representatives of the district child nutrition department, school administration, the school board, parents and the public. Part of the mission of the district is to improve the health of the entire community by teaching students and families ways to establish and maintain life-long healthy eating and physical activity habits. The mission shall be accomplished through nutrition education, physical education and activity and food served in our schools.

3. NUTRITION GUIDELINES

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 Healthy Hunger Free Kids Act of 2010.

Comply with all policies in Healthy Hunger Free Kids Act as well as any applicable Texas regulations.

Encourage healthy food and beverage options at concessions at school-related events outside of the school day.

Continued implementation the following:

- No utilization of deep fat frying in schools
- No Sodas (diet or regular) can be sold during any part of the school day
- All food related fundraisers done during the school day must be compliant with “Competitive Food Restrictions” listed below

Fundraiser/Competitive Foods Restrictions

- May not serve competitive foods to students anywhere on school premises from 30 min before school until 30 min after school unless it is one of the exempted fundraiser noted on the Wellness Plan.

Birthday Party Celebrations:

- While we recommend all birthday celebrations be non-food based (due to the increased number of child allergies, etc), we leave this at the principal’s discretion.
- We request that all birthday party celebrations that include food be restricted to after lunch to ensure that students have access to their nutritious meal prior to birthday snacks.

Definitions

- Competitive Foods – Foods and beverages sold or made available to students that compete with the school’s operation of the NSLP, SBP, and/or ASCP. This definition includes, but is not limited to, food and beverages sold or provided in vending machines, in school stores, or as part of school fundraisers. School fundraisers include food sold by school administrators or staff, students or student groups, parents or parent groups, or any other person, company or organization. This does not pertain to food items made available by the school food service department.
- NSLP – National School Lunch Program
- School Day – The school day begins with the start of the school breakfast period and continues until the end of the last instruction period of the day (last bell).
- SBP – School Breakfast Program

NUTRITION EDUCATION

The district shall implement, in accordance with the law, a coordinated school health program with a nutritional education component and shall use health course curriculum that emphasizes the importance of proper nutrition.

Nutrition Education shall include:

1. Nutrition messages promoted throughout the school, including the cafeteria and classrooms.
2. Nutrition education available to families, including healthy food preparation, risk factors for poor nutrition, and inactivity.

PHYSICAL ACTIVITY

The District shall implement, in accordance with law, a coordinated school health program and that the state-mandated time for daily/weekly physical education is provided. Students in high school shall meet the physical education component as required for graduation. 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.

Time allotted for moderate to vigorous physical activity will be consistent with state standards and district board policy and regulations, to include at a minimum:

Elementary (K-5); 30 minutes daily or 135 minutes weekly

Middle School (6-7): 30 minutes daily for four semesters;

Physical Education will be offered to 8th graders as an elective and students will be encouraged to participate.

High School (9-12): 2- ½ credits (1.0 credits total) of physical education. Exemptions for middle and high school will be in accordance with District Board Policy and State mandates.

Schools will not remove or pull students from Physical Education classes unless for administrative reasons such as discipline or counseling issues.

All Physical Education courses will be taught by state-certified physical education instructors who will participate in professional staff development opportunities that are aligned with district requirements.

Physical Education classes will have student/teacher ratio similar to others:

Elementary Maximum: 1 teacher to 45

Middle School maximum: 1 teacher to 45 students

High School maximum: 1 teacher to 45 students

The SHAC recommends that all elementary campuses have recess before lunch. Benefits of having recess before lunch include: better behavior on the playground in the cafeteria and in their afternoon classes. In addition, there is less food waste, increased beverage consumption and an improved cafeteria atmosphere.

The district will encourage parents to support their children's participation, to be active role models, and to include physical activity events.

Schools are encouraged to hold family events that will promote the benefits of physical activity and healthy lifestyle choices. Information will be provided to families to help them make healthy choices and incorporate physical activity into their daily routines.

The district will encourage students, parents, staff and community members to use the district's recreational facilities as available.

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. Schools will set schedules that allow a minimum of 10 minutes to eat breakfast and 20 minutes to eat lunch. This time will not include the time a student waits in line.
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.

HEALTH EDUCATION

Health Education is a component of the Coordinated School Health Model, which consists of a planned, sequential, K-12 curriculum that addresses the physical, mental, emotional and social dimensions of health. The curriculum is designed to motivate and assist students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors. It allows students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills, and practices. The comprehensive health education curriculum includes a variety of topics such as personal health, family health, community health, consumer health, environmental health, mental and emotional health, injury prevention and safety, nutrition, prevention and control of disease, and substance use and abuse. Qualified, trained teachers provide health education. We continually review the state and national standards for the current updates and research.



WISD has adopted Catch as the coordinated school health curriculum for K-8. This program provide lessons and ideas for teachers on teaching our students the state curriculum.

HEALTH SERVICES

The District shall provide quality health screening and services to students at all levels. Goals shall include:

1. Providing vision, hearing, and spinal scoliosis screenings per state law.
2. Teaching prevention and developmental health.

3. Providing automatic external defibrillators at all schools and District buildings. Assigned staff shall be trained in CPR and AED.
4. Providing licensed nurses at all schools.
5. Recommends stocking Epi pens and albuterol at all campuses for emergency use and contracting with local MD as EMS-ISD Medical Consultant.
6. Recommends Fire, Tornado, Emergency and Lockdown drills on each campus.

GUIDANCE AND COUNSELING

The District shall help students develop positive, decision-making skills related to health and wellness in order to maximize education opportunities to function, contribute, and compete in a changing world.

Counselors shall provide:

1. Classroom guidance aligned to the K–12 guidance curriculum model and based upon the TEA-mandated “7 Skills” (i.e. decision making and problem solving, responsible behavior, communication, cross-cultural effectiveness, interpersonal effectiveness, motivation to achieve, and self-confidence development).
2. Responsive services which may include group and individual counseling, coordination of services and /or referral to external agencies as needed.
3. Individualized student planning which includes goal-setting, transitional services between grade levels, college and career investigation, and course selection and graduation planning.

The district will be encouraged to provide a system support which includes relevant training for teachers and parents along with program evaluation to ensure quality and effectiveness.

SCHOOL FACILITIES

The District shall make school spaces and facilities available for exercise and recreation to students, staff and community members after school, on weekends, and during school vacations.

Availability of facilities shall be in accordance with Board policy.

Examples of available school spaces include:

1. Playgrounds and field spaces at elementary schools.
2. Outdoor spaces at middle schools and high schools, such as tracks, fields, and tennis courts.

STAFF WELLNESS

School staff shall serve as role models for students and are the key to successful implementation of student wellness programs. Therefore, the District and its schools shall offer staff wellness

programs and/or opportunities for staff to participate in staff wellness programs. These may include workshops and presentations on health promotion, education, and resources that shall enhance morale, encourage healthy lifestyles, prevent injury, reduce chronic disease, and foster exceptional role modeling.

Monitoring and Implementation:

The SHAC Committee shall oversee this policy and periodically review the implementation of the wellness policy with input from: Health Services, Child Nutrition Department and the Director of Health and Physical Education. The responsible party at the campus for implementation of the local wellness policy will be the principal.