

# Walnut Springs ISD

## School Wellness Policy

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.

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.

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.

In addition to legal requirements, the District shall:

1. Establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations;
2. Provide teachers with education and guidelines on the use of food as a reward in the classroom; and
3. Establish guidelines for school-sponsored fund-raising activities that involve serving or selling food.

The Coordinated School Health Plan outlines goals in the following categories and follows this wellness plan:

- Counseling Services
- Family and Community Involvement
- Health Promotion for Staff
- Health Services
- Healthy School Environment
- Nutrition Services
- Physical Education,

### **Stakeholder Engagement**

The following stakeholders will be utilized in the development, approving, and implementation of the Walnut Springs ISD School Wellness Policy:

- Administrators – superintendent and principal
- Community members

- Parents
- Representative of the board of trustees
- School Nurse
- School nutrition staff
- Students

### **Nutrition Education**

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].

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

4. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
5. Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
6. The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.
7. Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.
8. The Texas Public School Nutrition Policy will be distributed to classroom teachers as a guideline.

### **Physical Activity**

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.

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. 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.

## **School-Based Activity**

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.
4. Classroom parties and birthday celebrations may be celebrated the classroom. Food items cannot be provided to students in the cafeteria during meal service times. The district shall follow the current guidelines of the Texas Public School Nutrition Policy and Board Policy in the event of a conflict.
5. Fundraising through sales of foods and beverages that could be consumed during the school day shall meet the requirements for competitive foods unless the District allows an exception from the competitive food requirement, as permitted by state and federal law. Fundraising will not be allowed during class time.
6. Concession stands, implemented by the district, will serve healthy food options. The purchaser of the items will be informed that some items must be contain a healthy alternative.

## **Marketing**

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.

Walnut Springs ISD does not allow marketing information displays on the school campus.

## **Implementation**

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

## **Triennial Assessment**

The School Health Advisory Committee (SHAC) shall assess the effectiveness of the Wellness Policy at least every three years. The first Triennial Assessment will take place by June 2020 and every three years following. The committee shall address:

1. Compliance with its Wellness Policy

2. Alignment to the resources of the School Nutritional Environment and Wellness Resources website – <http://healthymeals.nal.usda.gov/school-wellness-resources-2>.
3. Progress of attaining the Wellness Plan goals.

Assessments will be distributed to the public via the district website.

### **Responsibilities**

Development of the Wellness Policy is the responsibility of the SHAC. Implementation is the responsibility of the teachers and staff. The SHAC will assess and update the Wellness Policy annually and as needed within a three year timeframe.