

**Wellness**

The District recognizes the well-being of our children, families, and staff as a critical component of accomplishing our vision of: One Challenge, One Community, One Commitment. It is the goal of the District to substantially improve the well-being of the community by advancements in student health and the reduction of childhood obesity. It is our belief that through structured nutrition and physical education activities, we can help individuals in our District and our community at large address and improve their eating habits and overall nutrition, as well as increase opportunities for more physical 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] The goals outlined below serve as a starting point for the District and shall continue to be modified based on evaluation results and the ever-changing needs of the community as it continues to show constant growth.

The District school health advisory council (SHAC) shall address nutrition and physical activity issues and shall develop, implement, and evaluate guidelines that support a healthy school nutrition environment. This committee shall offer revisions to these guidelines at a minimum annually. Principals with assistance and guidance from the child nutrition director and the SHAC shall address concerns related to the kinds of foods available, sufficient mealtime for children, nutrition education, and physical activity at their respective campuses.

**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 Texas Public School Nutrition Policy. [See CO]

In addition to legal requirements, the District shall:

1. Require school food service staff to have a current food handler certification;
2. Have standardized recipes and Hazard Analysis Critical Control (HACCP) compliant standard operating procedures to ensure food safety and food quality is maintained at all times;
3. Encourage parents at all elementary schools not to bring in Foods of Minimal Nutritional Value (FMNV);
4. Place suggestion boxes in each cafeteria to allow feedback from students and parents;

5. Develop a Districtwide six-week cycle menu through a menu-planning committee in the spring of each year, which shall include students, parents, food service staff, and principals or designees. The menu-planning committee shall meet at the end of the first semester to review any necessary changes based on student feedback. The menu shall be presented to the Board annually;
6. Ensure that snack bars increase nutritious options available for purchase; and
7. Ensure that meals and/or snacks served at all District staff meetings include more nutritious options.

**Wellness Goals**

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:

1. Students in prekindergarten through grade 12 shall receive weekly nutrition education during health classes that teaches them about healthy eating behaviors. Teachers shall also be encouraged to integrate nutrition education into core curriculum areas such as mathematics, science, social studies, and language arts as applicable and feasible.
2. The District curriculum office shall incorporate nutrition topics into its in-service materials for teaching staff and principals prior to the commencement of the upcoming school year, and throughout the school year to ensure current information is shared with teachers, and therefore students, on a timely basis. Additionally, nutrition information shall be incorporated as needed into faculty meetings to help with dissemination of relevant nutrition information.
3. The child nutrition director shall assist in the development of in-service materials. Nutrition education shall be offered in each school cafeteria, presented through handouts and posters. Positive nutrition messages that support healthy eating habits and current events in nutrition shall be encouraged in classrooms through the use of posters, videos, Web sites, Tiger Vision, etc.
4. The District shall participate in nutrition programs and conduct nutrition education activities and promotions that involve students, parents, and the community. The school nutrition team responsible for these activities shall be composed of a school

administrator, school nurse, health teacher, counselor, and physical education coach.

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 [see BDF, EHAB, and EHAC].

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 parents to support their children's participation, to be active role models, and to include physical activity in family events.
4. The District will encourage students, parents, staff, and community members to use, at their own risk, the District's recreational facilities that are available outside of the school day. [See GKD]
5. The District will encourage all elementary children to have recess before lunch beginning in the 2006–07 school year.
6. The District will continue to support the availability of physical activity classes and availability of sports equipment in after-school programs.
7. The District will attempt collaborations with local sports entities to promote Valley View Night Events and/or presentations at PTO functions.

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 facilities that are clean, safe, and comfortable. The minimum eating time for each child after being served will be ten minutes for breakfast and 20 minutes for lunch.

2. Students will receive both verbal and nonverbal positive messages related to healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.
3. Healthy eating and the importance of physical activity will be actively promoted to students, parents, teachers, administrators, and the community at PTO meetings, open houses, health fairs, etc.

**Implementation**

The school nutrition team composed of a school administrator, school nurse, health teacher, counselor, and physical education coach shall oversee the implementation of this policy on each campus and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.

Additionally, quarterly SHAC meetings shall be held to address implementation and subsequent follow-up to this policy. A survey will be provided to parents, students, and staff to evaluate their current level of physical activity and nutrition education, including nutritious food options consumed. This will be a part of the Districtwide annual survey to reassess the District's wellness policy in April of each year.