



Wall Independent School District

Local Wellness Policy

Wellness

Wall ISD 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 activities.

Development of Guidelines and Goals

Wall ISD has developed nutritional guidelines and wellness goals in consultation with the local school health advisory council and with the involvement of student representatives, school food service, school administration, board of trustees, parents, and community members.

Nutritional Guidelines

Wall ISD shall ensure that nutritional 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 USDA National Competitive Foods Policy and Smart Snack.

Wellness Goals: Nutrition Education

Wall ISD shall implement, in accordance with the law, a coordinated health program with a nutrition education component and shall use a curriculum and presentations supporting a healthy lifestyle through proper nutrition and exercise.

Nutrition and Wellness goals are developed through shared vision among all staff and SHAC members.

1. Students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. Nutrition education will be a district-wide priority and will be integrated into other areas of the curriculum, as appropriate.
3. The food service staff, teachers, and other school personnel will coordinate the promotion of nutritional messages in the cafeteria, the classroom, and other appropriate settings.
4. Educational nutrition information will be shared with families when available and appropriate to positively influence the health of students and community members.

5. School foodservice staff will be properly trained and or qualified to current professional standards and will regularly participate in professional development activities and classes administered by the Child Nutrition Program.
6. Food safety will be a key part of the school food service program.
7. Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the Texas Department of Agriculture.

Wellness at Wall ISD

Wall ISD will promote the general wellness of students, staff, and families through nutrition education, physical activity opportunities, and school activities.

Physical activity through a strong physical education program in the elementary and a strong athletic program on the secondary campuses is the biggest mechanism for promoting an active healthy lifestyle. With more than 80% of our students participating in an athletic program Wall ISD is confident that our students are engaging in the physical fitness required to maintain a healthy mind and body. The school facilities such as the track and weight room are open to the public after school hours for community use to encourage community physical health and exercise.

Wall ISD also promotes wellness by offering healthy food choices for breakfast and lunch each day in the cafeteria. A flu shot clinic is available for students, staff, families, and residents each fall.

Note: Wall ISD utilizes the local school health advisory council (SHAC) to work on behalf of the District to review and consider evidence-based strategies and techniques in order to develop and implement nutrition guidelines and wellness goals as required by state and federal law.

Foods of Minimal Nutritional Value that may not be served during the school day.

Foods of Minimal Nutritional Value: Refers to the four categories of foods and beverages (soda water, water ices, chewing gum, and certain candies.

Foods of Minimal Nutritional Value Policy Exemptions:

- School Nurse-
- Accommodating Students with Special Needs
- School Events-Elementary Campus: Wall Elementary designates Christmas and Valentines Day for policy exemptions.
- Instruction Use of Food in the classroom
- Field Trips
- Athletic, UIL, Extracurricular Activities.

This policy does not restrict what parents may provide for their own child's lunch or snacks. Parent may provide FMNV or candy items for their own child's consumption.