

Wellness Policy and Plan

P.E. Policy

The District shall require students in kindergarten through grade 5 to participate in moderate or vigorous daily physical activity for at least 30 minutes throughout the school year, as part of the District's physical education program or through structured activity during a campus's daily recess.

If the District determines, for any particular grade level, that requiring moderate or vigorous daily physical activity is impractical due to scheduling concerns or other factors, the District may as an alternative require a student in that grade level to participate in moderate or vigorous physical activity for at least 135 minutes during each school week.

The District must provide an exemption for a student who is unable to participate in the required physical activity because of illness or disability.

No Smoking Policy

The Board shall prohibit students from smoking, using, or possessing tobacco products at a school-related or school-sanctioned activity on or off school property.

Wellness Policy

Meadow I.S.D.

FFA (LOCAL): STUDENT WELFARE: Wellness and Health Services

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 nutritional 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

The District 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 the Texas Public School Nutrition Policy. [See CO]

Provide teachers with education and guidelines on the use of food as a reward in the classroom.

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].

Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Nutrition education will be a District-wide priority and will be integrated into other areas of the curriculum, as appropriate.

Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned. 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.

Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.

WELLNESS GOALS: 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 EHAB and EHAC].

In addition, the District establishes the following goals for physical activity:

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.

Physical education classes will regularly emphasize moderate to vigorous activity.

WELLNESS GOALS: SCHOOL-BASED ACTIVITIES

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and express a consistent wellness message through other school-based activities:

Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.

Wellness for students and their families will be promoted at suitable school activities.

IMPLEMENTATION

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