

STUDENT WELFARE:  
WELLNESS AND HEALTH SERVICES

FFA  
(LOCAL)

---

**WELLNESS**                      The District shall follow nutritional guidelines that advance student health and reduce childhood obesity and shall promote the general welfare 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 with representatives of the student body, school food services, school administration, the Board, instructional personnel, 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)

In addition to legal requirements, the District shall:

1. Establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations (see CO);
2. Provide teachers with education and guidelines on the use of food as a reward in the classroom;
3. Establish guidelines for school-sponsored fund-raising activities that involve serving or selling food; and,
4. Require that health food and beverage options be included at concessions at school-related events outside the school day.

**WELLNESS GOALS: NUTRITION EDUCATION**                      The District shall implement, in accordance with law, a coordinated health program with a nutritional 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 will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

2. Nutrition education will be a Districtwide priority and will be integrated into other areas of the curriculum, as appropriate.
3. Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
4. The food services staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in cafeterias, classrooms, and other appropriate settings.
5. 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:

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. Before-school and after-school physical activity programs will be encouraged and students will be urged 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 active role models, and to include physical activity in family events.
7. The District will encourage students, parents, staff, and community members to use the District's recreational facilities that are available outside of the school day. (See GKD)

WELLNESS  
GOALS: 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 cafeteria 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.

**IMPLEMENTATION** The Superintendent's Office shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.

---

DATE ISSUED: UPDATE  
FFA(LOCAL)

**Action Item #7: Approve Wellness Plan**

A motion by Joe Hubbard and Seconded by Aaron Ragland to approve and adopt the Wellness Plan as presented. Motion carried 6-0

---

WELLNESS AND HEALTH SERVICES  
CARE PLANS

FFAF  
(LOCAL)

FOOD ALLERGY  
MANAGEMENT PLAN

The District shall develop and implement a student food allergy management plan that includes the components below.

GENERAL  
PROCEDURES

Procedures to limit the risk posed to students with food allergies shall include:

1. Specialized training for employees responsible for the development, implementation, and monitoring of the District's food allergy management plan.
2. Awareness training for employees regarding signs and symptoms of food allergies and emergency response in the event of an anaphylactic reaction.
3. General strategies to reduce the risk of exposure to common food allergens.
4. Methods for requesting specific food allergy information from a parent of a student with a diagnosed food allergy. [See FD]
5. Annual review of the District's food allergy management plan.

STUDENTS AT RISK  
FOR ANAPHYLAXIS

Procedures regarding the care of students with diagnosed food allergies who are at risk for anaphylaxis shall include:

1. Development and implementation of food allergy action plans, emergency action plans, individualized health-care plans, and Section 504 plans, as appropriate.
2. Training, as necessary, for employees and others to implement each student's care plan, including strategies to reduce the student's risk of exposure to the diagnosed allergen.
3. Review of individual care plans and procedures periodically and after an anaphylactic reaction at school or at a school-related activity.

DISTRIBUTION

Information regarding this policy and the District's food allergy management plan shall be distributed annually in the student handbook and made available at each campus.