

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(LOCAL)

PURPOSE	The Fort Bend ISD wellness policy exists to develop a culture where students can reach their full potential in a climate that promotes students' learning, leadership, and well-being. Students shall be inspired and equipped with skills to make healthy life choices about nutrition, health, and physical activity during their years in Fort Bend ISD and throughout their lives.
WELLNESS PLAN	The District shall develop a wellness plan 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 wellness plan shall address wellness goals as described herein regarding nutrition education, nutrition promotion, marketing food and beverages to students, physical activity, and school-based activities. [See BDF, EHAA, and FFA(REGULATION)]
GUIDELINES	<p>The District shall follow wellness and nutrition guidelines that advance student health and reduce childhood obesity. The District's wellness plan shall promote the general wellness and safety of all students through nutrition education, physical activity, and other school-based activities. School-based activities shall include, but not be limited to, bullying prevention, social-emotional competency, mental health competency, and interpersonal communication skills.</p> <p>The District shall ensure that nutrition guidelines for reimbursable school meals should at least meet the minimum guidelines for the federal regulations and guidance and that all foods sold on each campus during the school day are in accordance with District, state, and federal standards. [See CO(LEGAL)]</p>
WELLNESS GOALS	<p>In addition to legal requirements, the District shall:</p> <ul style="list-style-type: none">• Establish age-appropriate guidelines for food and/or beverages provided, but not sold to, students during classroom parties, classroom snacks, school celebrations or events. [See CO(LEGAL) and FFA(REGULATION)]• Provide all instructional staff with education and guidelines on the appropriate use of foods in the classroom. [See FFA(REGULATION)]
NUTRITION EDUCATION	<p>The District establishes the following goals for nutrition education:</p> <ol style="list-style-type: none">1. Students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.2. Nutrition education shall be age-appropriate and reflect the diversity within the school environment.

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3. Nutrition education shall be a District-wide priority and shall be integrated into other areas of the curriculum, as appropriate.
4. Educational nutrition information shall be shared with families and the public to positively influence the health of students and community members.

NUTRITION
PROMOTION

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage participation in school meal programs. Students and staff shall receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students, and is most effective when implemented consistently through a comprehensive and multi-channel approach by school and instructional staff, parents, students, and the community.

The District shall promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion shall occur through at least:

1. Implementing evidence-based, healthy food promotion techniques;
2. Ensuring that foods sold to students during the school day meet all District, state, and federal standards; and
3. Ensuring that food service staff, all instructional staff, and other school personnel coordinate the promotion of nutrition messages in the cafeteria, classroom, and other appropriate settings.

MARKETING
FOOD AND
BEVERAGES TO
STUDENTS

The District shall establish guidelines for school-sponsored fundraising activities and concessions at school-related events that involve selling or serving food. The District shall be committed to providing an environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health, and physical activity. It is the intent of the District to protect and promote students' health by permitting advertising and marketing consistent with the District's wellness policy. Marketing and advertising for any foods or beverages intended for consumption during the school day shall be items that meet all state and federal nutrition standards [see CO(LEGAL) and FFA(REGULATION)].

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].

PHYSICAL ACTIVITY

The District shall provide opportunities and support for all students to be physically active on a regular basis and to develop the skills, behaviors, and confidence needed to lead a physically active life.

The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

1. Elementary-aged students shall participate in a minimum of 135 minutes of structured physical activity weekly as required by Texas Education Code 28.002(I). Students shall not be denied participation in physical activities conducted during the minimum time requirement.
2. In addition, elementary campuses shall provide unstructured recess on a daily basis. Unstructured recess time may not count toward the 135 minutes of required structured physical activity.
3. Middle school students shall be offered structured physical education classes and fitness/sports clubs that meet the needs of all students, including those students who do not excel athletically.
4. Each high school campus shall offer structured physical education classes and fitness clubs that encourage and support the development of the skills, behaviors, and confidence needed to live a physically active life.
5. All schools shall help students understand the short and long-term benefits of a physically active and healthy lifestyle.
6. The District shall provide an environment that fosters safe and enjoyable physical activity for all students, including those not enrolled in a physical education class or competitive sport.
7. The District shall encourage parents and guardians to support their children's participation in physical activities.
8. The District shall encourage students, parents, staff, and community members to use the available recreational facilities at their neighborhood campus that are available outside of the school day.

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9. Physical education classes shall encourage students to participate in moderate to vigorous physical activity for at least 50 percent of the physical education class time.
10. The District shall encourage all instructional staff to integrate physical activity into the academic curriculum where appropriate.
11. The District shall not permit the denial of the required 135 minutes of physical activity, physical education class, and/or unstructured recess as punishment for inappropriate behavior and/or failure to complete assignments with the exception of severe discipline consequences assigned by the principal or assistant principal (ISS, OSS, and the like).

OTHER SCHOOL-
BASED ACTIVITIES

The District establishes the following goals to create an environment conducive to healthful eating, physical activity, social emotional wellness, and to express a consistent wellness message through other school-based activities: Each principal shall create a campus-based school health advisory council (wellness committee) to coordinate health and wellness initiatives in compliance with this policy. The council shall be responsible for reporting the implementation and accountability of the District wellness policy. The principal shall develop a system to annually identify Wellness Committee members that may include parents, staff, administrators, students, school nurses, child nutrition services, and community members.

2. Each campus shall provide a clean, safe, and comfortable environment where students are provided with sufficient time to eat their meals. [See FFA(REGULATION)]
3. Wellness for students, families, and staff shall be promoted at suitable school events.
4. The District shall provide opportunities for ongoing professional training and development for all instructional staff in all areas of coordinated school health.
5. The District shall provide other coordinated school health services that support the overall wellness of students, staff, and community members.
6. Each campus shall include in the Campus Improvement Plan (CIP) strategies and performance objectives related to coordinated school health implementation.

IMPLEMENTATION

The Superintendent, in coordination with the Teaching and Learning Department and the Child Nutrition Department, shall oversee the implementation of this policy and shall develop administrative

regulations for periodically measuring and monitoring the successful implementation of the wellness policy. The School Health Advisory Council (SHAC) shall review the policy annually and make implementation recommendations to the Superintendent.

The District shall actively inform families, the public, and the SHAC each year of basic information about this policy, including its content, any updates to the policy, and its implementation status. The District shall make this information available via the District website and/or District-wide communications.

At least once every three years, the District shall evaluate compliance with the wellness policy and assess the implementation of the District wellness plan. The evaluation shall include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- How the wellness policy compares to other model wellness policies;
- A description of the progress made in attaining the goals of the District's wellness policy and wellness plan; and
- A report to the SHAC and Board.