

# SILSBEE INDEPENDENT SCHOOL DISTRICT

## WELLNESS POLICY

STUDENT WELFARE: WELLNESS AND HEALTH SERVICES FFA (LOCAL)

### 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 physical activity, other school-based activities and education regarding nutrition, tobacco, drugs and alcohol.

### 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 services, school administration, the School Board, parents, school teachers and the public. [See BDF and EHAA]

### 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 School Nutrition Policy (Smart Snacks), effective September 1, 2014. [See CO]

In addition to legal requirements, the District shall:

1. Establish age-appropriate suggestions for food and beverages at classroom parties or school celebrations. [See CO] Limited party/celebratory days by campus:
  - a. Kirby Elementary: Christmas, Valentine's Day and Easter. Kirby also has a Thanksgiving Feast day in November which incorporates foods provided by food service and parents into the curriculum for that day.
  - b. Read-Turrentine: Christmas, Valentine's Day and Easter. Read-Turrentine has Thanksgiving Feast and Christmas Around the World days which incorporate foods provided by food service and parents into the curriculum for these days.
  - c. Laura Reeves: Christmas, Valentine's Day and Field Day. Laura Reeves incorporates a fitness Fun Run for students and staff with each holiday occasion. Laura Reeves also has a Thanksgiving unit which incorporates appropriate foods into the curriculum.
  - d. Middle School: Two Field Day events at the end of the school year.
3. Establish guidelines for school-sponsored fund-raising activities that involve serving or selling food.
  - High School Satsuma Days. Two days in the Spring each year in which a school wide fundraiser is held. The event is held in a location outside of the school area

designated for food service (Time and Place).

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

#### 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 will 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. 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 service staff, teachers and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom 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.

#### 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 teachers to integrate physical activity into the academic curriculum where appropriate.
4. Before-school and after-school physical activity programs may be offered as availability dictates and students will be encouraged 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 be 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]

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 the lunchroom 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 or designee shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the Wellness Policy.

**BOARD**

**NOV 11 2014**

**APPROVED**