

FARWELL ISD WELLNESS PLAN

General statement of purpose:

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, physical 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 from the student body, school food services, school administration, the board, parents, and the public.

NUTRITION GUIDELINES and GOALS

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. The Nutrition standards should focus on increasing nutrient density, decreasing fat and added sugars, and moderating portion size. Schools must ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under USDA and TDA regulations. The Farwell ISD will offer breakfast, and lunch meals that meet the USDA/TDA standards. Students and staff are highly encouraged to participate and participate in these programs. In addition to legal requirements, the District shall:

1. Establish age-appropriate guidelines for food and beverages at classroom parties, or school celebrations;
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 healthy food and beverage options be included at concessions at school-related events outside the school day.
5. School staff shall not use food as a reward for student accomplishment. The withholding of food as punishment for students is prohibited. For example, restricting a child's selection of flavored milk at mealtime due to misbehavior in the classroom.

NUTRITION EDUCATION GUIDELINES and GOALS

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff is encouraged to model healthy eating and physical activity as a valuable part of daily life. The Farwell ISD shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources that will help meet the needs and interests of all students and staff.

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. 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 GUIDELINES and GOALS

The primary goal for a school's physical activity component is to provide opportunities for every student to develop the knowledge and skill for specific physical activities, maintain physical fitness, regularly participate in physical activity and understand the short-and long-term benefits of a physically active and healthy lifestyle. A comprehensive physical activity program encompasses a variety of opportunities for students to be physically active, including: physical education, recess, walk-to-school programs, health education that includes physical activity as a main component and physical activity breaks within the regular classrooms. Farwell ISD will use national or state – developed standards for physical education.

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. The District will encourage family to support their children's participation, to be active role models, and to include physical activity in family events.

SCHOOL BASED ACTIVITIES: WELLNESS GOALS

1. Drinking fountains will be available for students to get water at meals and throughout the day.
2. Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe and comfortable.
3. Employee wellness education and involvement will be promoted at suitable school activities.
4. School personnel will assist all students in developing the healthy practice of washing hands before eating.
5. Adequate time to eat in a pleasant dining environment will be provided. The minimum eating time for each child after being served will be 10 minutes for breakfast and 20 minutes for lunch.
6. School personnel will properly supervise the students in the cafeteria and serve as role models to students by demonstrating proper conduct and voice level. Parents will be highly encouraged to dine with students in the cafeteria.

IMPLEMENTATION

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

MEASUREMENT AND EVALUATION OF GOALS

Farwell ISD will have regular SHAC meetings (one per semester), to discuss Wellness goals and evaluate the impact of those goals. Recognition will be given to those students, families, faculty and campus principals who promote wellness.