

Wellness Policy

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

Mission Statement

Southwest Schools is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

NUTRITION EDUCATION

Goal #1: Southwest Schools will integrate nutrition education into the health and physical education curriculum programs as well as the afterschool programs.

Objectives:

- Health and wellness information will be shared with faculty, staff, students, and parents
- District policy regarding health and nutrition will be shared with staff via the School Health Advisory Committee minutes
- Afterschool programs will support nutrition education through locally developed activities.

Goal #2: Southwest Schools will educate, encourage, and support healthy eating by all students.

Objectives:

- Each campus will incorporate weekly nutrition and health tips for all students.
- Nutrition education will be encouraged in the cafeteria and in the classroom through a variety of activities such as posters, games, contests, and adult encouragement.

Goal #3: Nutrition education will influence students eating behaviors.

Objectives:

- Through community partnerships Southwest campuses will participate in produce distribution, nutrition education, and experience fun with foods.
- Through collaboration with community partnerships, Southwest Schools' families will have access to bimonthly food distribution bringing food staples, produce, dairy, meats, and canned goods into the home.



PHYSICAL EDUCATION

Goal #1: Southwest Schools will adopt and implement state standards for physical activity.

Objectives:

- Each Southwest Elementary Campus will schedule PE for students in a structured setting that promotes moderate to vigorous physical activities for at least 30 minutes daily or no less than 135 minutes per school week.
- Middle and High School students will take the required PE classes as referenced in 19 TAC Chapter 116: Texas Essential Knowledge and Skills for Physical Education.

Goal #2: Southwest Schools will help students fully embrace regular physical activity as a personal behavior.

Objectives:

- Each campus will encourage students to walk or do some type of physical activity every day before, during, or after school.
- Teachers and other school personnel will not use physical activity (running laps, pushups) nor will they withhold opportunities for physical activity (recess or PE) as punishment for failure to learn what is being taught or for behavioral concerns.

Goal #3: Southwest Schools will address lifelong health and wellness in the form of activities that promote such learning and behavior.

Objective:

- Physical education teachers will address the lifelong health effects of exercise and activities covered in each unit with reinforcement activities such as health fairs, walkathons, and skill contests.
- Southwest Schools will host an annual staff health fair in conjunction with the district health care provider.

NUTRITION GUIDELINES

Lifelong eating habits are greatly influenced by the types of foods and beverages available to us. Healthy eating patterns are essential for students to achieve academic potential, full physical and mental growth, and lifelong health and well-being.

Goal #1: Southwest Schools will encourage all students to participate in the National School Breakfast, Lunch, and Snack program, where available, which provide healthy, safe, and quality meals.

Objectives:

- The district will follow the guidelines established by the USDA and TDA for providing breakfast, lunch, and after school snack, qualified school vending services, a food safety program, and secure food storage, and nutritious menu planning.
- Southwest Schools assure that guidelines for reimbursable meals shall not be less restrictive than the regulations and guidance of the Child Nutrition Act and the National School Lunch Act.
- Through district partnerships a hot evening meal will be available at schools offering an “After School Program”.
- Students will be given the opportunity to provide input on their favorite local, cultural, and ethnic foods through an annual student survey conducted from the District Child Nutrition Department.



Goal #2: Southwest Schools will promote only foods meeting the competitive foods guidelines as outlined in the USDA and TDA Smart Snacks guidance.

Objective:

- With the direction of the Southwest Child Nutrition Coordinator, the SHAC (School Health Advisory Committee) will support and make recommendations for the guidelines on availability and sale of Foods of Minimal Nutritional Value (FMNV), competitive foods, as well as portion size limitations on certain items. These recommendations will include standard operating policy for vending machines, school stores, a la carte sales, parties and celebrations, social events, and any school function held during the school day. These recommendations will follow the USDA and TDA Smart Snacks guidelines.

OTHER SCHOOL BASED ACTIVITIES

Goal #1: Southwest Schools will have an active School Health Advisory Council that supports the school district initiatives related to student health and wellness.

Objectives:

- The SHAC shall be composed of parents, school district and one staff member, such as a teacher, counselor, or administrator to represent the campus. Permanent members of the committee shall include the District Child Nutrition Coordinator, and Assistant Superintendent of Accountability and Operations.
- The SHAC will be responsible for reviewing the District Wellness Plan annually.
- The SHAC will review the District Wellness Plan with the Superintendent annually.
- The SHAC will establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations.
- The SHAC will establish guidelines for school sponsored fund raising activities that involve serving or selling food.

Goal #2: Southwest Schools' supports staff wellness.

Objectives:

- The District will identify and disseminate wellness resources to the staff to support staff wellness.
- An annual staff Health Fair will be coordinated by the Southwest Schools Human Resource Department and Insurance vendor. This fair is open to all Southwest employees.

The Assistant Superintendent of Accountability and Operations and the District Child Nutrition Coordinator have the operational responsibility for implementation and monitoring within the school district the district wellness policy.

Each Principal has the operational responsibility for ensuring that his/her campus meets the District wellness policy guidelines.

The Superintendent, in collaboration with the District SHAC, will evaluate the implementation of the District Wellness Plan, and communicate to all stakeholders.