

FFA(LOCAL): STUDENT WELFARE: Wellness and Health Services

District Name: La Vernia ISD

County-District Number: 247 - 903

District Contact: Vicki Spessard

This *Starting Points* worksheet is designed to assist your district in developing a local wellness policy, as required by the federal Child Nutrition and WIC Reauthorization Act of 2004. Districts that participate in a program authorized by the National School Lunch Act or by the Child Nutrition Act, such as free and reduced-price meals, must have a board-adopted policy in place by the first day of the 2006-2007 school year. Significant time should be allowed for development prior to board adoption in order to fulfill the law's required involvement of a diverse group of people and identification of appropriate local goals.

In Texas, state requirements have given districts a start on some wellness practices, so many of these concepts are not new. We have incorporated those existing state requirements into the wellness policy format. From the wealth of governmental and nonprofit wellness policy development resources, we have gathered a variety of guidelines and goals that may be appropriate and achievable for the greatest number of districts. Boards may vary greatly in the number and type of local goals they choose. The development of this policy may represent the beginning of a wellness initiative in your district or may reflect existing endeavors. Whichever the case, completing the worksheet is an opportunity to commit to policy your plan to help students be fit, healthy, and ready to learn.

In the following pages, we present model text and explain the reasoning behind the options presented. As always, please feel free to modify the suggested language as necessary to reflect your district's practices and preferences; submit any such revisions or additions when you return the worksheet.

Key Steps:

- **Please make certain** you have completed the contact information at the top of the worksheet.
- **Read carefully** through the explanatory material that accompanies this document on the Policy Service Web site.
- **Select, revise, or add** to the policy language in this worksheet to reflect the district's choices. (Note: Word's "track changes" feature will annotate every change you make.)
- **Please be aware** that, if the district currently has an FFA(LOCAL) policy, it will be replaced by new policy text based on your responses to this worksheet. You will need to attach to the worksheet any provisions from your current FFA(LOCAL) policy you wish to retain.
- **E-mail** the completed worksheet along with any necessary attachments to Policy.Service@tasb.org for processing as a Local District Update. You may also print and fax the worksheet to TASB Policy Service at 512-467-3618. Or mail it to the attention of your Policy Consultant/Analyst at:

TASB Policy Service
P.O. Box 400
Austin, TX 78767-0400
- **Keep a copy** for your records.
- **Make plans to communicate** the new policy to your staff and to adjust or develop administrative regulations or procedures, as needed, to align with this new policy.
- **Call** your Policy Consultant/Analyst at 800-580-7529 or 512-467-0222 if you have any questions.

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Suggested Policy Text	District's Choices	Policy Considerations
<p>WELLNESS</p> <p>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 education, physical activity, and other school-based activities.</p>	<p><input checked="" type="checkbox"/> The district accepts the text as presented.</p> <p><input type="checkbox"/> The district has revised the text in the left-hand column.</p> <p><input type="checkbox"/> The district has attached alternative text.</p>	<p>This general statement of purpose includes the components that are required to be in the wellness policy by the federal Child Nutrition and WIC Reauthorization Act of 2004: nutrition guidelines and goals for nutrition education, physical activity, and school-based activities. [See FFA(LEGAL)] The district might choose to add to this section wellness issues not explicitly addressed by federal law, such as tobacco, steroid, drug, and alcohol use.</p>
<p>DEVELOPMENT OF GUIDELINES AND GOALS</p> <p>The District shall develop nutritional guidelines and wellness goals 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. [See BDF and EHAA]</p>	<p><input checked="" type="checkbox"/> The district accepts the text as presented.</p> <p><input type="checkbox"/> The district has revised the text in the left-hand column.</p> <p><input type="checkbox"/> The district has attached alternative text.</p>	<p>Texas Education Code 28.004 requires every district to form a school health advisory council (SHAC) to consult on health education and related issues. The board appoints the SHAC members, a majority of whom must be parents of students enrolled in the district who are not also district employees. The Education Code also provides a list of other categories of people who may be appointed to the SHAC: teachers, administrators, students, health-care professionals, clergy, senior citizens, and members of nonprofit organizations and the business and law enforcement communities.</p> <p>The federal law requires that the district involve students, parents, and representatives from school food service, school administration, the board, and the public in the development of the wellness policy. While the federal law does not call for the formation of a wellness committee, the state-required SHAC offers a logical opportunity to involve the key constituents. The board could fulfill the federal requirement either by 1) appointing people in the categories designated by federal law to the SHAC or 2) having the SHAC involve these people on an interim basis while developing the wellness policy.</p>

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The remainder of the policy must be developed with involvement from the people identified at DEVELOPMENT OF GUIDELINES AND GOALS on the previous page.

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:

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

Check one or more of the boxes below:

- The district has checked the guidelines that apply. The unchecked items will be omitted from the list.
- The district has revised the text in the left-hand column.
- The district has attached text for additional guidelines.

Please note that the opening paragraph at left is a federally required component of the wellness policy. At a minimum, the district must ensure that guidelines for reimbursable school meals comply with the regulations and guidance issued by the U.S. Secretary of Agriculture pursuant to the Child Nutrition Act and the National School Lunch Act. The district will also, at a minimum, comply with mandatory state guidelines for schools that participate in the programs authorized by the two federal acts. The state guidelines are published by the Texas Department of Agriculture as the Texas Public School Nutrition Policy. If the district has set more restrictive local guidelines, you may wish to refer to those guidelines in this section of the policy. Extensive specific details, however, need not be included here; expressing those details in administrative regulations will make the process of adjusting and refining them less cumbersome.

If you choose to develop guidelines for parties, the district must take into consideration the recent amendment of Education Code 28.002(1-3)(1) that prohibits the district from adopting a rule, policy, or program under certain required curriculum provisions that restricts a parent or grandparent from providing food of his or her choice on the occasion of a child's birthday or at a school-designated function.

The district may want to give teachers guidelines about the use of food as a reward in the classroom. For instance, teachers may be asked not to distribute candy, even though the state nutrition policy allows certain age groups to have candy at certain times.

Guidelines for fund-raisers and concessions help the district send a consistent wellness message to students, staff, families, and community members. The Texas Department of Agriculture and several other organizations offer suggestions for alternative fund-raising activities on their Web sites.

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<p>WELLNESS GOALS: NUTRITION EDUCATION</p> <p>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].</p> <p>In addition, the District establishes the following goals for nutrition education:</p> <p><input checked="" type="checkbox"/> Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.</p> <p><input checked="" type="checkbox"/> Nutrition education will be a Districtwide priority and will be integrated into other areas of the curriculum, as appropriate.</p> <p><input checked="" type="checkbox"/> Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.</p> <p><input checked="" type="checkbox"/> 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.</p> <p><input checked="" type="checkbox"/> Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.</p> <p><input type="checkbox"/> (Other)</p>	<p>Check one or more of the boxes below:</p> <p><input checked="" type="checkbox"/> The district has checked the goals that apply. The unchecked items will be omitted from the list.</p> <p><input type="checkbox"/> The district has revised the text in the left-hand column.</p> <p><input type="checkbox"/> The district has attached text for additional goals.</p>	<p>The opening paragraph refers to the coordinated health program (CHP) that is mandated by Education Code 38.014 and the new requirement in Education Code 28.002 for health classes to emphasize nutrition. The four components of the CHP—health education, physical education and activity, nutrition services, and parental involvement—are also relevant to the wellness policy. The adoption of the wellness policy and the implementation of the CHP have different timelines, and the wellness goals apply to all grade levels, while the CHP only applies to K–8. The requirements of the two initiatives, however, overlap and they should be considered together.</p> <p>The federal requirements do not contain specific criteria or examples or indicate an appropriate number of goals, so the district has broad discretion in this area. The list at the left has been compiled by distilling some of the many suggestions found on wellness resource Web sites. To create the level of change needed to reverse the trend in childhood obesity, the resources suggest goals that involve all district employees, families, and community members. They also recommend goals that cross traditional organizational boundaries, such as bringing nutrition education into the cafeteria and offering healthy choices at the stadium concession stand.</p> <p>When establishing goals, policy developers should choose goals that are sufficiently specific to be meaningful, but general enough so that the policy does not have to be revised every time an activity or program is added, changed, or dropped. You might choose to develop administrative procedures that contain action steps to accompany each goal. For example, if you choose a goal that establishes nutrition education as a districtwide priority and recommends integration into other areas of the curriculum, an administrative procedure might call for a professional development workshop for academic teachers.</p>
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<p>WELLNESS GOALS: PHYSICAL ACTIVITY</p> <p>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].</p> <p>In addition, the District establishes the following goals for physical activity:</p> <p><input checked="" type="checkbox"/> 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.</p> <p><input checked="" type="checkbox"/> Physical education classes will regularly emphasize moderate to vigorous activity.</p> <p><input checked="" type="checkbox"/> The District will encourage teachers to integrate physical activity into the academic curriculum where appropriate.</p> <p><input checked="" type="checkbox"/> Before-school and after-school physical activity programs will be offered and students will be encouraged to participate.</p> <p><input checked="" type="checkbox"/> Teachers and other school staff will receive training <u>be encouraged</u> to promote enjoyable, life-long physical activity for themselves and students.</p> <p><input checked="" type="checkbox"/> The District will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.</p> <p><input checked="" type="checkbox"/> 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]</p> <p><input type="checkbox"/> (Other)</p>	<p>Check one or more of the boxes below:</p> <p><input type="checkbox"/> The district has checked the goals that apply. The unchecked items will be omitted from the list.</p> <p><input checked="" type="checkbox"/> The district has revised the text in the left-hand column.</p> <p><input type="checkbox"/> The district has attached text for additional goals.</p>	<p>The opening paragraph again references the CHP and the state requirements for physical activity, both of which coordinate with federal requirements. If a district decides to exceed the state requirements for daily physical activity, those local standards should be referred to here; however, implementation details should be reserved for administrative procedures.</p> <p>The sample goals at left point to ways a district might heighten awareness of the need for physical activity. Wellness policy development resources from governmental and nonprofit organizations suggest that a districtwide commitment to physical fitness would include:</p> <ol style="list-style-type: none"> 1. Teachers, other than coaches and PE instructors, who understand the physical activity needs of children; 2. District employees who value the lifelong habit of physical activity; 3. Parents who support and promote physical activities; and 4. Community members who look for ways to reinforce the fitness message. <p>The final goal in the sample list refers to GKD(LOCAL), on nonschool use of district facilities, where some districts permit community use of unlocked or outdoor recreational facilities. Retain or delete the reference, as appropriate for your district.</p>
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<p>WELLNESS GOALS: SCHOOL-BASED ACTIVITIES</p> <p>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:</p> <p><input checked="" type="checkbox"/> Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.</p> <p><input checked="" type="checkbox"/> Wellness for students and their families will be promoted at suitable school activities.</p> <p><input checked="" type="checkbox"/> Employee wellness education and involvement will be promoted at suitable school activities.</p> <p><input type="checkbox"/> (Other)</p>	<p>Check one or more of the boxes below:</p> <p><input checked="" type="checkbox"/> The district has checked the goals that apply. The unchecked items will be omitted from the list.</p> <p><input type="checkbox"/> The district has revised the text in the left-hand column.</p> <p><input type="checkbox"/> The district has attached text for additional goals.</p>	<p>The federal law requires the inclusion of goals related to other school-based activities. Communicating a consistent wellness message can be aided by enlisting anyone who organizes an activity or event to consider the possibility of incorporating a wellness message or at least, to consider whether a particular activity sends a message that contradicts the district’s wellness goals.</p> <p>An example of not taking wellness goals into account is the elementary school that had an essay contest on the harmful effects of tobacco use and awarded each of the winners a one-pound candy bar. A PTA-sponsored honor roll breakfast could support the goals by replacing doughnuts with muffins, fruit, and a message about the connection between brain power and a healthy diet. Wellness messages can be included in regular employee communications and meetings. The district could sponsor an employee contest that involves recording the number of miles they walk, cycle, or swim in a semester and includes education on aerobic conditioning.</p>
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<p>IMPLEMENTATION</p> <p>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.</p>	<p>X_____The text is acceptable as presented. We have filled in the blank to identify the position with responsibility for oversight of implementation and monitoring.</p> <p>_____ The district has revised the text in the left-hand column to reflect district practice.</p>	<p>Federal law specifies that the wellness policy authorizes one or more district employees to be responsible for monitoring the policy’s implementation. An employee could be given responsibility for districtwide implementation, or an employee could be named for each campus or level of campuses.</p> <p>The policy must also entail a plan for measuring the implementation of the guidelines and goals. This text fulfills that requirement by directing the person or people named to develop procedures for evaluation.</p>
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