

Wellness Policy: Waller Independent School District

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, a 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:

Waller Independent School District's commitment to a healthy school atmosphere will allow students to make nutritious food choices, adopt a daily active lifestyle, and achieve full academic potential and lifelong health.

Nutrition Education Goals

#1 Schools will educate, encourage, and support healthy eating by all students.

#2 Schools will provide nutrition education for all students.

Physical Education Goals

#1 Schools will provide opportunities for students to regularly participate in physical activity.

#2 Schools will help students understand the short- and long-term benefits of a physically active and healthy lifestyle.

Nutrition Standards

#1 Schools will comply with the current USDA Dietary Guidelines for Americans and the Texas Public Schools Nutrition Policy.

Other School Related Activities

#1 The school district will provide a healthy learning environment for all students and staff.

#2 The school district encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

Nutrition Education Guidelines

Goal #1 Schools will educate, encourage, and support healthy eating by all students.

Guidelines:

Students will be educated on the importance of starting each day with a healthy breakfast and will be encouraged to do so everyday.

The school cafeteria will display posters to promote healthy eating and display other nutrition education materials.

Goal #2 Schools will provide nutrition education to all students.

Guidelines:

CATCH Curriculum will be used to support Nutrition Education. Teachers will follow curriculum outlines.

Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

Physical Activity Guidelines

Goal #1 Schools will provide opportunities for students to regularly participate in physical activity.

Guidelines:

Students and staff are given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, challenge course (EDGE) and physical activity clubs.

Time allotted for physical activity will be consistent with research, and state standards – 30 minutes of structured daily physical activity or 135 minutes a week in grades K-6.

Goal #2 Schools will help students understand the short- and long-term benefits of a physically active and healthy lifestyle.

Guidelines:

Schools provide training to enable teachers and other school staff to promote enjoyable, lifelong physical activity among students.

Policies ensure that state-certified physical education instructors teach all physical education courses and are supported and encouraged to participate in professional development opportunities.

Nutrition Standards Guidelines

Goal #1 Schools will comply with the current USDA Dietary Guidelines for Americans and the Texas Public Schools Nutrition Policy.

Guidelines:

Texas Public School Nutrition Policy.

Other School Based Activities Guidelines

Goal #1 The school district will provide a healthy learning environment for all students and staff.

Guidelines:

The school district encourages and provides opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas.

Goal #2 The school district encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

Guidelines:

The local wellness committee will plan, implement, and improve nutrition and physical activity in the school environment

Signature _____ **Date** _____

