

Wellness Policy: West Hardin C.C.I.S.D.

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: The West Hardin C.C.I.S.D. is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Local Wellness Policy Area 1: Nutrition Standards

West Hardin C.C.I.S.D. will comply with the current USDA Dietary Guidelines for Americans and the Texas Public Schools Nutrition Policy

Local Wellness Policy Area 2: Nutrition Education Goals and Guidelines

#1 West Hardin C.C.I.S.D. will promote nutrition education to all students.

- a) Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies.
- b) Nutrition education includes training for teachers and other staff.
- c) The CATCH Curriculum will be used in the West Hardin Elementary School to support Nutrition Education. Teachers will follow curriculum outlines.

#2 West Hardin C.C.I.S.D. will educate, encourage, and support healthy eating by all students.

- a) Students will be educated on the importance of starting each day with a healthy breakfast and encouraged to do so everyday.
- b) Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- c) West Hardin C.C.I.S.D. will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families. This information will be available through different media such as newsletters and the school web page.

Local Wellness Policy Area 3: Physical Education Goals and Guidelines

#1 West Hardin C.C.I.S.D. will provide opportunities for students to regularly participate in physical activity.

- a) Students are given opportunities for physical activity at least 30 minutes each school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.
- b) Physical activity will be integrated across curricula and throughout the school day as applicable. Movement can be made a part of science, math, social studies and language arts.

#2 Patterns of meaningful physical activity connect to students' lives outside of physical education classes.

- a) West Hardin C.C.I.S.D. encourages parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

#3 West Hardin C.C.I.S.D. will help students understand the short- and long-term benefits of a physically active and healthy lifestyle.

- a) West Hardin C.C.I.S.D. will provide training to enable teachers and other school staff to promote enjoyable, lifelong physical activity among students.
- b) West Hardin Elementary will implement physical activities from the CATCH Curriculum.

Local Wellness Policy Area 4: Other School Related Activities: Goals and Guidelines

#1 West Hardin C.C.I.S.D. will provide a healthy learning environment for all students.

- a) Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances and fund raisers).
- b) West Hardin Elementary will educate students on the importance of grooming and proper hygiene.

- c) West Hardin C.C.I.S.D. will limit the use of food as a reward or punishment in school.
- d) West Hardin Elementary School will provide sanitizers or hand washing time prior to meal service to help control illness and promote healthy habits.

#2 West Hardin C.C.I.S.D. 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.

- a) School newsletters will have information about healthy eating and the benefits of physical activity.
- b) West Hardin C.C.I.S.D. will partner with the community organizations to sponsor physical activities.
- c) West Hardin C.C.I.S.D. will coordinate and hold a health booth at least once a year to help promote and educate the school and community.

Local Wellness Policy Area 5: Measurement and Evaluation

School Health Advisory Council (SHAC) members will monitor, review, and, as necessary, recommend revision of the Wellness Policy to the West Hardin C.C.I.S.D. Board of Education and/or the Superintendent. SHAC will serve as a resource to the district in the implementation of this policy.

#1 The Superintendent or his/her designee will ensure compliance with this policy. In each school, the principal or his/her designee will measure and evaluate the policy in his/her school by a campus team investigation of the degree of implementation of the goals and guidelines of the Wellness Policy.

#2 The West Hardin C.C.I.S.D. Food Service Director will ensure compliance with nutrition requirements within school food service areas and will report regularly on this matter to the Superintendent.

#3 The Superintendent or his/her designee will develop a summary report no fewer than every two years on compliance with the district wellness policy, based in part on input from the School Health Advisory Council and campus principals. At a minimum, it must address the four goals expressed in this policy. That report will be provided to the school board and also be available to the general public.

#4 The Superintendent has the responsibility for enforcing this policy by communicating it to all relevant parties and by providing necessary instructions and/or administrative procedures as appropriate to all staff members.