

Wellness Policy: Saint Jo ISD

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 School Health Advisory Committee of Saint Jo ISD is committed to providing a school environment that enhances learning and development of lifelong wellness practices as well as promoting physical activity and nutrition education for all students, staff, parents and community members.

Nutrition Education Goals

1. Schools will promote nutrition education to all students.

- The school cafeteria will display posters to promote healthy eating and display other nutrition education materials.
- School district(s) will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.

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

- Nutrition Education promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- Healthy and Wise Curriculum will be used to support Nutrition Education. Teachers will follow curriculum outlines.
- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- The school district shall distribute a brochure that will educate, encourage, and support healthy eating.

Physical Education Goals and Guidelines

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

- Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.
- Schools will encourage classroom teachers to provide short activity breaks between lessons or classes.

2. Schools will help students fully embrace regular physical activity as a personal behavior.

- Schools work with the community to create ways for students to walk or bike safely to and from school.
- Schools encourage 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.
- Students are given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.

3. Schools will adopt and implement state standards for physical activity

- Time allotted for physical activity will be consistent with research, and state standards. 30 minutes of structure daily physical activity or 135 minutes a week in grades K-6.
- Schools will implement physical activities from the Healthy and Wise Curriculum.
- All students, grades K-12, shall participate in the Physical Fitness Assessment Inventory (PFAI) yearly.

Nutrition Standards

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

Refer to Texas Nutrition policy for guidance

Other School Related Activities

1. 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.

- 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.
- The local wellness committee will plan, implement and improve nutrition and physical activity in the school environment
- The school district will encourage that all schools' fundraising efforts are supportive of healthy eating.

2. All school and community members will be encouraged to participate in all health related activities.

- Schools will partner with the Saint Jo Youth League or other community organizations to sponsor physical activities.
- Schools will coordinate with county health services to promote a health fair once a year.

3. Parent involvement meetings will focus on creating healthy habits

- School organized local wellness committees, will be comprised of families, teachers, and administrators.
- Schools will coordinate with county health services to promote a health fair once a year.