

Wellness Policy Jacksboro ISD Developed March 2006

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 Wellness Policy Committee of Jacksboro 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

1a. The school cafeteria will display posters to promote healthy eating and display other nutrition education materials.

1b. Students will be encouraged to start each day with a healthy breakfast.

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

2a. Nutrition Education promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices

2b. CATCH Curriculum will be used to support Nutrition Education. Teachers will follow curriculum outlines.

2c. Employ a food service director, who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements.

Physical Education Goals and Guidelines

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

Guidelines:

1a. 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.

1b. 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.

2a. 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.

2b. Students are given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to interscholastic athletics, physical activity clubs and city league sports.

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

3a. 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.

3b. Schools will adopt a physical activity curriculum.

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.

1a. 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.

1b. The local wellness committee will plan, implement and improve nutrition and physical activity in the school environment

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

2a. Schools will partner with the community organizations to sponsor physical activities.

2b. Schools will coordinate efforts to help promote and educate the school and community.

3. Measurement of Implementation

3a. The district wellness committee will annually review the goals and guidelines to ensure that the policy has been appropriately implemented.

3b. The Food Service Director, administration, and the wellness committee will be responsible for implementation of the policy and will have the operational responsibility for ensuring that the school meets the local wellness policy.

4. SHAC (School Health Advisory Council)

4a. The SHAC is composed of community members, parents and school personnel.

4b. The SHAC meets twice annually, once in the fall and once in the spring.