

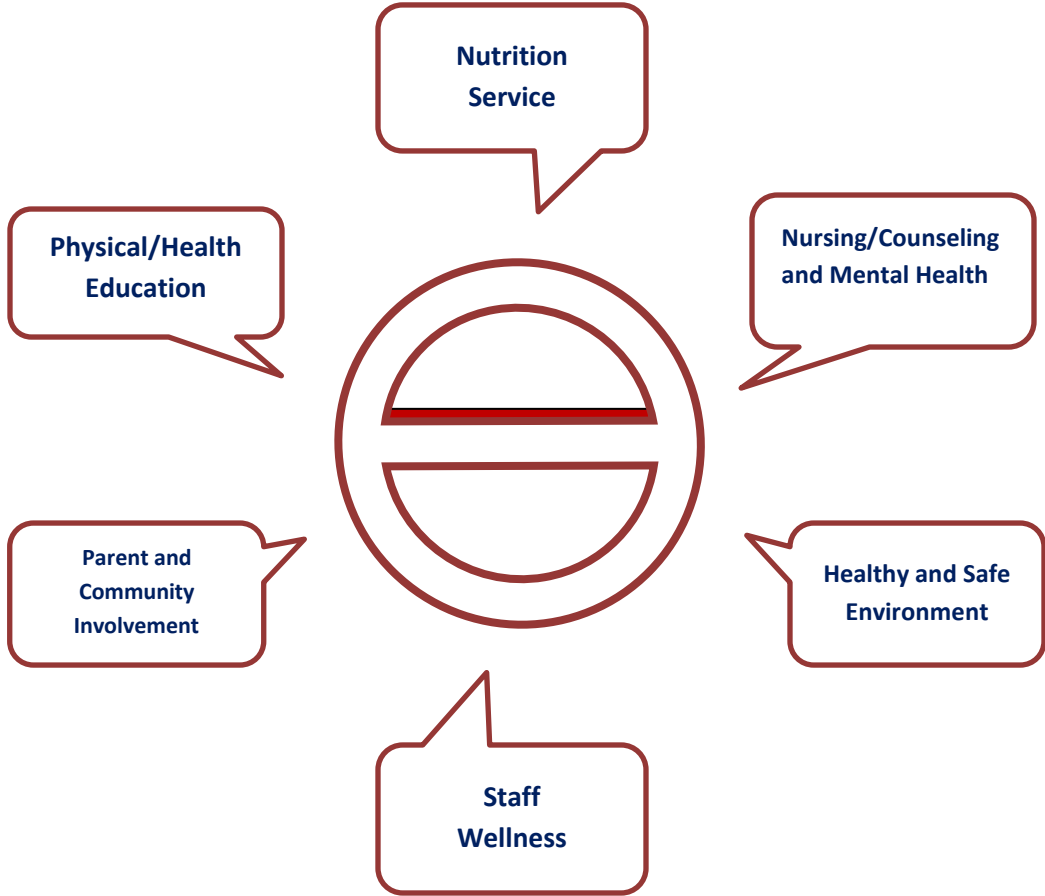
# School of Excellence in Education

## Local Wellness Policy

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The School of Excellence in Education (SEE) is committed to the long-term health and well-being of our students, teachers, staff, and community. SEE’s Local Wellness policy objective is to create an environment and opportunity that promotes and teaches the importance of a healthy lifestyle with a Holistic approach to achieving optimal health.

The purpose of this policy is to provide information, community resources and educational programs for students, parents, and staff, encouraging all to take an active role in their personal health and wellness.



## The District's policy will:

- Engage all stakeholders in the development and evaluation of the district Wellness Policy
- Hire qualified Child Nutrition professionals to administer the schools meal programs that meet all local, state and federal standards and requirements.
- Participate in federal school meal programs including the School Breakfast Program (SBP), the National School Lunch Program (NSLP), the After School Snack Program, and the Summer Food Program.
- Provide students with both classroom and physical education that teaches, support and encourage physical activity.
- Create opportunities to invite the community and other healthcare professionals to participate in health initiatives.
- Provide students with nursing and counseling services and resources
- Collaborate with parents, students, nurses, staff, and food service personnel to accommodate students, with disabilities, allergies, and health and religious diet restrictions.
- Prohibit the sale of food items, snacks, and soda during the school day to the student during school hours.
- Provide a safe, clean, and pleasant atmosphere with enough time for students to eat and enjoy their lunch break.

## School Health and Wellness Committee

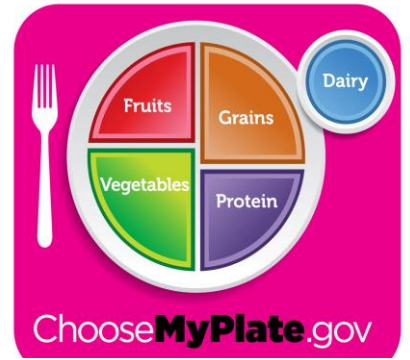
The School of Excellence in Education **Wellness Committee** shall include the required stakeholders (parents, teachers, and school counselors, Nurses, Food Service Manager, Coaches and Administrators. The committee will meet a minimum of four times per year to plan, monitor and evaluate the implementation of this policy. The Committee will serve as a resource to schools for implementing the Districts plan. **The committee will also serve in the role of School Health Advisory Committee (SHAC).** Quarterly meetings will be held throughout the year.

## Nutrition Standards for School Foods and Beverages

The District meals and snacks meet the standards set forth in the School Breakfast Program, The National School Lunch Program and the After School Snack Program. The district accomplishes this objective by:

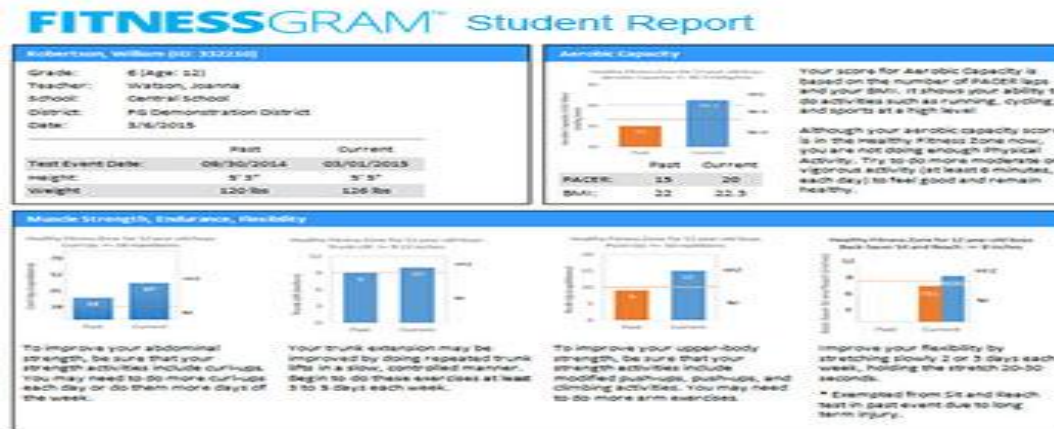
- Hiring qualified Food and Child Nutrition professionals.
- Provide district training and professional development to staff.

- Displaying posters and information to education on Healthy meal choices and options.
- Make addition healthy items available to students through la carte sales.
- Provide a clean, safe, environment to students.
- Make meals that are appealing to students.
- Setting guidelines for the drinks and snacks sold in vending machines and made available to students during the school day.
- Not using food in the classroom as a reward to encourage achievement or desirable behavior.
- Food shall not be withheld as punishment.



## Physical Fitness and Education

- Encourage all students to be active and participate in physical activity at home and school.
- The physical fitness and education program will promote the understanding of a physically-active lifestyle and the relationship to health throughout the life span.
- All students in grades K-8, including students with disabilities and special health care needs, will receive physical education.
- All physical education will be taught by certified physical education teachers in a Texas Essential Knowledge and Skills (TEKS)-based physical education or TEKS-Based structured activity.
- The physical education program shall provide adequate space and equipment and conform to all applicable safety standards.
- Physical activity (such as running lap) or withholding opportunities for physical activity (recess, PE), will not be used as a punishment or form of discipline.
- Participate in annual fitness assessments for students (Fitness Gram)



## Required Physical Education

- Minimum of either 30 minutes daily or 135 minutes weekly.
- Students (K –5) will have at least 20 minutes a day of supervised recess during the school day encouraging moderate to vigorous activity.
- Students Grade K-5 will participate in “structured physical activity” for a Student (6-8) will have at least 30 minutes of physical activity per day for at least four semesters recess during the school day encouraging moderate to vigorous activity.
- High School students will complete one and one-half credit including a one-half credit of Foundations of Personal Fitness.

## Nurse and Counseling Services

The district and campus Nursing Support staff support the wellness initiatives by taking an active role in educating students, staff, parents, and the community. The district will promote and assist students with learning, physical and mental health concerns as it related to diets, physical and mental health.



### The nursing staff will:

- Work directly with the Food Service Department to support students with special diets and food intake monitoring.
- Monitor student immunization compliance
- Perform vision/hearing/spinal/acanthosis screening with parental notification and follow-up
- Work with School Counselor to promote the mental health and welfare of our students.
- Provide guidance on safety, hygiene, and pathogen transmission prevention

- Support the physical education department in accomplishing the school health index, and the annual Fitness Gram requirements
- Provide district and campus employees' assistance for CPR / First Aid training, screening & periodic measurement of height, weight, hearing and vision, blood pressure, and blood sugar testing when needed
- Provide information and feedback to Campus Administrations regarding accidents/incidents involving staff, students, and visitors.

## **Community Awareness and Involvement**

The district will provide opportunities and events to educate students, staff, parents, and the community on nutrition and wellness. The district will initiate and participate in nutrition and wellness opportunities and actively seek partnerships in support of our wellness initiatives. The district will actively involve students in the wellness initiative. The district will provide training and staff development to promote the wellness initiative.

## **Measurement and Evaluation**

The school health and wellness committee will ensure compliance with this wellness initiative and will report on this matter annually to the Superintendent. The district will include the wellness initiative in our parent/student surveys to assist with the evaluation and effectiveness of our wellness policy. The committee will annually evaluate the effectiveness of the Local Wellness policy and make recommendations and changes as needed.