

## Alvarado ISD Wellness Policy

The School Health Advisory Council met throughout this year to develop the Wellness Policy. The Wellness Policy addresses the four goals Nutrition Education, Physical Activity, Nutrition Standards, and Other School-based Activities as required by the Child Nutrition and WIC Reauthorization Act of 2004, also known as Public Law 108-265.

### **Nutrition Education**

- Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
  - CATCH programs K-8
  - Provide information on the back of school menus
  - Posters on nutrition education in the lunch rooms
  - Child Nutrition website will link to Square Meals website from TEA.
- Nutrition Education will be a District wide priority and will be integrated into other areas of the curriculum, as appropriate.
- Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
  - Staff training will include a segment on nutrition and wellness activities.
- The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom and other appropriate settings.
- Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.
  - Nutrition Nuggets (K-6)
  - Teen Food & Fitness (7-12)

### **Physical Activity**

- The District will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.
- Physical education classes will regularly emphasize moderate to vigorous activity.
- The District will encourage teachers to integrate physical activity into the academic curriculum where appropriate.
- Before-school and after-school physical activity programs will be offered and students will be encouraged to participate.
- Teachers and other school staff will receive training to promote enjoyable, life-long physical activity for themselves and students.
- The District will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

### **Nutrition Standards**

- Establish age appropriate guidelines for food and beverages at classroom parties or school celebrations.
- Provide teachers with education and guidelines on the use of food as a reward in the classroom.
  - Staff Development training will address the use of healthy foods as a reward in the classroom.
- Establish guidelines for school-sponsored fund-raising activities that involve serving or selling food.

### **Other School-based Activities**

- Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe and comfortable.
  - Recess before lunch is suggested.
- Wellness for students and their families will be promoted at suitable school activities.

- Employee wellness education and involvement will be promoted at suitable school activities.