

Driscoll Independent School District

Local Wellness Policy

P.O. BOX 238

Driscoll, TX 78351

(361) 387 - 7349

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Driscoll Independent School District

Student Nutrition/Wellness Policy

Introduction

Recent research has identified critical factors that, as they accumulate and interact over an individual's life span, may put a person at risk for obesity (Johnson et. al., 2005). Poor diet and inactivity, the primary modifiable contributors to obesity, are estimated to be responsible for 400,000 deaths per year, and it is expected that obesity will soon be the number one preventable killer in the United States (Mokdad et. al., 2000).

The obesity epidemic is not restricted to adults. Today, 15% of children and adolescents are overweight (National Center for Health Stats, 2003). The increase in child and adolescent overweight can be traced to the 1980s. In the time interval between the second National Health and Nutrition Examination Survey (NHANES II) (completed in 1980) and third survey (NHANES III) (completed in 1994), the prevalence of obesity increased from an estimated 7% to 11% among children aged 6 to 11 years and from 5% to 11% among adolescents aged 12 to 19 years. This trend suggests that a new generation of Americans will enter adulthood already obese or at risk for obesity, and will already have or be at risk of multiple related health conditions, such as diabetes and cardiovascular disease, unless actions are taken to reverse the epidemic (National Center for Health Stats, 2003 & Ogden et. al., 2002).

Related Facts

The U.S. Surgeon General has identified the obesity epidemic as one of the greatest health problems facing today's nation (USDHH, 2001).

The essential cause of the increase in overweight among children and adolescents is straightforward: an excess of caloric intake compared with caloric expenditure (Wechsler et. al., 2004).

Ten years ago diabetes among children was not an issue, where as today in some communities 50% of all type 2 diabetic cases are among children and adolescents (Campagna).

In 2000, total cost of obesity (including medical costs and the value of wages lost by employees unable to work because of illness, disability, or premature death) in the United States was approximately \$117 billion (Weschler et. al., 2004).

Promotion of physical activity and healthy eating have been a fundamental component of the American education experience, so schools are not being asked to take on new responsibilities (Weschler et. al., 2004)

Purpose & Goal

Good nutrition and physical activity are important in the lives of our children. This helps to reduce risks of obesity and disease. The purpose of this policy is to educate students in hope of preventing the prevalence of obesity and disease. Today 15% of American children are overweight and or obese (Evans et al., 2005). With the implementation of this policy Driscoll ISD hopes to increase nutrition education among students. Increase the amount of physical activity done students during and after school hours. Inform students of the importance of good nutrition and benefits of exercise. Reduce the prevalence of obesity within elementary and junior high schools.

The Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265: Section 204) requires each Local Education Authority (LEA) to have a local wellness policy in place by the start of the 2006-2007 school year. By including this provision in the Act, Congress recognized the importance of a coordinated effort by the entire community including school nutrition professionals, school board members, parents, students, school administrators, school nurses and teachers. Both the process of crafting the policy as well as the implementation provide opportunities to improve the long-term health and well being of a district's students. (See Attachment A)

1. Setting Nutrition Education Goals

It is important that students are taught healthy eating habits. Due to increasing numbers of obesity among school aged children, Driscoll ISD plans to implement nutrition education throughout the day. According to the National Association of State Boards of Education, "Health and success in school are interrelated. Schools can not achieve their primary mission of education if students and staff are not health and fit physically, mentally, and socially." (Wechsler et. al., 2004)

- Students in grades pre-K- 8th grade receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors
- Nutrition education is offered in the school dining room as well as in the classroom, with coordination between the foodservice staff and teachers. (ex. Nutritional Posters)
- Students receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community and media
- District health education curriculum standards and guidelines include both nutrition and physical education.
- Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts).
- Schools link nutrition education activities with the coordinated school health program.
- Schools are enrolled as Team Nutrition Schools, and they conduct nutrition education activities and promotions that involve parents, students, and the community.

2. Setting Physical Activity Goals

Driscoll ISD requires that physical education courses provide opportunities for every student to develop knowledge and skills for specific physical activities maintain physical fitness, regularly participate in physical activity. It is also recommended that students understand the short term and long term benefits of physical activity.

- Physical activity involves bodily movement that results in an expenditure of energy of at least a moderate intensity level and for duration sufficient to provide a significant health benefit for students.
- Children should accumulate at least 60 minutes of physical activity on all or most days of the week. This can be accomplished through several bouts of physical activity lasting 15 minutes or more each day.
- Ensure that state-certified physical education teachers teach all physical education classes.
- Implement a sequential physical education course of study consistent with national standards for physical education and with a focus on students' development of motor skills, movement forms, and health-related fitness.
- Ensure that students are moderately to vigorously active at least 50% of the time while participating in physical education classes.
- Provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Prohibit the use of physical activity as punishment, or the withholding of participation in physical education class as punishment.
- After-school grant program provides up to 90 minutes of physical activity per week for participating children.
- Extended periods of inactivity are discouraged (*i.e.*, periods of two or more hours). When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, students will be allowed to have periodic breaks during which they are encouraged to stand and be moderately active.

3. Establishing Nutrition Standards for All Foods Available on School Campus during the School Day

By establishing standards for the foods that children have during the day we can insure that Driscoll ISD is striving to improve the obesity epidemic and encourage healthy eating among our students.

- Foods and beverages that have as the first ingredient: sugar, corn syrup, shortening, lard, or similar, may not be sold to or given to students on school grounds during the normal school day.
- Foods of Minimal Nutritional Value as defined by 7 CFR 210.11(2) are prohibited from being served or sold anywhere a reimbursable meal is served, sold, and/or eaten. Foods of minimal nutritional value as defined by USDA include carbonated beverages, water ices, chewing gum, hard candies, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy coated popcorn. (See Attachment B)

- Food and beverages sold or served on school grounds or at school-sponsored events during the normal school day shall meet the Dietary Guidelines for Americans.
 - This includes:
 - a. a la carte offerings in the food service program;
 - b. food and beverage choices in vending machines, snack bars, meal-period kiosks, and school stores;
 - c. food and beverages sold as part of school-sponsored fundraising activities; and
 - d. refreshments served at student parties, celebrations, and meetings.
- Foods of good nutritional content including fruits, vegetables, low-fat dairy foods, and low-fat grain products, shall be available wherever and whenever food is sold or otherwise offered at school during the normal school day. Faculty & Staff will take efforts to encourage students to make nutritious food choices. (See Attachment C for healthy snack options)

4. Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

Driscoll ISD has established policies under this category to create a school environment that provides a consistent wellness message and is conducive to healthy eating and being physically active.

- Students are provided with a clean, safe, and enjoyable meal environment.
- Students are provided with adequate time to enjoy eating health foods with classmates, scheduled as near the middle of the school day as possible.
- Drinking fountains will be available for students to get water at meals and throughout the day.
- Schools will encourage socializing among students, and between students and adults. Adults will properly supervise dining rooms and serve as role models to students demonstrating proper conduct and voice level.
- Students are provided with access to physical activity facilities outside school hours. (after school grant)
- Teachers, school administrators, foodservice professional, parents, and community members should be encouraged to act as role models to students by practicing healthy eating and physical activity in school and at home.

5. Setting Goals for Measurement and Evaluation

As required by law, each school district must establish a plan for measuring implementation of the local wellness policy, including designation of one or more persons with operational responsibility for ensuring that the school is meeting the policy.

A sustained effort by Driscoll ISD is necessary to assure that new policies are faithfully implemented. Driscoll ISD will periodically assess how well the policy is being managed and enforced. The policy will be reinforced by school staff if necessary. Evaluation and feedback by others is very important in maintaining a local wellness policy.

- The School Health Advisory Council (SHAC) will organize a team that will oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy. SHAC members should consist of faculty, staff, parents, and students.
- SHAC members should, via Coach, Food Service Director, or Nurse, report quarterly to the Superintendent the progress of the committee and the status of compliance by the campuses.
- A plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that each school fulfills the district's local wellness policy.
- Several lunch and breakfast menus will be randomly selected and sent to the regions Child Nutrition Consultant. This requirement implies that districts must ensure that reimbursable school meals being served will meet the program requirements and nutrition standards set forth under the 7 CFR Part 210 and Part 220.
- What changes to nutrition education, physical activity, the nutritional quality of foods available to students, and other aspects covered by the policy occurred in each school as a result of the district wellness policy?
 - For example:
 - Did the number of students participating in nutrition education change?
 - Did the students have a different number of minutes of physical activity?
 - Did any of the campuses change available food options?
 - Did participation in the National School Breakfast or Lunch Program change?
- Did the policy and implementation address the issues identified in the needs assessment?
 - For example:
 - Is it making a difference?
 - What's working?
 - What's not working?
- How can the impact of the policy be increased to enhance its effect on student health and academic learning?

References

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- Ogden, C. L., Flegal, K. M., C. Johnson, & Johnson, C.L. Prevalence and trends in overweight among US children and adolescents, 1999-2000, *JAMA* 288 (2002), pp. 1728-1732..
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- Wechsler, H., McKenna, M.L., Lee, S. M., & Dietz, W. H. (2004) The role of schools in preventing childhood obesity. *The State Education Standard*.
- Campagna, "Emergence of type 2 diabetes in children: epidemiological evidence."
- Evans, W. D., Finkelstein, E. A., Kamerow, D. B., & Renaud, J. M. (2005) Public perceptions of childhood obesity. *American Journal of Preventative Medicine*, 28:1 . 26-32.

Attachment A

Section 204 of Public Law 108-265—June 30, 2004 Child Nutrition and WIC Reauthorization Act of 2004

SEC. 204 LOCAL WELLNESS POLICY

(a) **IN GENERAL** - Not later than the first day of the school year beginning after June 30, 2006, each local education agency participating in a program authorized by the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.) shall establish a local school wellness policy for schools under the local educational agency that, at a minimum—

- 1) Includes goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness in a manner that the local educational agency determines is appropriate;
- 2) Includes nutrition guidelines selected by the local educational agency for all foods available on each school campus under the local educational agency during the school day with the objectives of promoting student health and reducing childhood obesity;
- 3) Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section 9(f)(1) and 17(a) of the Richard B Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)), as those regulations and guidance apply to schools;
- 4) Establishes a plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy; and
- 5) Involves parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy.

(b) **TECHNICAL ASSISTANCE AND BEST PRACTICES** . -

(1) **IN GENERAL** . - The Secretary, in coordination with the Secretary of Education and in consultation with the Secretary of Health and Human Services, acting through the Centers for Disease Control and Prevention, shall make available to local educational agencies, school food authorities, and State educational agencies, on request, information and technical assistance for use in—

- (A) Establishing healthy school nutrition environments;
- (B) Reducing childhood obesity; and
- (C) Preventing diet-related chronic diseases.

(2) **CONTENT** . - Technical assistance provided by the Secretary under this subsection shall—

- (A) Include relevant and applicable examples of schools and local educational agencies that have taken steps to offer healthy options for foods sold or served in schools;
- (B) Include such other technical assistance as is required to carry out the goals of promoting sound nutrition and establishing healthy school nutrition environments that are consistent with this section;
- (C) Be provided in such a manner as to be consistent with the specific needs and requirements of local educational agencies; and
- (D) Be for guidance purposes only and not be construed as binding or as a mandate to schools, local educational agencies, school food authorities, or State educational agencies.

(3) **FUNDING** . -

(A) IN GENERAL. – On July 1, 2006, out of any funds in the Treasury not otherwise appropriated, the Secretary of the Treasury shall transfer to the Secretary of Agriculture to carry out this subsection \$4,000,000, to remain available until September 30, 2009.

(B) RECEIPT AND ACCEPTANCE. – The Secretary shall be entitled to receive, shall accept, and shall use to carry out this subsection the funds transferred under subparagraph (A), without further appropriation.

Attachment B

Restricted Food Policy

Federal regulations prohibit the sale of certain foods, determined to be of minimal nutritional value, in the foodservice area during meal periods.

Restricted Foods

The foods that are restricted from sale to students are classified in these four categories:

- **Soda Water** -any carbonated beverage. No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals, and protein.
- **Water Ices** -any frozen, sweetened water such as "...sicles" and flavored ice with the exception of products that contain fruit or fruit juice.
- **Chewing Gum** -any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- **Certain Candies** -any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types:
 - **Hard Candy**-A product made predominantly from sugar (sucrose) and corn syrup that may be flavored and colored, is characterized by a hard, brittle texture and includes such items as sour balls, lollipops, fruit balls, candy sticks, starlight mints, after dinner mints, jaw breakers, sugar wafers, rock candy, cinnamon candies, breath mints, and cough drops.
 - **Jellies and Gums**-A mixture of carbohydrates that are combined to form a stable gelatinous system of jellylike character and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit-flavored slices.
 - **Marshmallow Candies**-An aerated confection composed of sugar, corn syrup, invert sugar, 20 percent water, and gelatin or egg white to which flavors and colors may be added.
 - **Fondant**-A product consisting of microscopic-sized sugar crystals that are separated by a thin film of sugar and/or invert sugar in solution such as candy corn, soft mints.
 - **Licorice**-A product made predominantly from sugar and corn syrup that is flavored with an extract made from the licorice root.
 - **Spun Candy**-A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.
 - **Candy Coated Popcorn**-Popcorn that is coated with a mixture made predominantly from sugar and corn syrup. (<http://www.austinisd.org/schools/health/restricted.phtml>)

Attachment C

Guidelines for Food and Beverages Offered to Students at School & School Functions

All foods and beverages, other than school meals, made available to students during allowable times must meet the following maximum portion size and nutrition standards.

Food Items:	Elementary Schools	Middle Schools	High Schools
Chips (regular)	1 oz.	1 oz.	1.25 oz.
Baked Chips, Crackers, popcorn, Trail mix, seeds, Dried fruit, jerky, Pretzels.	1.5 oz.	1.5 oz.	1.5 oz.
Cookies/cereal bars	2 oz.	2 oz.	2 oz.
Baked Goods (Pastry/muffin)	3 oz.	3 oz.	3 oz.
Frozen Desserts, Ice cream	3 oz.	3 oz.	4 oz.
Yogurt	8 oz.	8 oz.	8 oz.
Whole Milk	8 oz.	8 oz.	8 oz.
Reduced fat milk	8 oz.	16 oz.	16 oz.
Beverages other than	12 oz.	12 oz.	12 oz.
Milk or FMNV (water exempt) Fruit Drinks/slushes (50% juice minimum)	6 oz.	12 oz.	12 oz.
All other food/beverages	No more than 9 grams of fat per package. (except nuts & seeds) and no more than 35% by weight or 15 grams per serving of added sugar.		

At any school function (parties, celebrations, receptions, festivals, sporting events, etc.) healthy food choice options should be available to students. Some suggested foods are listed below to include on refreshment tables, price lists, etc.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit and 100% fruit juices
- Frozen fruit juice pops
- Dried fruits (raisins, banana chips, etc.)
- Trail Mix (dried fruits and nuts)
- Dry roasted peanuts, tree nuts, and soy nuts (not coconut or palm nuts)

Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)
Party Mix (variety of cereals, nuts, pretzels, etc.)
Low-sodium crackers
Baked corn chips & fat-free potato chips with salsa and low-fat dips (Ranch, French Onion, bean, etc.)
Low-fat muffins, granola bars, and cookies
Angel food and sponge cakes
Flavored yogurt & fruit parfaits
Jello and low-fat pudding cups
Low-fat ice creams, frozen yogurts, sherbets
Low-fat and skim milk products
Pure ice cold water

Foods to Avoid – Consume only occasionally (recommended no more than once per month)

Carbonated and caffeinated beverages (soft drinks, tea, & coffee)
High sugar content candies and desserts
High fat foods (fried foods like french fries, fatty meats, most cheeses, buttery popcorn)
High sodium foods (luncheon meats, cheeses, chips, salty popcorn, pickles)

- In selecting food items to offer keep in mind the numerous students and adults who are on special diets and their consumption of sugar, fat, sodium, etc. is restricted.
- The use of foods of minimal nutritional value (See Attachment B) as learning incentives should not be practiced, and healthy food choices or non-food items should be substituted.
- Organizations operating concessions at school functions should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

*** - Approved Times for the Availability of Foods and Beverages Other than School Meal**
Elementary Schools – after the end of the regular school day

Junior High Schools – after the end of the last lunch period

High Schools – after the end of the last lunch period

***- Exemptions:**

Three days will be exempt from the inaccessibility of the Food of Minimal Nutritional Value listed above. These items may not be made available during meal times in the areas where school meals are being served and/or consumed. The designated days can be found on the school calendar.



Texas Department of Agriculture
Local Wellness Policy Checklist

FND-105

COMMISSIONER SID MILLER

SECTION A	¹ APPLICANT INFORMATION		
	Contracting Entity (CE) Name Driscoll ISD	CE ID Number 00870	Education Service Center (ESC) 2
	Authorized Representative Name Minerva Zapata	ESC Child Nutrition Program (CNP) Specialist's Name Art Provencio	

SECTION B	¹ IMPLEMENTATION	
	1. CE has submitted documentation to support a local wellness policy that indicates implementation was effective within 12 months of approval of program application.	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
	² DEVELOPMENT OF POLICY	
	1. Involves parents	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
	2. Involves students	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
	3. Involves representatives of the CE	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
	4. Involves school board/administrators	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
	5. Involves school/site	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
	6. Involves the public	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
	A box marked "No" or "N/A" requires an explanation in the Notes section. The "N/A" box can only be marked if the question is not applicable to program regulations.	
	Notes	
	³ GOALS AND GUIDELINES	
1. Includes goals for nutrition education designed to promote student wellness	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	
2. Includes goals for physical activity designed to promote student wellness	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	
3. Includes goals for other school-based activities designed to promote student wellness	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	
4. Includes nutrition guidelines for all foods and beverages available at each site during the school day	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	
5. Provides assurance that guidelines for reimbursable meals shall not be less restrictive than the regulations and guidance of the Child Nutrition Act and then National School Lunch Act	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	
A box marked "No" or "N/A" requires an explanation in the Notes section. The "N/A" box can only be marked if the question is not applicable to program regulations.		
Notes		

This document becomes public record and is subject to disclosure. With few exceptions, you have the right to request and be informed about the information that the State of Texas collects about you. You are entitled to receive and review the information upon request. You also have the right to ask the state agency to correct any information that is determined to be incorrect. (Reference: Government Code, Sections 552.021, 552.023, and 559.004.)

SECTION B (CONTINUED)	⁴ MEASUREMENT OF IMPLEMENTATION	
	1. Policy establishes a plan for measuring implementation of the local wellness policy	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
	2. Policy designates one or more persons responsible for implementation and monitoring within the CE or at each school/site of the local wellness policy	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
	3. Designated person(s) has (have) the operational responsibility for ensuring that the school/site meets the local wellness policy	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
	4. Designated person(s) is (are) responsible for measuring implementation of the policy	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
A box marked "No" or "N/A" requires an explanation in the Notes section. The "N/A" box can only be marked if the question is not applicable to program regulations.		
Notes		

SECTION C	¹ SIGNATURES		
	Signature of Authorized Representative	Title	Date (mm/dd/yy) / /
	Signature of ESC CNP Specialist		Date (mm/dd/yy) / /
	Signature of TDA official		Date (mm/dd/yy) / /

Federal/State Policies and Procedures

USDA Guidance/Requirements for Implementing a Local Wellness Policy:

As of the first day of the school year beginning after June 30, 2006, each Contracting Entity (CE) participating in a program authorized by the Richard B. Russell National School Lunch Act (42 U.S.C.1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.) shall establish a local school wellness policy for schools/sites operating under the CE that, at a minimum: includes goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness in a manner that the CE determines is appropriate; includes nutrition guidelines selected by the CE for all foods/milk available on each school/site under the CE during the school day with the objectives of promoting student health and reducing childhood obesity; provides assurance that guidelines for reimbursable school meals and milk shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to Subsections (a) and (b) of Section 10 of the Child Nutrition Act (42 U.S.C. 1779) and Section 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C.1758(f)(1), 1766(a) as those regulations and guidance apply to CEs/schools/site; establishes a plan for measuring implementation of the local wellness policy, including designation of one or more persons within the CE or at each school/site, as appropriate, charged with operational responsibility for ensuring that the school/site meets the local wellness policy; and involves parents, students, and representatives of the CE, the school board, school/site administrators, and the public in the development of the local wellness policy.

SECTION D

The Secretary of Agriculture, in coordination with the Secretary of Education and in consultation with the Secretary of Health and Human Services, acting through the Centers for Disease Control and Prevention, shall make available to local education agencies, CEs and State educational agencies, on request, information and technical assistance for use in establishing healthy nutrition environments, reducing childhood obesity, and preventing diet-related chronic diseases. Technical assistance provided by the Secretary under this section shall: include relevant and applicable examples of schools/sites and CEs that have taken steps to offer healthy options for foods sold or served in schools/sites; include such other technical assistance as required to carry out the goals of promoting sound nutrition and establishing healthy nutrition environments that are consistent with the local wellness policy, be provided in such a manner as to be consistent with the specific needs and requirements of local educational agencies, and be for guidance purposes only and not be construed as binding or as a mandate to CEs or state educational agencies.

Responsibilities of Texas Department of Agriculture (TDA) Food and Nutrition (F&N):

The TDA F&N will provide technical assistance and required training to the local CE operating the School Nutrition Programs (SNP) through the ESC Child Nutrition Program (CNP) Specialist. TDA F&N will supply training materials for the wellness policy training sessions and offer resources for CEs through TDA's website at <http://www.squaremeals.org/>. Copies of all local wellness policies and their corresponding completed checklists will be reviewed by the TDA F&N and placed in the CE's file. This requirement will be monitored during the scheduled Administrative Review.

SECTION D (CONTINUED)

Federal/State Policies and Procedures:

TDA F&N will distribute the Wellness Policy Checklist to CE, as needed, thru the ESC CNP Specialist for use as a self-evaluation tool.

TDA F&N will provide technical assistance and required training to the CE through the ESC CNP Specialist. The training sessions should provide all the information CEs need to develop a local wellness policy that meets the requirements of the 2004 Reauthorization Act. The ESC CNP Specialist will review all local wellness policies adopted by the CEs in their region and will complete the Wellness Policy Checklist to verify all local wellness policies meet the minimum requirements established by the 2004 Reauthorization Act and USDA. The ESC CNP Specialist will sign and submit a copy of the written local wellness policy and completed checklist to the TDA F&N for final review and to be placed in the CE's file.

Responsibilities of the CE:

CEs must submit to regional ESC CNP Specialist(s) documentation to support a local wellness program that complies with the USDA Guidance and includes a date for implementation.

As of the first day of the school year beginning after June 30, 2006, the CE is responsible for the actual development of the policy and for meeting the minimum requirements established by the 2004 Reauthorization Act.