

**Spring Branch Independent School District
Agenda Item Information**

Date of Board Meeting: August 25, 2008

Subject: First Reading of Policy: FFA (LOCAL) STUDENT WELFARE AND HEALTH SERVICES

Administrator Responsible:

Name: Diane Jackson, Ed.D.

Position: Policy Administration & Governmental Relations

Purpose of Agenda Item:

Information only **Action needed** **Report**

Additional Information and/or Back-Up:

Recommend first reading and advance to second reading and adoption of this policy, FFA (LOCAL) STUDENT WELFARE AND HEALTH SERVICES.

A copy of this policy is attached.

Copy of FFA (REGULATION) is attached for Board review.

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(LOCAL)

- WELLNESS** The District shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities.
- DEVELOPMENT OF GUIDELINES AND GOALS** The District shall develop nutrition guidelines and wellness goals in consultation with the local school health advisory council and with involvement from representatives of the student body, school food service, school administration, the Board, parents, and the public. [See BDF and EHAA]
- NUTRITION GUIDELINES** The District shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are at a minimum in accordance with the Texas Public School Nutrition Policy. [See CO]
- WELLNESS GOALS**
- NUTRITION EDUCATION** The District shall implement, in accordance with law, a coordinated health program with a nutrition education component [see EHAB and EHAC] and shall use health course curriculum that emphasizes the importance of proper nutrition [see EHAA].
- In addition, the District establishes the following goals for nutrition education:
1. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
 2. Nutrition education will be a Districtwide priority and will be integrated into other areas of the curriculum, as appropriate.
 3. Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
 4. 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.
 5. Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.
- PHYSICAL ACTIVITY** The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades [see EHAB and EHAC].
- In addition, the District establishes the following goals for physical activity:
1. 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.

2. Physical education classes will regularly emphasize moderate to vigorous activity.
3. The District will encourage teachers to integrate physical activity into the academic curriculum where appropriate.
4. Before-school or after-school physical activity programs will be offered and students will be encouraged to participate.
5. Teachers and other school staff will receive training to promote enjoyable, life-long physical activity for themselves and students.
6. The District will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
7. The District will encourage students, parents, staff, and community members to use the District's recreational facilities that are available outside of the school day. [See GKD]

SCHOOL-BASED
ACTIVITIES

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities:

1. Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.
2. Wellness for students and their families will be promoted at suitable school activities.
3. Employee wellness education and involvement will be promoted at suitable school activities.

RECESS

Daily recess, preferably outdoors, is recommended for all elementary school students.

IMPLEMENTATION

The Superintendent or designee shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)

HEALTH SERVICES
PROGRAM

The Superintendent or a designee will establish and implement precise and effective procedures for handling student illness and accidents occurring during school hours. These procedures will be made known to all employees with responsibilities for student management.

HEALTH RECORDS

The principal will direct that health records be maintained for each student. Health records will include:

1. A permanent pupil health record card.
2. A record of state- and District-required immunizations. Health record cards will be sent to the next campus level, or in the case of a withdrawn student, will be merged with the cumulative folder.

CONFIDENTIALITY

Strict confidentiality requirements apply. Only those staff members with a need to know may have access to a student's health record.

NUTRITION
GUIDELINES

The District will ensure that nutritional guidelines for reimbursable school meals will be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with the Texas Public School Nutrition Policy. [See CO]

In addition to legal requirements, the District will:

1. Establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations [see CO];
2. Provide teachers with education and guidelines on the nonuse of food as a reward in the classroom;
3. Establish guidelines for school-sponsored fund-raising activities that involve serving or selling food;
4. Require that healthy food and beverage options be included at concessions at school-related events outside of the school day;
5. Encourage community input for food choices; and
6. Ensure that food providers are sensitive to the school environment in displaying their logos/trademarks on campus.

NUTRITION
EDUCATION

The District will implement, in accordance with law, a coordinated health program with a nutrition education component [see EHAB and EHAC] and will use health course curriculum that emphasizes the importance of proper nutrition [see EHAA].

The District will have professional development to provide classroom teachers with basic knowledge of nutrition.

PHYSICAL ACTIVITY

The District will implement, in accordance with law, a coordinated health

program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades [see EHAB and EHAC].

In addition, the District will:

1. Ensure that state-certified physical education teachers teach health fitness;
2. Ensure that students receive adequate health fitness time on days with student pullouts, assemblies, etc., maintaining the 135 minutes per week or 30 minutes daily requirement;
3. Ensure that scheduling in elementary schools allows for consistency of instruction; and
4. Ensure that movement within recess, or other classes meets standards to qualify for a health fitness substitution.

SCHOOL-BASED
ACTIVITIES

The District will create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities by:

1. Prohibiting the use of food as a reward or punishment; and
2. Supporting fund-raising efforts for healthy eating or non-food items, and following the Texas School Nutrition Policy.
3. An academic break/reformatted recess is recommended on school days with inclement weather, shortened days and unforeseen/unplanned events
4. To the extent possible, avoid tutorial pull outs from recess.
5. It is recommended that recess minutes not be counted towards the required weekly Health Fitness minutes.
6. It is not recommended that exclusion from recess be used as a consequence for student misbehavior.