

Sundown Independent School District
Sundown, Texas

Local Wellness Plan

Wellness

Sundown ISD 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

Sundown ISD shall develop nutritional 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.

Nutrition Guidelines

Sundown ISD shall ensure that nutritional 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 in accordance with USDA National Competitive Foods Policy and Smart Snack.

In addition to legal requirements, Sundown ISD shall:

- 1) Establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations.
- 2) Provide teachers with education and guidelines on the use of food as a reward in the classroom.

Wellness Goals: Nutrition Education

Sundown ISD shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition.

In addition, sundown ISD 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 district-wide priority and will be integrated into other areas of the curriculum, as appropriate.
- 3) 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.
- 4) Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.

Wellness Goals: Physical Activity

Sundown ISD 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.

In addition, Sundown ISD establishes the following goals for physical activity:

- 1) Sundown ISD 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) Sundown ISD will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
- 4) Sundown ISD will encourage students, parents, staff, and community members to use the district's recreational facilities that are available outside of the school day.

Wellness Goals: School-Based Activities

Sundown ISD 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.

Implementation

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

Review and Evaluation

The School Health Advisory Council (SHAC) committee of Sundown ISD shall review and evaluate the wellness policy. (See "Sundown ISD Wellness Plan Evaluation")