

The Ehrhart School

Health and Wellness Policy

**Ehrhart
123805**

WELLNESS AND HEALTH SERVICES: STUDENT WELFARE

WELLNESS

The District shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of students through nutrition education, physical activity, and other school-based activities.

DEVELOPMENT OF GUIDELINES AND GOALS

The District 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.

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NUTRITION GUIDELINES

The District 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 the Public School Nutrition Policy. In addition to legal requirements, the District shall provide teachers with education and guidelines on the use of food as a reward in the classroom.

In addition, the District establishes the following goals for nutrition education:

- Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

- 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.

**WELLNESS GOALS:
PHYSICAL
ACTIVITY**

The District shall implement, in accordance with the 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, the District establishes the following goals for physical activity:

- The District shall 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 parents to support their children's participation, to be active role models, and to include physical activity in family events.

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**WELLNESS GOALS:
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.

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

IMPLEMENTATION

The superintendent shall be responsible for the implementation and monitoring of The Ehrhart School Health and Wellness Policy and shall develop administrative procedures for measuring the implementation of the wellness policy annually.

The Principal, Physical Education Staff, and the Food Service Director shall have the operational responsibility for ensuring that the school meets the local wellness policy.

**MEASURING
IMPLEMENTATION**

Guidelines	Responsibility	Resources	Timeline	Evaluation Formative
Nutrition Education	Monitor: Superintendent Evaluation: Principal, Food Service Director	Region 5 ESC Texas Public School Nutrition Policy, USDA/ School Meals	Ongoing (Aug-May)	Survey Responses (teachers, parents, students, community). Student Attendance.
Physical Activity	Monitor: Superintendent Evaluation: Principal, Physical Education Staff	Region 5 ESC	Ongoing (Aug-May)	Survey Responses (teachers, parents, students, community). Staff Evaluations. Student Attendance.
Nutrition Standards	Monitor: Superintendent Evaluation: Principal, Food Service Director, Contracted Food Service Provider	Region 5 ESC USDA/School Meals, Texas Public School Nutrition Policy.	Ongoing (Aug-May)	Survey Responses (teachers, parents, students, community). Student Attendance.
Other School-Related Activities	Monitor: Superintendent Evaluation: Principal, Food Service Director	Region 5 ESC USDA/School Meals, Texas Public School Nutrition Policy	Ongoing (Aug-May)	Survey Responses (teachers, parents, students, community), TDA Nutrition Requirements, Student Attendance.

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