

ZEPHYR ISD WELLNESS POLICY

LOCAL WELLNESS POLICY #1: SETTING NUTRITION EDUCATION GOALS

1. Students in grades pre-K through grade 12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
2. Students receive consistent nutrition education messages throughout the school, classroom, cafeteria, and home.
3. Zephyr ISD will follow health education curriculum standards and guidelines as stated by the Texas Education Agency.

LOCAL WELLNESS POLICY #2: SETTING PHYSICAL ACTIVITY GOALS

1. Students in grades pre-K through grade 12 will have 45 minutes of moderate to vigorous physical activity every day of the week.
2. Students will be given opportunities for physical activity during the school day through daily recess periods, elective physical education classes, and the integration of physical activity the academic curriculum.
3. Students will be given opportunities for physical activity through a range of after-school programs, including intramurals, interscholastic athletics and physical activity clubs.

LOCAL WELLNESS POLICY #3: ESTABLISHING NUTRITION STANDARDS FOR ALL FOODS AVAILABLE ON SCHOOL CAMPUS DURING THE SCHOOL DAY

1. Students in grades pre-K through grade 12 will be offered breakfast at no charge to the student. Students are encouraged to participate in this program.
2. All foods and beverages made available on campus during the school day are consistent with current Dietary Guidelines for Americans.
3. All school-based activities are consistent with local wellness policy goals.

LOCAL WELLNESS POLICY #4: SETTING GOALS FOR OTHER SCHOOL BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

1. The school environment is safe and comfortable and allows ample time and space for eating meals.
2. School staff shall not use food as a reward for student's accomplishments. The withholding of food as a punishment is prohibited.
3. Adequate time to eat in a pleasant dining environment will be provided.
4. A short recess for elementary students will be scheduled sometime before lunch so that children will come to lunch less distracted and ready to eat.

LOCAL WELLNESS POLICY #5: SETTING GOALS FOR MEASUREMENT AND EVALUATION

1. The SHAC (School Health Advisory Council) shall be composed of parents and school staff.
2. The Principal will conduct a review of the campus in the Fall semester of each year to identify areas of improvement. He/she will report their findings to the Superintendent any changes to the School Wellness Policy.
3. Before the end of each year SHAC and the Food Service Director will recommend to the Superintendent any changes to the School Wellness Policy.
4. The SHAC and the Food Service Director will report quarterly to the Superintendent the progress of the policy and the status of compliance by the campus.