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| 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. |
| 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 in accordance with the Texas Public School Nutrition Policy. |
| WELLNESS GOALS NUTRITION EDUCATION | The District 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. |
| PHYSICAL ACTIVITY | <p>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.</p> <p>In addition, the District establishes the following goals for physical activity:</p> <ol style="list-style-type: none">1. 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.2. Physical education classes shall regularly emphasize moderate to vigorous activity.3. The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events. |
| SCHOOL-BASED ACTIVITIES | The District establishes the following goal 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 shall be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable. |

St Joseph Alamo Catholic School
01271
Local Wellness Policy

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.