

## Katy ISD Wellness Policy

**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 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** The District shall develop 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 Texas Public School Nutrition Policy.

In addition to legal requirements, the District shall:

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

**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.

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

1. Students will receive nutrition education that fosters the adoption and maintenance of health and eating behaviors.
2. Nutrition education will be integrated into other areas of the curriculum, as appropriate.
3. Staff responsible for nutrition education will be adequately prepared 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.

**Wellness Goals:** 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.

**Physical Activity**

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 activities to develop the knowledge and skills to enhance, improve, and maintain physical fitness.
3. Teachers and other school staff will receive training to promote enjoyable, life-long physical activity for themselves and students.
4. The District will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
5. 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.

**Wellness Goals:** 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:

**School-Based Activities**

1. Students will 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 Wellness Coordinator shall oversee the implementation of this policy and shall develop administrative procedures, as necessary, for periodically measuring the implementation of the wellness policy.