

GOLD-BURG 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 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 (See BDF and EHAA).
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 on each campus are in accordance with the Texas Public School Nutrition Policy (See CO).
WELLNESS GOALS	The District shall implement, in accordance with law, a coordinated health program with a nutrition education component (see EHAB and EHAC) and shall use health course curriculum that emphasizes the importance of proper nutrition (see EHAA).
NUTRITION EDUCATION	<p>In addition, the District establishes the following goals for nutrition education:</p> <ol style="list-style-type: none">1. The District shall provide nutrition education for all students.2. Nutrition education shall influence students' eating behaviors.
PHYSICAL ACTIVITY	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 (see EHAB and EHAC).

In addition, the District establishes the following goals for physical activity:

1. The District shall provide opportunities for every student to develop the knowledge and skills for specific physical activities.
2. The District shall adopt and implement state standards for physical activity.
3. The District shall help students fully embrace regular physical activity as a personal behavior.

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:

1. The District shall provide a healthy learning environment for all students.
2. All school and community members shall be encouraged to participate in all health-related activities.
3. The District shall create a total school environment that is conducive to healthy eating.

IMPLEMENTATION

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