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November 2005

Student Welfare: Wellness and Health Services

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'WELLNESS POLICY' STARTING POINTS

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[Policy Development Worksheet \(PDF\)](#)

[New: complete the policy development worksheet "online."](#)

November 2005

Student Welfare: Wellness and Health Services

The Federal Law

On June 30, 2004, the Child Nutrition and WIC Reauthorization Act of 2004, also known as Public Law 108-265, was signed into law by the president. Much of this lengthy federal statute is technical in nature, largely concerning the continued implementation of the Richard B. Russell National School Lunch Act and the Child Nutrition Act of 1966. For school board members, there was little remarkable about the Act apart from Section 204 that calls for direct action by local school boards. In the words of the law:

Not later than the first day of the school year beginning after June 30, 2006, each local education agency participating in a program authorized by the Richard B. Russell National School Lunch Act . . . or the Child Nutrition Act of 1966 . . . shall establish a local school wellness policy . . .

What prompted the federal government to require districts to undertake a wellness initiative for school-aged children? According to the Centers for Disease Control (CDC), only one of many sources monitoring the health of children, the prevalence of overweight children aged 6 to 11 more than doubled in the past 20 years, while the rate of overweight adolescents aged 12 to 19 more than tripled. Children who are overweight are more likely to suffer from bone and joint problems, sleep apnea, and psychological problems such as stigmatization and poor self-esteem. According to the Texas Department of State Health Services, there are numerous consequences for childhood obesity, including high blood pressure and type II diabetes. The problems associated with obesity become more pronounced as these same overweight children age. Overweight young people are at greater risk of becoming overweight adults, leading to an escalating series of health problems such as stroke, heart disease, several types of cancer, and osteoarthritis. The U.S. surgeon general has termed obesity an epidemic.

Requirements of Federal Law

Reducing childhood obesity through improved nutrition and increased physical activity appears to be the new law's principal goal. Section 204 of the Reauthorization Act separates the requirement for a wellness policy into five parts:

- **First, a variety of individuals—parents, students, food service representatives, board members, administrators, and members of the public—must be involved in the development of the policy.** The diversity of individuals that the law stipulates for policy development suggests a community-wide effort centered on student wellness. In keeping with this spirit, the federal law provides a means for these individuals to express their concerns during the policy development process.
- **Second, policies must establish goals for nutrition education, physical activity, and other school-based activities that are designed to promote wellness.** Beyond requiring goals, the federal law is silent about specifics; consequently, districts have broad latitude in establishing goals. In developing goals statements, districts may wish to consider these general guidelines:
 1. Conduct an assessment of the existing nutrition and physical activity environment.
 2. Understand the current needs in the district.
 3. Be knowledgeable about relevant state requirements.
 4. Choose goals that are sufficiently specific to be meaningful, but general enough so that policy does not have to be revised every time an activity or program is added, changed, or dropped.
 5. Consider the demands on staff and resources that would be created by each goal.
 6. Calculate the cost to implement each goal.
 7. Discuss how to monitor the implementation and effectiveness of each goal.
- **Third, nutrition guidelines must be in place with the objectives of promoting student health and reducing childhood obesity.** The law requires the board to select nutritional guidelines for all foods available on each campus during the school day. The Texas Public School Nutrition Policy developed by the Texas Department of Agriculture fulfills this requirement. This does not prevent a district from choosing to exceed state and federal guidelines. In addition, a district may wish to consider setting guidelines when food is served or sold outside of the regular school day, such as fund-raising activities and concessions.
- **Fourth, the policy must provide an assurance that guidelines for reimbursable meals will comply with USDA guidance.** According to the law, meals served under the National School Lunch Act and the Child Nutrition Act must satisfy minimum USDA guidelines. The assurance for this measure must be stated in policy. Responsibility for compliance may be assigned to the supervisor of food services.

- **Fifth, there must be a provision that allows for measuring implementation of the policy, along with identifying an administrator responsible for ensuring compliance with policy.** The law calls for designating one or more persons with operational responsibility for ensuring that the school meets the local wellness policy. This person(s) may be either at the district or campus level. The plan for measuring implementation should take the form of an administrative procedure. For example, a procedure might outline concrete steps taken to reduce high calorie, low nutrient foods at schools, or steps taken to increase student physical activity.

Requirements of State Law

The Texas legislature has also passed laws relating to student health that coordinate with federal law. Among these is Texas Education Code 28.004, which calls for the formation of a school health advisory council (SHAC). The SHAC is intended to be an advisory body in the area of health education instruction, with parents as a majority of its members. The board may also appoint teachers, administrators, students, and health-care professionals, among other parties. Because the SHAC is an ongoing advisory body in matters relating to student health initiatives, it is in an ideal position to assist in the development of the wellness policy.

In addition to the SHAC, Texas Education Code 38.013 and 38.014 also require a coordinated health program (CHP). The law requires TEA to make available to all districts a CHP designed "to prevent obesity, cardiovascular disease, and Type II diabetes." Furthermore, the program must provide for coordinating health education, physical education and physical activity, nutrition services, and parental involvement. The guiding principles of the CHP bear a great deal of resemblance to those of federal law, and the overlapping requirements should be considered by those implementing both programs. Still, there are major differences. The federal law must be implemented sooner than the CHP, and the CHP applies only to students in kindergarten through eighth grade.

Policy Development Steps

When formulating your wellness policy, we suggest the following steps:

1. Assess where you are

Determine the nutritional and physical activity needs of your students. Consider completing a self-assessment, such as the CDC's School Health Index cited below under [Resources](#), before deciding a future course of action.

2. Gather a policy development team

Bringing together enthusiastic members of the district community will help create momentum in policy development. As noted, the federal law requires specific members of the district community to participate in policy development. In addition, state law requires each district to have a SHAC. Either adding the federally required members to the SHAC or having the SHAC involve these same persons on an interim basis may be an appropriate

way to reconcile the expectations of federal and state law. During this process, evaluate the coordination between other segments of federal and state law, such as the impact of the CHP on the overall wellness program.

3. Draft the policy

Policy Service has developed a policy worksheet with language a district may wish to consider when writing the wellness policy. Please review the worksheet carefully. The worksheet was developed with input from the Texas Department of Agriculture and Education Service Center (ESC) child nutrition specialists. The structure of the policy is consistent with the local wellness policy checklist used by ESC child nutrition specialists.

4. Adopt the policy

Adoption of the policy is required by law and, therefore, is a critical part of the compliance enterprise. According to the Reauthorization Act, policies must be in place not later than the first day of the 2006–2007 school year. Follow the directions on the enclosed worksheet to ensure timely adoption and publication of the policy.

5. Define your administrative procedures

Your locally adopted wellness policy represents a broad plan toward creating an environment for healthy children. The policy needs to be supported by administrative action steps that fulfill the directives of policy. For example, the district might adopt as a wellness goal that students will receive nutrition education that fosters healthful eating behaviors. The action steps should outline in specific, concrete terms how this goal will be carried out, e.g., the courses and curriculum that will be used for nutrition education. The district may wish to evaluate the effectiveness of administrative procedures on a periodic basis, which might lead to further refinements.

6. Build community awareness and support

It will take a community-wide effort to create change for students. The school environment is not the only one children inhabit. Children are influenced by parents, siblings, friends, media, and a host of other factors outside school. For this reason, it is important that the wellness message is conveyed beyond the classroom. The SHAC and the PTA might play a valuable role communicating the importance of wellness. Likewise, there are a host of organizations such as the American Cancer Society, the American Heart Association, and the American Diabetes Association that have promoted wellness for decades. Involving as many interested parties in the wellness initiative as possible is perhaps the most effective way of reinforcing the wellness message outside of school.

Resources

The abundance of information available through the Internet may be overwhelming for those just starting out. As a sampling, we suggest the following Web sites. A review of the information contained in these sources should more than adequately prepare anyone seeking to create a wellness policy.

- [Centers for Disease Control/Healthy Youth](#)—The CDC has developed the School Health Index, which may be used by school districts as a tool to perform an initial assessment of the nutrition and physical activity program. The assessment tool may be found at <http://apps.nccd.cdc.gov/shi/default.aspx>.
- [USDA Team Nutrition](#)—Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance. Links are provided that provide specific resources, including programs, curricula, and research in the areas of nutrition education, physical activity, guidelines for food served on campus, and other school-based activities.
- [Food and Nutrition Division of the Texas Department of Agriculture](#)—This site delves into the school meal programs and the Texas Public School Nutrition Policy and offers valuable information for parents and children concerning preparation of meals and other food-related matters.
- [Action for Healthy Kids](#)—Action for Healthy Kids is a nonprofit organization formed specifically to address the epidemic of overweight, undernourished, and sedentary youth. The Web site contains an enormous amount of information, including topics such as school health advisory councils, staff wellness programs, and cocurricular programs, among a wide variety of additional information about nutrition education, physical activity, and health education. This Web site also lists the activities of the Texas Action for Healthy Kids Alliance.
- [School Nutrition Association](#)—The School Nutrition Association Web site encompasses several tools, including the SNA Local Wellness Policy Guidelines. These guidelines may be helpful for districts attempting to formulate original goal statements.
- [Fit, Healthy, and Ready to Learn](#)—The National Association of State Boards of Education's Web site has several links to a wide variety of school health issues.
- [USDA 2005 Dietary Guidelines for Americans](#)—This Web site includes the publication *Dietary Guidelines for Americans*, which provides authoritative advice about how good dietary habits can promote health. These guidelines serve as the basis for the federal food and nutrition education programs.
- [American Dietetic Association](#)—The American Dietetic Association is the nation's largest organization of food and nutritional professionals. Their Web site contains a wealth of food and nutrition information.
- [American Alliance for Health, Physical Education, Recreation, and Dance](#)—As the name of the organization suggests, a wide array of physical activity information is available at this Web site.
- [Model School Wellness Policies](#)—This Web site contains specific information relating to all aspects of the wellness policy required by federal law.

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'Wellness Policy' Starting Points Worksheet

As an experiment, for this latest *Starting Points* we're providing a worksheet that can easily be filled out electronically and e-mailed to your Policy Consultant/Analyst. If you would like to try this method, please follow the steps below.

1. **Download** the [Microsoft Word version](#) of the policy development worksheet.
2. **Save** a copy of the worksheet on your local computer. (File > Save As...)
3. **Edit** the worksheet in Word. Where multiple choices are given, select your choices by putting an "x" in the blank(s).

If you want to alter TASB's sample text, please feel free to do so. If you want to add additional text, please type it in the space below the choices already given. Word's "track changes" feature will mark your additions and deletions clearly, making it easy to see the corrections you've made.

4. **Don't forget** to type your name, your district's name, and your district's county-district (TEA) number at the top of the form!
5. **Save** your changes to the worksheet. You may want to print a copy for your records.
6. **E-mail** the finished worksheet to Policy.Service@tasb.org for processing as a Local District Update.

Don't forget to save your changes!

Please note: if you'd rather print the worksheet and fill it out by hand, download and print the [PDF version of the policy development worksheet](#).

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11/14/2005



Policy Service

Wellness Policy

Starting Points

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It will take a community-wide effort to create change for students. The school environment is not the only one children inhabit. Children are influenced by parents, siblings, friends, media, and a host of other factors outside school. For this reason, it is important that the wellness message is conveyed beyond the classroom. The SHAC and the PTA might play a valuable role communicating the importance of wellness. Likewise, there are a host of organizations such as the American Cancer Society, the American Heart Association, and the American Diabetes Association that have promoted wellness for decades. Involving as many interested parties in the wellness initiative as possible is perhaps the most effective way of reinforcing the wellness message outside of school.

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- Centers for Disease Control/Healthy Youth – www.cdc.gov/healthyyouth The CDC has developed the School Health Index, which may be used by school districts as a tool to perform an initial assessment of the nutrition and physical activity program. The assessment tool may be found at <http://apps.nccd.cdc.gov/shi/default.aspx>.
- USDA Team Nutrition – www.fns.usda.gov/tn Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance. Links are provided that provide specific resources, including programs, curricula, and research in the areas of nutrition education, physical activity, guidelines for food served on campus, and other school-based activities.
- Food and Nutrition Division of the Texas Department of Agriculture – www.squaremeals.org This site delves into the school meal programs and the Texas Public School Nutrition Policy and offers valuable information for parents and children concerning preparation of meals and other food-related matters.
- Action for Healthy Kids – www.actionforhealthykids.org Action for Healthy Kids is a nonprofit organization formed specifically to address the epidemic of overweight, undernourished, and sedentary youth. The Web site contains an enormous amount of

information, including topics such as school health advisory councils, staff wellness programs, and cocurricular programs, among a wide variety of additional information about nutrition education, physical activity, and health education. This Web site also lists the activities of the Texas Action for Healthy Kids Alliance.

- School Nutrition Association – www.schoolnutrition.org The School Nutrition Association Web site encompasses several tools, including the SNA Local Wellness Policy Guidelines. These guidelines may be helpful for districts attempting to formulate original goal statements.
- Fit, Healthy, and Ready to Learn – www.nasbe.org/healthyschools/fithealthy.html The National Association of State Boards of Education’s Web site has several links to a wide variety of school health issues.
- USDA 2005 Dietary Guidelines for Americans – www.health.gov/dietaryguidelines This Web site includes the publication *Dietary Guidelines for Americans*, which provides authoritative advice about how good dietary habits can promote health. These guidelines serve as the basis for the federal food and nutrition education programs.
- American Dietetic Association – www.eatright.org/ The American Dietetic Association is the nation’s largest organization of food and nutritional professionals. Their Web site contains a wealth of food and nutrition information.
- American Alliance for Health, Physical Education, Recreation, and Dance – www.aahperd.org As the name of the organization suggests, a wide array of physical activity information is available at this Web site.
- Model School Wellness Policies – www.schoolwellnesspolicies.org This Web site contains specific information relating to all aspects of the wellness policy required by federal law.

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FFA(LOCAL): STUDENT WELFARE: Wellness and Health Services

District Name _____ County-District Number _____ District Contact _____

This *Starting Points* worksheet is designed to assist your district in developing a local wellness policy, as required by the federal Child Nutrition and WIC Reauthorization Act of 2004. Districts that participate in a program authorized by the National School Lunch Act or by the Child Nutrition Act, such as free and reduced-price meals, must have a board-adopted policy in place by the first day of the 2006-2007 school year. Significant time should be allowed for development prior to board adoption in order to fulfill the law's required involvement of a diverse group of people and identification of appropriate local goals.

In Texas, state requirements have given districts a start on some wellness practices, so many of these concepts are not new. We have incorporated those existing state requirements into the wellness policy format. From the wealth of governmental and nonprofit wellness policy development resources, we have gathered a variety of guidelines and goals that may be appropriate and achievable for the greatest number of districts. Boards may vary greatly in the number and type of local goals they choose. The development of this policy may represent the beginning of a wellness initiative in your district or may reflect existing endeavors. Whichever the case, completing the worksheet is an opportunity to commit to policy your plan to help students be fit, healthy, and ready to learn.

In the following pages, we present model text and explain the reasoning behind the options presented. As always, please feel free to modify the suggested language as necessary to reflect your district's practices and preferences; submit any such revisions or additions when you return the worksheet.

Key Steps:

- **Read carefully** through the explanatory material that accompanies this document on the Policy Service Web site.
- **Select, revise, or add** to the policy language in this worksheet to reflect the district's choices.
- **Please be aware** that, if the district currently has an FFA(LOCAL) policy, it will be replaced by new policy text based on your responses to this worksheet. You will need to attach to the worksheet any provisions from your current FFA(LOCAL) policy you wish to retain.
- **Please make certain** you have completed the contact information at the top of the worksheet.
- **Photocopy** the completed worksheet and send it with any necessary attachments to TASB Policy Service for processing as a Local District Update. Fax to: 512-467-3618. Or mail to:

TASB Policy Service
P.O. Box 400
Austin, TX 78767-0400
- **Keep a copy** for your records.
- **Make plans to communicate** the new policy to your staff and to adjust or develop administrative regulations or procedures, as needed, to align with this new policy.
- **Call** your Policy Consultant/Analyst at 800-580-7529 or 512-467-0222 if you have any questions.

FFA(LOCAL): STUDENT WELFARE: Wellness and Health Services

District Name _____ County-District Number _____ District Contact _____

Suggested Policy Text	District's Choices	Policy Considerations
<p>WELLNESS</p> <p>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.</p>	<p><input type="checkbox"/> The district accepts the text as presented.</p> <p><input type="checkbox"/> The district has revised the text in the left-hand column.</p> <p><input type="checkbox"/> The district has attached alternative text.</p>	<p>This general statement of purpose includes the components that are required to be in the wellness policy by the federal Child Nutrition and WIC Reauthorization Act of 2004: nutrition guidelines and goals for nutrition education, physical activity, and school-based activities. [See FFA(LEGAL)] The district might choose to add to this section wellness issues not explicitly addressed by federal law, such as tobacco, steroid, drug, and alcohol use.</p>
<p>DEVELOPMENT OF GUIDELINES AND GOALS</p> <p>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. [See BDF and EHAA]</p>	<p><input type="checkbox"/> The district accepts the text as presented.</p> <p><input type="checkbox"/> The district has revised the text in the left-hand column.</p> <p><input type="checkbox"/> The district has attached alternative text.</p>	<p>Texas Education Code 28.004 requires every district to form a school health advisory council (SHAC) to consult on health education and related issues. The board appoints the SHAC members, a majority of whom must be parents of students enrolled in the district who are not also district employees. The Education Code also provides a list of other categories of people who may be appointed to the SHAC: teachers, administrators, students, health-care professionals, clergy, senior citizens, and members of nonprofit organizations and the business and law enforcement communities.</p> <p>The federal law requires that the district involve students, parents, and representatives from school food service, school administration, the board, and the public in the development of the wellness policy. While the federal law does not call for the formation of a wellness committee, the state-required SHAC offers a logical opportunity to involve the key constituents. The board could fulfill the federal requirement either by 1) appointing people in the categories designated by federal law to the SHAC or 2) having the SHAC involve these people on an interim basis while developing the wellness policy.</p>

FFA(LOCAL): STUDENT WELFARE: Wellness and Health Services

District Name _____ County-District Number _____ District Contact _____

The remainder of the policy must be developed with involvement from the people identified at DEVELOPMENT OF GUIDELINES AND GOALS on the previous page.

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 Texas Public School Nutrition Policy. [See CO]

In addition to legal requirements, the District shall:

- Establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations [see CO];
- Provide teachers with education and guidelines on the use of food as a reward in the classroom;
- Establish guidelines for school-sponsored fund-raising activities that involve serving or selling food; and
- Require that healthy food and beverage options be included at concessions at school-related events outside of the school day.
- (Other) _____

Check one or more of the boxes below:

- The district has checked the guidelines that apply. The unchecked items will be omitted from the list.
- The district has revised the text in the left-hand column.
- The district has attached text for additional guidelines.

Please note that the opening paragraph at left is a federally required component of the wellness policy. At a minimum, the district must ensure that guidelines for reimbursable school meals comply with the regulations and guidance issued by the U.S. Secretary of Agriculture pursuant to the Child Nutrition Act and the National School Lunch Act. The district will also, at a minimum, comply with mandatory state guidelines for schools that participate in the programs authorized by the two federal acts. The state guidelines are published by the Texas Department of Agriculture as the Texas Public School Nutrition Policy. If the district has set more restrictive local guidelines, you may wish to refer to those guidelines in this section of the policy. Extensive specific details, however, need not be included here; expressing those details in administrative regulations will make the process of adjusting and refining them less cumbersome.

If you choose to develop guidelines for parties, the district must take into consideration the recent amendment of Education Code 28.002(1-3)(1) that prohibits the district from adopting a rule, policy, or program under certain required curriculum provisions that restricts a parent or grandparent from providing food of his or her choice on the occasion of a child's birthday or at a school-designated function.

The district may want to give teachers guidelines about the use of food as a reward in the classroom. For instance, teachers may be asked not to distribute candy, even though the state nutrition policy allows certain age groups to have candy at certain times.

Guidelines for fund-raisers and concessions help the district send a consistent wellness message to students, staff, families, and community members. The Texas Department of Agriculture and several other organizations offer suggestions for alternative fund-raising activities on their Web sites.

FFA(LOCAL): STUDENT WELFARE: Wellness and Health Services

District Name _____ County-District Number _____ District Contact _____

WELLNESS GOALS: NUTRITION EDUCATION

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].

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.
- Nutrition education will be a Districtwide priority and will be integrated into other areas of the curriculum, as appropriate.
- Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
- 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.
- (Other) _____

Check one or more of the boxes below:

- The district has checked the goals that apply. The unchecked items will be omitted from the list.
- The district has revised the text in the left-hand column.
- The district has attached text for additional goals.

The opening paragraph refers to the coordinated health program (CHP) that is mandated by Education Code 38.014 and the new requirement in Education Code 28.002 for health classes to emphasize nutrition. The four components of the CHP—health education, physical education and activity, nutrition services, and parental involvement—are also relevant to the wellness policy. The adoption of the wellness policy and the implementation of the CHP have different timelines, and the wellness goals apply to all grade levels, while the CHP only applies to K–8. The requirements of the two initiatives, however, overlap and they should be considered together.

The federal requirements do not contain specific criteria or examples or indicate an appropriate number of goals, so the district has broad discretion in this area. The list at the left has been compiled by distilling some of the many suggestions found on wellness resource Web sites. To create the level of change needed to reverse the trend in childhood obesity, the resources suggest goals that involve all district employees, families, and community members. They also recommend goals that cross traditional organizational boundaries, such as bringing nutrition education into the cafeteria and offering healthy choices at the stadium concession stand.

When establishing goals, policy developers should choose goals that are sufficiently specific to be meaningful, but general enough so that the policy does not have to be revised every time an activity or program is added, changed, or dropped. You might choose to develop administrative procedures that contain action steps to accompany each goal. For example, if you choose a goal that establishes nutrition education as a districtwide priority and recommends integration into other areas of the curriculum, an administrative procedure might call for a professional development workshop for academic teachers.

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<p>WELLNESS GOALS: PHYSICAL ACTIVITY</p> <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 [see EHAB and EHAC].</p> <p>In addition, the District establishes the following goals for physical activity:</p> <p><input type="checkbox"/> 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.</p> <p><input type="checkbox"/> Physical education classes will regularly emphasize moderate to vigorous activity.</p> <p><input type="checkbox"/> The District will encourage teachers to integrate physical activity into the academic curriculum where appropriate.</p> <p><input type="checkbox"/> Before-school and after-school physical activity programs will be offered and students will be encouraged to participate.</p> <p><input type="checkbox"/> Teachers and other school staff will receive training to promote enjoyable, life-long physical activity for themselves and students.</p> <p><input type="checkbox"/> The District will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.</p> <p><input type="checkbox"/> 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. [See GKD]</p> <p><input type="checkbox"/> (Other) _____</p>	<p>Check one or more of the boxes below:</p> <p><input type="checkbox"/> The district has checked the goals that apply. The unchecked items will be omitted from the list.</p> <p><input type="checkbox"/> The district has revised the text in the left-hand column.</p> <p><input type="checkbox"/> The district has attached text for additional goals.</p>	<p>The opening paragraph again references the CHP and the state requirements for physical activity, both of which coordinate with federal requirements. If a district decides to exceed the state requirements for daily physical activity, those local standards should be referred to here; however, implementation details should be reserved for administrative procedures.</p> <p>The sample goals at left point to ways a district might heighten awareness of the need for physical activity. Wellness policy development resources from governmental and nonprofit organizations suggest that a districtwide commitment to physical fitness would include:</p> <ol style="list-style-type: none"> 1. Teachers, other than coaches and PE instructors, who understand the physical activity needs of children; 2. District employees who value the lifelong habit of physical activity; 3. Parents who support and promote physical activities; and 4. Community members who look for ways to reinforce the fitness message. <p>The final goal in the sample list refers to GKD(LOCAL), on nonschool use of district facilities, where some districts permit community use of unlocked or outdoor recreational facilities. Retain or delete the reference, as appropriate for your district.</p>
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FFA(LOCAL): STUDENT WELFARE: Wellness and Health Services

District Name _____ County-District Number _____ District Contact _____

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 at suitable school activities.
- Employee wellness education and involvement will be promoted at suitable school activities.
- (Other) _____

Check one or more of the boxes below:

- The district has checked the goals that apply. The unchecked items will be omitted from the list.
- The district has revised the text in the left-hand column.
- The district has attached text for additional goals.

The federal law requires the inclusion of goals related to other school-based activities. Communicating a consistent wellness message can be aided by enlisting anyone who organizes an activity or event to consider the possibility of incorporating a wellness message or at least, to consider whether a particular activity sends a message that contradicts the district's wellness goals.

An example of not taking wellness goals into account is the elementary school that had an essay contest on the harmful effects of tobacco use and awarded each of the winners a one-pound candy bar. A PTA-sponsored honor roll breakfast could support the goals by replacing doughnuts with muffins, fruit, and a message about the connection between brain power and a healthy diet. Wellness messages can be included in regular employee communications and meetings. The district could sponsor an employee contest that involves recording the number of miles they walk, cycle, or swim in a semester and includes education on aerobic conditioning.

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<p>IMPLEMENTATION</p> <p>The _____ shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.</p>	<p><input type="checkbox"/> The text is acceptable as presented. We have filled in the blank to identify the position with responsibility for oversight of implementation and monitoring.</p> <p><input type="checkbox"/> The district has revised the text in the left-hand column to reflect district practice.</p>	<p>Federal law specifies that the wellness policy authorizes one or more district employees to be responsible for monitoring the policy's implementation. An employee could be given responsibility for districtwide implementation, or an employee could be named for each campus or level of campuses.</p> <p>The policy must also entail a plan for measuring the implementation of the guidelines and goals. This text fulfills that requirement by directing the person or people named to develop procedures for evaluation.</p>
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