

NUTRITION AND WELLNESS

HEBISD shall follow applicable state and federal nutrition guidelines that advance student health and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities.

GOALS AND GUIDELINES

HEBISD shall maintain wellness goals and nutritional guidelines in consultation with the school health advisory committee (SHAC) and with representatives of the district's Nutrition Services Department, school administration, school board and parents. Goals shall be accomplished through physical education and activity.

PHYSICAL ACTIVITY

The District shall implement, in accordance with law, a coordinated school health program that complies with the state-mandated time for daily/weekly physical education. Students in high school shall meet the physical education component as required for graduation. HEBISD will provide an environment that fosters safe and enjoyable fitness activities for students, including those who are not participating in competitive sports. Time allotted for moderate to vigorous physical activity will be consistent with state standards and district board policy and regulations, to include a minimum:

- a. Elementary (K-6): 30 minutes daily or 135 minutes weekly
- b. Middle School (7-9): 30 minutes daily for four semesters;

High School (9-12): 2-½ credits (1.0 credit total) of physical education. Exemptions for middle and high school will be in accordance with District Board Policy and State mandates.

Schools will not remove or pull students from Physical Education classes, unless for administrative reasons such as discipline or counseling issues.

State-certified physical education instructors who will participate in professional staff development opportunities that are aligned with district requirements will teach all Physical Education courses.

Schools are encouraged at all elementary campuses to schedule recess before lunch. The benefits of having recess before lunch includes: better behavior on the playground, in the cafeteria and in afternoon classes. Additionally, there is less food waste, increased beverage consumption and an improved cafeteria atmosphere.

Schools are encouraged and healthy lifestyle choices.



NUTRITION

The district shall increase awareness of the school lunch program.

- x Distribute flyers and post on the Child Nutrition Department's website regarding school food programs within the first two weeks of the school year.
- x Participation rates in federal child nutrition programs throughout the school year shall be monitor for changes.
- x When relevant, the district shall use social media to advertise special event or nutrition/food related activities
- x Communicate with public relations to utilize current social media accounts for promotions.

The district shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

- x Provide nutritional information on monthly breakfast and lunch menus.
- x Ensure all menus are posted online.

Supporting Documentation (Met Objective)

HEB ISD Back to school Fair at each campus (dates varied)

Provided assistance with free and reduced lunch applications
provided nutrition education materials
provided healthy snacks

Trainings & Meeting

Community outreach to Nurses regarding education on reading and understanding carb counts and food allergen in menus
Spring Garden Elementary Cook Class

- x HEB ISD Showcase

Provided nutritional information
Provided healthy snacks
Discussed meal benefits with participants