

TEXAS SCHOOL FOR THE DEAF

STUDENT WELFARE: WELLNESS AND HEALTH SERVICES

FFA

WELLNESS

The School shall follow state and federal 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.

GUIDELINES AND GOALS

Part of the mission of the School is to improve the health of the entire community by teaching students and families ways to establish and maintain life-long healthy eating and physical activity habits. The mission shall be accomplished through nutrition education, physical education and activity, and food served in School.

NUTRITION GUIDELINES

The Superintendent or designee shall develop nutritional guidelines and wellness goals in consultation with the School Health Advisory Committee (SHAC) and with involvement from such representatives of the student body, student health services, curriculum department, physical education, student life, food services, administration, the Governing Board, parents, and the public, as designated by the Superintendent.

The Superintendent or designee shall ensure that nutritional guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidelines.

In addition to legal requirements, the School Superintendent or designee shall:

1. Annually, establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations.
2. Adopt, at least once every five years, guidelines for departments to ensure foods and/or beverages are not used as rewards for academic performance or behavior modification unless specifically stated in a student's individualized education plan (IEP) or behavior intervention plan.
3. Establish guidelines for school-sponsored fund-raising activities that involve serving or selling food meet the "Smart Snacks Rule" and be held outside of meal service times.
4. Determine which healthy food and beverage options shall be included at concessions at school-related events outside of the school day.
5. Ensure food for non-reimbursable meals (dinner or weekend) shall meet the Texas Public School Nutrition Policy.
6. Ensure that Student Life shall follow the age-appropriate guidelines for food and beverages in the Texas Public School Nutrition Policy.
7. Develop guidelines for students to receive appropriate quantities of all foods based on the Texas Public School Nutrition Policy.

WELLNESS GOALS

NUTRITION EDUCATION

The Superintendent or designee 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 Superintendent or designee shall establish the following goals for nutrition education:

1. Students shall receive nutrition education that fosters the adoption and

maintenance of healthy eating behaviors.

2. Nutrition education shall be a school wide priority and shall be integrated into other areas of the curriculum, as appropriate.
3. Staff responsible for nutrition education shall be trained and must participate in professional development activities to effectively deliver the program as planned.
4. The food service staff, instructional and support staff, student life staff, and other school personnel shall coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings throughout the School.
5. Educational nutrition information shall be shared with families and the TSD community to positively influence the health of students and community members.

PHYSICAL ACTIVITY

The Superintendent or designee 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 BDF, EHAA, EHAB, and EHAC] Daily recess, defined as unstructured but teacher-monitored play, of 20 minutes minimum per day shall be provided for elementary grades. Students may not be withheld from this activity, except as needed for instructional support. Participation in physical activity and or opportunities for physical activity should not be withheld as punishment.

In addition, the following are goals for physical activity:

1. The School 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 School shall encourage teachers to integrate physical activity into the academic curriculum where appropriate.
4. Before-school and/or after-school physical activity programs may be offered and students shall be encouraged to participate.
5. The School shall provide access, as appropriate, to students, parents, staff, and community members to use the School's recreational facilities.

SCHOOL-BASED
ACTIVITIES

The following are the goals meant to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities:

1. Sufficient time shall be allowed for students to eat meals in Cafeteria.
2. Cafeteria facilities shall be clean, safe, and comfortable.
3. Wellness for students and their families shall be promoted at school and

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after school activities.

IMPLEMENTATION

The Director of Student Health Services, Food Services Supervisor, Supervisor of Physical Education/Aquatics along with Academic Affairs, Student Support Services, Student Life, and Human Resources administrators, as a committee, chaired by the Superintendent or designee, shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of this wellness policy.

STUDENT HEALTH SERVICES

PURPOSE

The Department of Student Health Services shall assist students to achieve and maintain their highest possible level of wellness by providing timely health care interventions, teaching lifelong wellness habits, and educating students and their families to make informed health decision

SERVICE DELIVERY

The School shall provide safe, effective school health care services to students efficiently and at no cost.

PARENT INVOLVEMENT

The Superintendent shall ensure that the delivery of school health services maximizes parent involvement, responsibility, and financial support in the delivery of medical services to each student.

MEDICAL CONSULTANTS

The Superintendent shall ensure that all medical contracts entered into by the TSD Governing Board for student medical services shall be with Medicaid-certified providers.

PARTICIPATION IN SHARS PROGRAM

The School shall participate in, and maximize revenues resulting from, the School Health and Related Services program.

MEDICAID PARTICIPATION

The School shall provide Medicaid administrative and targeted case management.

Issued:

Adopted:

Amended: 08.11.06
02.16.17