

Wellness Policy: Prairie Valley ISD

Reviewed August 2019

Nutrition Education Goals

#1 School will provide nutrition education for all students.

#2 School will educate, encourage, and support healthy eating by all students.

Physical Education Goals

#1 School will provide opportunities for students to regularly participate in physical activity.

#2 School will adopt and implement state standards for physical activity.

Nutrition Standards

School will comply with the TEXAS PUBLIC SCHOOL NUTRITION POLICY.

Other School Related Activities

#1 The school will provide a healthy learning environment for all students.

#2 School will create a total school environment that is conducive to being physically active.

Nutrition Education Guidelines

Goal #1 School will provide nutrition education for all students.

Guidelines: Students will be educated on the importance of starting each day with a healthy breakfast and encouraged to do so everyday.

The school cafeteria will display posters to promote healthy eating and display other nutrition education materials.

Goal #2 School will educate, encourage, and support healthy eating by all students.

Guidelines: School district(s) will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.

Nutrition Education is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects.

Physical Activity Guidelines

Goal #1 School will provide opportunities for students to regularly participate in physical activity.

Guidelines: Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.

Goal #2 School will adopt and implement state standards for physical activity.

Guidelines Policies ensure that state-certified physical education instructors teach all physical education courses and are supported and encouraged to participate in professional development opportunities.

Time allotted for physical activity will be consistent with research, and state standards. 30 minutes of structure daily physical activity or 135 minutes a week in grades K-6.

Nutrition Standards Guidelines

Goal #1 School will comply with the TEXAS PUBLIC SCHOOL NUTRITION POLICY.

Guidelines: Refer to Texas Nutrition Policy for Guidelines.

Other School Based Activities Guidelines

Goal #1 The school will provide a healthy learning environment for all students.

Guidelines: The school district makes drinking fountains available in all schools, so that students can get water at meals and throughout the day.

The school district will ensure an adequate time for students to enjoy eating healthy foods with friends in schools.

Goal #2 School will create a total school environment that is conducive to being physically active.

Guidelines: The school district will make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours.

Outside after-school sport activities and practices will take into consideration heat index and rising temperatures.

Schools will encourage students to wear appropriate attire during any physical related activity.