

### **Wellness**

Heritage Academy 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.

### **Nutrition Guidelines**

Heritage Academy 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.

### **Wellness Goals**

#### **Nutrition Education**

Heritage Academy 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, Heritage Academy establishes the following goals for nutrition education:

1. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. Nutrition education will be a Heritage Academy-wide priority and will be integrated into other areas of the curriculum, as appropriate.
3. Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
4. 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.
5. Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.

#### **Physical Activity**

Heritage Academy 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.

In addition, Heritage Academy establishes the following goals for physical activity:

1. Heritage Academy will 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 will regularly emphasize moderate to vigorous activity.
3. Heritage Academy will encourage teachers to integrate physical activity into the academic curriculum where appropriate.
4. Heritage Academy will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

**Implementation**

The Superintendent shall ensure that Heritage Academy adopts goals for nutrition education, physical activity, and other school activities that promote student health and wellness as deemed appropriate by Heritage Academy. The Superintendent or designee shall also ensure that nutrition guidelines for foods served by Heritage Academy during the school day are adequate to advance student health and reduce childhood obesity and shall meet or exceed federal regulations and guidance, and that all foods available on each campus are in accordance with the Texas Public School Nutrition Policy and Heritage Academy-established standards.

The Superintendent or designee shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy, as may be necessary. Heritage Academy shall also seek to involve parents, students, representatives of the school food authority, the Board, administrators, and the public in the continued development and implementation of this school wellness policy.