

**Sec. 3.13.1. WELLNESS**

**Valor Public Schools** 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.

**Sec. 3.13.2. NUTRITION GUIDELINES**

**Valor Public Schools** 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 Valor Public Schools Nutrition Policy.

**Sec. 3.13.3. WELLNESS GOALS**

**Sec. 3.13.3.1. Nutrition Education**

**Valor Public Schools** 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, **Valor Public Schools** 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 school-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. **Valor Public Schools** will not market, promote, or sell any food or beverages outside of the child nutrition program.
6. Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.

**Sec. 3.13.3.2. Physical Activity**

**Valor Public Schools** shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the amount of physical activity for all grades required by the Texas Education Code or Commissioner Rule.

In addition, **Valor Public Schools** establishes the following goals for physical activity:

1. **Valor Public Schools** 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. **Valor Public Schools** will encourage teachers to integrate physical activity into the academic curriculum where appropriate.
4. **Valor Public Schools** will encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.

**Sec. 3.13.4. IMPLEMENTATION**

The Superintendent shall ensure that **Valor Public Schools** adopts goals for nutrition education, physical activity, and other school activities that promote student health and wellness as deemed appropriate by **Valor Public Schools**. The Superintendent or designee shall also ensure that nutrition guidelines for foods served by **Valor Public Schools** 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 **Valor Public Schools**-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. **Valor Public Schools** will complete a Wellness Policy Assessment at least once every three years to measure the effectiveness of the Wellness Policy and implement changes where necessary. Result of the Wellness Policy Assessment will be posted in the school site cafeteria(s) and on the school district’s website. **Valor Public Schools** 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.