

## **SHAC Wellness Policy**

The Fort Worth Academy of Fine Arts supports the general wellness of all students by utilizing sound nutrition, with the goal of reducing childhood obesity, and promoting student's overall good health and safety.

The local School Health Advisory Council (SHAC), on behalf of the school board, shall review and consider evidence-based strategies, techniques, and offer nutritional guidelines for cafeteria meals. In the review of these guidelines, the SHAC shall permit participation by parents, students, representatives of the school's food service management, physical education teachers, school health professionals, and school administrators.

The committee meets four times per school year.

### **WELLNESS PLAN**

The SHAC, at the minimum, shall:

1. Solicit involvement by and input from persons interested in the wellness plan and policy.
2. Methods for implementing SHAC ideas and suggestions.
3. The manner of communicating to the public applicable information about the school's wellness policy and plan.

### **NUTRITIONAL GUIDELINES**

The school's nutritional guidelines for school meals, all other foods and beverages sold/made available, or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity. The guidelines shall be at least as restrictive as federal regulations and guidance, except when the school allows an exemption for fundraising activities as authorized by state and federal rules.

### **NUTRITION PROMOTION AND EDUCATION**

The school shall implement, in accordance with law, a coordinated school health program with a nutritional education component.

The school shall establish the following for nutrition promotion:

1. The school's food service staff, teachers, and other school personnel will promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.
2. The school shall share educational nutrition information with families and the public to promote healthy nutritional choices and positively influence the health of students.
3. The school will ensure that food and beverages advertisements accessible to students during the school day contain only products that meet the federal guidelines for meals and competitive foods.

## **PHYSICAL ACTIVITY**

FWAFA shall implement, in accordance with law, a coordinated health program with physical education and activity components and shall offer at least the required amount of physical activity for all grades.

The school establishes the following goals for physical activity:

1. Provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes.
2. Provide appropriate staff development and encourage teachers to integrate physical activity into the curriculum where appropriate.
3. Provide appropriate wellness information to school employees and students to promote an enjoyable, lifelong, physically active lifestyle.
4. Encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

Parents may request in writing their child's physical fitness assessment results at the conclusion of the school year.

## **SCHOOL-BASED ACTIVITIES**

The school will establish the following to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message.

1. The school will allow sufficient time for students to eat meals in cafeteria facility that is clean, safe, and comfortable.
2. The school will promote wellness for students at school and during school activities.
3. The school will promote wellness for employees at school and during campus activities.

## **IMPLEMENTATION**

The school principal shall oversee the implementation of this policy.

## **EVALUATION**

The school shall comply with federal requirements for evaluating this policy and the wellness plan, as well as the school's level of compliance with the policy. Annually SHAC shall prepare a summary of the school's major activities and events tied to the wellness program.