

**Sec. 3.13.1. WELLNESS**

**Arrow 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.

**Sec. 3.13.2. NUTRITION GUIDELINES**

**Arrow 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. There will be no foods or beverages sold on campus during the school day other than foods sold by the Nutrition Department that abide by the Smart Snack, National School Lunch and School Breakfast Programs.

Arrow Academy shall ensure that all foods provided to students at no cost, outside of the National School Lunch and School Breakfast Programs, such as classroom rewards and parties shall have nutrition labeling.

Arrow Academy shall not market or advertise food or beverage products that do not meet Smart Snack, National School Lunch and School Breakfast Programs standards during the school day; with the exception of Nutrition Department approved student incentive systems.

**Sec. 3.13.3. WELLNESS GOALS**

**Sec. 3.13.3.1. Nutrition Education**

**Arrow 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, **Arrow 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 **Arrow 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.

### **Sec. 3.13.3.2. Physical Activity**

**Arrow Academy** 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, **Arrow Academy** establishes the following goals for physical activity:

1. **Arrow 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. **Arrow Academy** will encourage teachers to integrate physical activity into the academic curriculum where appropriate.
4. **Arrow Academy** 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 **Arrow Academy** adopts goals for nutrition education, physical activity, and other school activities that promote student health and wellness as deemed appropriate by **Arrow Academy**. The Superintendent or designee shall also ensure that nutrition guidelines for foods served by **Arrow 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 **Arrow 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. **Arrow 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.

At least once every three years, the Arrow Academy will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of Arrow Academy are in compliance with the wellness policy; and
- A description of the progress made in attaining the goals of the Arrow Academy's wellness policy.

The Superintendent is responsible for managing the triennial assessment and the campus principals responsible for competing campus based assessments provided by the Superintendent.

Arrow Academy will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications.