

IDEA PUBLIC SCHOOLS BOARD POLICY MANUAL
POLICY GROUP 3 – STUDENTS
WELLNESS POLICY

PG-3.309

Sec. 1. POLICY REQUIREMENTS

IDEA Public Schools (IDEA) must establish a local wellness policy for all schools participating in the National School Lunch Program and/or School Breakfast Program. The Superintendent or designee shall write a local wellness plan that includes methods to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meals and other food and beverages sold and otherwise made available on the school campus during the school day are consistent with applicable minimum Federal standards. *7 C.F.R. § 210.31(a)*.

Sec. 2. DEFINITIONS

“School day” means the period from the midnight before, to 30 minutes after the end of the official school day. *7 C.F.R. § 210.11(a)(5)*.

“School campus” means all areas of the property under the jurisdiction of IDEA that are accessible to students during the school day. *7 C.F.R. § 210.11(a)(4)*.

Sec. 3. WELLNESS

-IDEA shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students by implementing measurable goals to promote sound nutrition and health through nutrition education, physical activity, and other school-based activities.

Sec. 4. DEVELOPMENT OF LOCAL WELLNESS PLAN

The Superintendent or designee shall appoint The Child Nutrition Program, the School Health Advisory Council (SHAC) and the Healthy Kids Here Committee (“the appointees”) to review and consider evidence-based strategies and techniques and to develop nutrition guidelines and wellness goals as required by law. In developing, implementing, and reviewing these guidelines and goals of the local wellness plan, the appointees, named above, will allow participation by parents; students; representatives of IDEA’s food service provider; IDEA’s physical education teachers, campus and/or administrators, and school health professionals; Board members; and community members.

The appointees shall develop a local wellness plan to implement IDEA’s nutrition guidelines and wellness goals. The local wellness plan must address, at a minimum:

1. Strategies for soliciting involvement by and input from individuals interested in the wellness plan and policy;
2. Activities, benchmarks, and objectives for implementing wellness goals;
3. Methods for measuring implementation of wellness goals;

IDEA PUBLIC SCHOOLS BOARD POLICY MANUAL
POLICY GROUP 3 – STUDENTS
WELLNESS POLICY

PG-3.309

4. IDEA’s standards for foods and beverages provided (but not sold) to students during the school day on campus; and
5. Methods for communicating to the public information about IDEA’s local wellness plan.

The appointees will review and revise the wellness plan on a regular basis, and recommend revisions to the Wellness Plan when necessary.

Sec. 5. NUTRITION GUIDELINES

a) Food & Beverages Sold

IDEA’s nutrition guidelines for reimbursable school meals and other foods and beverages sold or marketed to students during the school day will be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when IDEA allows an exemption for allowable fundraising activities.

b) Food & Beverages Provided

IDEA shall also establish standards for all foods and beverages provided (but not sold) to students during the school day; these standards must be included in IDEA’s wellness plan.

Sec. 6. WELLNESS GOALS

a) Nutrition Education

IDEA 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. This program will encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental nutrition and food programs offered by -IDEA Public Schools.

Additionally, IDEA 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 an IDEA-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.

IDEA PUBLIC SCHOOLS BOARD POLICY MANUAL
POLICY GROUP 3 – STUDENTS
WELLNESS POLICY

PG-3.309

4. IDEA’s food service staff, teachers, and other personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.
5. IDEA shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.
6. IDEA shall ensure that any current or future food and beverage advertisements accessible to students on property contain only products that meet the federal guidelines for competitive foods.

Physical Activity

IDEA 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, IDEA establishes the following goals for physical activity:

1. IDEA will provide an environment that fosters safe, enjoyable, and developmentally appropriate 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. IDEA will encourage teachers to integrate physical activity into the academic curriculum where appropriate.
4. IDEA will encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.

Other School-Based Activities

<<School Name>>IDEA establishes the following goals for creating an environment conducive to healthy nutrition and physical activity and to promote a consistent wellness message to the school community:

1. IDEA shall allow sufficient time for students to eat meals in facilities that are clean, comfortable, and safe.
2. IDEA shall promote employee wellness activities and involvement at suitable school activities.

Sec. 7. IMPLEMENTATION

The Superintendent or designee shall oversee the implementation of this policy and the development of the local wellness plan and appropriate administrative procedures related to this wellness policy.

DATE ISSUED: June 16, 2026

3 of 5

IDEA PUBLIC SCHOOLS BOARD POLICY MANUAL
POLICY GROUP 3 – STUDENTS
WELLNESS POLICY

PG-3.309

Sec. 8. EVALUATION

IDEA Public Schools shall comply with federal requirements for evaluating this policy and the wellness plan. Generally, IDEA’s compliance with the local wellness plan shall be assessed at least once every three years. The Superintendent or designee shall conduct the assessment, which will consider:

1. The extent to which each school is in compliance with the local school wellness policy;
2. The extent to which the local school wellness policy aligns with model local school wellness policies; and
3. A description of the progress made toward attaining the goals described in the local wellness plan.

Sec. 9. PUBLIC NOTIFICATION

IDEA shall annually inform and update the public about the content and implementation of this wellness policy, and make the policy and any updates, along with the local wellness plan and program assessments, available to the public.

Sec. 10. RECORDS RETENTION

IDEA shall retain all the required records associated with the wellness policy as required by law¹ and IDEA Public Schools’ record management program.

42 U.S.C. § 1758b; 7 C.F.R. Part 210.

Sec. 11. ADMINISTRATIVE PROCEDURES

IDEA shall formally implement administrative procedures as reasonably necessary to properly administer this policy and to adhere to applicable law and rule. In doing so, IDEA shall not adopt, and are prohibited from adopting, an administrative procedure that conflicts with applicable law or this policy. Accordingly, IDEA shall confer with the Board or legal counsel before deviating from the requirements set forth in this policy. In the event that a deviation from this policy becomes necessary, IDEA shall either recommend an amendment to this policy or the Board’s approval of a specific deviation, including the purpose, scope and duration of the requested deviation.

Sec. 12. DATE ADOPTED AND EFFECTIVE

As set forth in the pertinent minutes to the meeting of the Board, the Board adopted this policy on June 16, 2026, and it became effective on June 16, 2026.

¹ Refer to the Texas Department of Agriculture, Food and Nutrition Division’s “Administrator’s Reference Manual (ARM)” for the School Nutrition Program for guidance on record retention requirements.

IDEA PUBLIC SCHOOLS BOARD POLICY MANUAL
POLICY GROUP 3 – STUDENTS
WELLNESS POLICY


PG-3.309

Sec. 13. RETENTION

This policy shall be retained until superseded, expired, or discontinued and for five (5) years thereafter in accordance with state law.

Sec. 14. CERTIFICATION

The Undersigned, being the Secretary of the Corporation, hereby certifies that the foregoing represents a true copy of the Board Policy relating to Wellness Policy, as originally adopted by the Board on June 1, 2011, and as subsequently amended by the Board on August 17, 2012, August 29, 2013, September 18, 2014, June 19, 2015, June 10, 2016, June 15, 2017, June 13, 2019, June 11, 2021, July 22, 2022, July 28, 2023, May 31, 2024, and June 16, 2026, which Policy, as amended, is in full force and effect and has not been revoked or amended.

Signed by:

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Ed Rivera, Secretary

6/17/2026

DATE

DATE ISSUED: June 16, 2026

5 of 5