

**Health and Wellness has a strong legal and policy foundation in Texas!**

Texas has one of the best School Wellness frameworks in the nation, but if you don't know what the law requires, you can't use it as a tool and a foundation to improve your school. The laws and policies within this pamphlet not only provide a framework for creating a school environment that promotes the health and well-being of our children, they also give parents the authority and voice to do so.



**HEALTHY LIFESTYLES**

**FUNDAMENTALS  
FOR HEALTHY LIFESTYLES CHAIRS**



**Coordinated School Health**

CSH is recommended by the CDC as a strategy to improve student health and achievement. In Texas, four of these eight components—nutrition services, physical education, health education, and parental involvement—are required. This is usually addressed via the School Wellness Policy.

**Campus Improvement Committees**

These committees are required at every school to assist and inform local decisions. Per TEA code, they are “involved in decisions in the areas of planning, budgeting, curriculum, staffing patterns, staff development, and school organization. These groups are designed to include parents, community, and staff.

**School Wellness Policy**

Since 2006, every school that accepts funding for school meals from the USDA (98% of schools) must develop and post, at the local level, a Wellness Policy that sets goals for nutrition education, physical activity, campus food provision, and activities to promote student wellness (4 of the 8 components of Coordinated School Health). New guidelines are anticipated that will strengthen this law to enhance parental and community involvement.



**Whole School, Whole Community, Whole Child Model**

**Coordinated School Health**

Coordinated School Health is a comprehensive approach to address the complexities of school health and student wellness. The components are: Health Education, Physical Education, Health Services, Nutrition Services, Counseling, Health and Safe School Environments, and Staff Wellness. This practical framework is recommended by the Center for Disease Control to improve student health and achievement.

**School Health Advisory Councils**

Also required by Texas law, Student Health Advisory Councils are hosted by school districts to gather input from parents and the broader community, and to provide advice to school districts on topics related to school health policy and practice. In Texas, SHACs are required to meet at least four times per year, to report to the district Board of Trustees once per year, and to consist of at least 51% parents who are not employed by the school district.

**Family Engagement**

This is the bedrock—parent engagement is one of the only strategies proven to benefit student performance across all demographics, and it is an expression of parental rights.