



Little Elm ISD

2023-2024 Wellness Plan

This document, referred to as the “wellness plan” (the plan), is intended to implement policy FFA(LOCAL), which has been adopted by the Board to comply with the requirements for a school wellness policy. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b; 7 C.F.R. Part 210]

The District’s local school health advisory council (SHAC) will work on behalf of the District to review and consider evidence-based strategies and techniques to develop and implement nutrition guidelines and wellness goals required by federal law.

Soliciting Involvement and Input

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The SHAC will solicit involvement and input from parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public by:

1. Information regarding SHAC is available on the District website.
2. Information sent out at the beginning of the school year inviting staff, parent, and community members to join the SHAC Committee.

Responsibility for Implementation

Each campus principal is responsible for implementing FFA(LOCAL) and this wellness plan at his or her campus, including submitting necessary information to the SHAC for evaluation.

The Director of Safety and Student Services is the District official responsible for overall implementation of FFA(LOCAL), including development of this wellness plan and any other appropriate administrative procedures, and for ensuring that each campus complies with the policy and plan.



Goals for Nutrition Promotion

Federal law requires that the District establish goals for nutrition promotion in its wellness policy. The District's nutrition promotion activities will encourage participation in the National School Lunch Program, the School Breakfast Program, and any supplemental food and nutrition programs offered by the District.

The District will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards.

The SHAC will monitor this by:

3. The Coordinator of Accounting and Child Nutrition will approve any food related fundraisers.
4. Reimbursable meal items and ala carte items are analyzed for compliance by Child Nutrition Services

Although the District is not required to immediately remove or replace food and beverage advertisements on items such as menu boards or other food service equipment, or on scoreboards or gymnasiums, the SHAC will make recommendations when replacements or new contracts are considered.

Nutrition Promotion and Education

GOAL 1: The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.

Objective 1:

Action Steps: The Child Nutrition staff will encourage all students to try new menu items and choose a variety of menu options.

Resources Needed: Menu boards, internet, marketing

Measurable outcomes: Campus cafeterias are equipped with electronic menu boards. Child Nutrition will review production records, food waste.



Objective 2:

Action Steps: Posters and healthy nutrition messages will be displayed on the serving line, encouraging students to pick up healthy options.

Resources Needed: Nutrition posters; marketing materials

Measurable Outcomes: Review participation for reimbursable breakfast and lunch meals by campus

GOAL 2: The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

Objective 1:

Action Steps: Child Nutrition Services will post nutritional information for families and staff.

Resources Needed: Website, Mealviewer App

Measurable Outcomes: Links to menus are posted on the Child Nutrition web page and on the Mealviewer app. Online menu provides nutritional and allergy information for menu items.

Goals for Physical Activity

GOAL 1: The District shall 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 or competitive sports.

Objective 1:

Action Steps: Students are scheduled for state-mandated physical education, including graduation requirements.



Resources Needed: Physical Education is included in the master schedules at all campuses. Physical education or District approved substitute is required for middle school and is part of the high school students 4 year plan for graduation.

Measurable Outcomes: Counselors review of required physical education courses.

Objective 2:

Action Steps: Recess guidelines are included in the master schedule for elementary campuses.

Resources Needed: Elementary campus master schedules include recess.

Measurable Outcomes: Counselors review of student's schedules.

GOAL 2: The District shall encourage students, parents, staff, and community members to use the District's recreational facilities, such as tracks, fields, and the like, that are available outside of the school day

Objective 1:

Action Steps: The District has an agreement to allow LEAYSA to utilize school property for practice and games.

Resources Needed: Facility requests are submitted to each campus

Measurable outcome: Review of approved facility requests.

Objective 2:

Action Steps: The playground facilities are available to the community after campus hours.

Resources Needed: Fences around playgrounds will have gates that are not locked for access to the playgrounds after school, weekends, and on school breaks.

Measurable Outcomes: Spot check of gates and playground usage.



Goals for Mental Health

Implementing Goals for Mental Health

GOAL 1: The District shall establish lessons for students for self-care and positive relationships with others.

Objective 1:

Action Steps: Each campus will use the Wolfpack Track for lessons on self-care, kindness, and respect based on the grade level.

Resources Needed: Counselors are provided time to ensure that the students are provided with the lessons.

Measurable Outcomes: Parent and student surveys. The amount of referrals to the campus office.

GOAL 2: The District shall promote the Employee Assistance Plan.

Objective 1:

Action Steps: The District/campuses will send out reminders to staff regarding the Employee Assistance program

Resources Needed: The link to the Employee Assistance Program is available on Lobo Hub.

Measurable Outcomes: Usage reports from the Employee Assistance Program.



Goals for Other School-Based Activities

Implementing Goals for Other School-Based Activities

GOAL 1: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

Objective 1:

Action Steps: Schools will set schedules that allow a minimum of 10 minutes to eat breakfast and 20 minutes to eat lunch. This time will not include the time a student waits in line.

Resources Needed: Multiple lines to serve students at the elementary and secondary campuses.

Measurable Outcomes: Campus administrators and Child Nutrition will monitor. Campus administrators will balance lunch periods/schedules when necessary

Objective 2:

Action Steps: Schools will not use foods or beverages, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Resources Needed: Guidelines shared with campus administrators. Provide suggestions of alternate rewards.

Measurable outcomes: Campus administration will spot check.

Objective 3:

Action Steps: Teachers and other school personnel will not use physical activity (e.g., running laps, push-ups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Resources Needed: Guidelines shared with campus administrators.

Measurable Outcomes: Campus administrators will spot check.



GOAL 2: The District shall promote employee wellness activities and involvement at suitable District and campus activities.

Objective 1:

Action Steps: Promote wellness activities, such as Heart Awareness Month, 633 Run, to District staff.

Resources Needed: Determine wellness activities for each campus

Measurable Outcomes: Campus nurses submit information to the Coordinator for Nursing for 3 wellness activities each year.

Nutrition Guidelines

All District campuses participate in the U.S. Department of Agriculture's (USDA's) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). As required by federal law, the District has established nutrition guidelines to ensure that all foods and beverages sold or marketed to students during the school day on each campus adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

Definitions:

School Day: "School Day" means the period of time from the midnight before to 30 minutes after the end of the official school day.

School Campus: "School Campus" means all areas of the property under the jurisdiction of the district that are accessible to students during the school day.

Foods and Beverages Sold

The District will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, the District will comply with the federal requirements for competitive foods. Competitive foods and beverages are not part of the regular meal programs and occur through sales such as a la carte options or vending machines. For purposes of this plan, these requirements will be referred to as "Smart Snacks" standards or requirements. The campus must keep on file a list of ingredients and



nutritional information for all foods or beverages sold on campus, including student accessible vending machines.

Exceptions for Fundraisers

The District will allow the following exempted fundraisers for the 2023–2024 school year:

The District will allow each campus to select (6) six exempt days per year. All organizations (clubs, PTA's, etc) share the same exempt days per campus. Exempted fundraisers may not be sold in competition with school meals in the food service area, during meal service.

If a campus is observed selling non-Smart Snack compliant items on a non-scheduled exemption day that day will be entered as an exemption day replacing a scheduled day.

Exempt days must be completed in advance of the exemption day and submitted prior to September 30th of each year and forwarded to Child Nutrition Services. These records are subject to review and audit by the Texas Department of Agriculture.

Foods and Beverages Provided

The District will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person's child or grandchild on the occasion of the student's birthday or to children at a school-designated function.

In addition, the District has established the following local standards for other foods and beverages made available to students:

- Schools should limit celebrations that involve food during the school day. Activities should be held after the campus lunch service.
- All foods brought from outside sources must be purchased from a commercial food service establishment (grocery stores, delis, etc.)
- The campus must keep on file the list of ingredients for all foods or beverages given away on campus.

Measuring Compliance with Nutrition Guidelines

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to TDA, reviewing foods and beverages that are sold in competition with regular school meals, reviewing items sold as part of approved District fundraisers, and monitoring the types of foods and beverages made available to students during the school day.



Delivered Meals

Campus Administration will determine if outside food or beverages can be delivered to a student other than the student's parent/guardian or authorized adult.

Policy and Plan Evaluation

At least every three years, as required by law, the District will measure and make available to the public the results of an assessment of the implementation of the District's wellness policy. This "triennial assessment" will evaluate the extent to which each campus is compliant with the wellness policy, the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy and plan compare with any state- or federally designated model policies. The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes.

Public Notification

Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials.

To comply with the legal requirement to annually inform and update the public about the content and implementation of the local wellness policy, the District will create a wellness page on its website to document information and activity related to the school wellness policy, including:

1. A copy of the wellness policy [see FFA(LOCAL)];
2. A copy of this wellness plan, with dated revisions;
5. Notice of any Board-adopted revisions to FFA(LOCAL);
6. The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;
7. Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
8. The SHAC's triennial assessment; and
9. Any other relevant information.

The District will also publish the above information in appropriate District or campus publication.



Records Retention

Records regarding the District's wellness policy will be retained in accordance with law and the District's records management program. Questions may be directed to the Coordinator of Health Services, the District's designated records management officer. [See CPC(LOCAL)]