



Lockhart ISD School Health Advisory Council

February 12, 2024

LISD Wellness Plan

Local Wellness Policy - FFA (Local)

- ▶ Official district policy that outlines district level goals to establish, evaluate and maintain healthy school environments
- ▶ The policy addresses local, state and federal requirements for nutritional education and promotion, physical activity and school-based activities that promote student wellness
- ▶ Each district that participates in the National School Lunch Program and/or the School Breakfast Program must adopt a wellness policy under the federal Healthy, Hunger-Free Kids Act on 2010 and US Department of Agriculture rules
- ▶ The policy is written by the SHAC and approved by the School Board
- ▶ Once the policy is approved, the SHAC develops a Wellness Plan

The Wellness Plan

- ▶ The Plan generates a strategy that describes how the policies will be implemented into the school environment
 - ▶ Strategies for soliciting involvement
 - ▶ Objectives, benchmarks and activities for implementing the wellness goals
 - ▶ Methods for measuring implementation of the wellness goals
 - ▶ District's standards for foods and beverages provided, but not sold, to students during the school day on a school campus
 - ▶ The manner of communicating to the public applicable information about the District's wellness policy and plan.

Wellness Goals in Wellness Policy

- ▶ Nutrition Promotion and Education
- ▶ Physical Activity
- ▶ Other School-Based Activities

Nutrition Promotion

Goal

- ▶ The District's food service staff, teachers and other District personnel shall consistently promote health nutrition messages in cafeterias, classrooms and other appropriate settings.

Plan to Implement

- ▶ Nutritional posters/banners will be placed in cafeterias near the service line and other nutritional messaging will be placed in PE classrooms.
- ▶ The District will maintain or increase the participation in federal child nutrition program in proportion to the increase in student population at each campus.

Nutrition Promotion

Goal

- ▶ 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.

Plan to Implement

- ▶ Regularly post in an easily accessible location on the District or campus website the monthly breakfast and lunch menus, including nutritional information for each meal
- ▶ The District and Food Services Department will post information on the District website for families and community regarding programs and healthy eating.

Nutrition Education

Goal

- ▶ The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors

Plan to Implement

- ▶ Nutritional education per the TEKS will be embedded within the health curriculum and physical education curriculum

Nutrition Education

Goal

- ▶ The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

Plan to Implement

- ▶ District and Campus staff will integrate nutrition education into other areas of District-sponsored events in a school year (wellness fair, CPR, Fitness Gram, Walk to School Day, etc.)
- ▶ 100% of students will have access to drinking water during the school day.

Physical Activity

Goal

- ▶ 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.

Plan to Implement

- ▶ Meet requirements for physical activity as mandated by Texas Education Code 28.002(l)
- ▶ Physical Education classes will provide students with opportunities to learn life-long skills

Physical Activity

Goal

- ▶ The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate

Plan to Implement

- ▶ Each teacher is encouraged to incorporate movement into daily learning
- ▶ PE Teacher will receive professional development

Physical Activity

Goal

- ▶ The campus shall make appropriate before-school and after-school physical activity programs available and shall encourage student participation

Plan to Implement

- ▶ The campus will offer before and/or after school programs that incorporate physical activity to all students through a range of programs that meet the needs, interests and abilities of all students

Physical Activity

Goal

- ▶ The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.

Plan to Implement

- ▶ Provide staff and families with information about district and community events with physical activity opportunities (community walks, runs or other fitness events).

Other School-Based Activities

Goal

- ▶ The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe and comfortable

Plan to Implement

- ▶ All campuses will build master schedules that allow for at least 10 minutes to eat breakfast and 20 minutes to eat lunch, from the time a student receives his or her meal and is seated.

Other School-Based Activities

Goal

- ▶ The District shall promote wellness for students and their families at suitable District and campus activities.

Plan to Implement

- ▶ Each campus will offer at least one event annually, either during or outside of normal school hours, that involves physical activity, healthy nutrition or wellness and includes both parents and students at the event.

Other School-Based Activities

Goal

- ▶ The District shall promote employee wellness activities and involvement at suitable District and campus activities.

Plan to Implement

- ▶ The District will utilize its health insurance provider to encourage wellness by communicating the preventative services covered at 100 percent during each enrollment period.
- ▶ Provide staff physical activity events

Next Steps for the Wellness Plan

- ▶ Review Nutrition Promotion, Nutrition Education, Physical Activity and Other School-Based Activities Goals
- ▶ Review any specific District recommendations for the Wellness Plan
- ▶ Vote on the Wellness Plan at next SHAC meeting in April