



Lockhart ISD School Health Advisory Council

January 8, 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.

Next Steps for the Wellness Plan

- ▶ Review Physical Activity and Other School-Based Activities Goals
- ▶ Review any specific District recommendations for the Wellness Plan
- ▶ Vote on the Wellness Plan