

Lockhart ISD 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 from parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public by:

- Posting SHAC agendas at each campus and at the central administrative building and on the LISD District SHAC website prior to discussion and review of the LISD Wellness Plan
- Considering input from SHAC members and members of the public during posted SHAC meetings where the LISD Wellness Plan will be discussed

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 Deputy Superintendent is the District official responsible for overall implementation of FFA(LOCAL), including development of the 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 permitting only Smart Snack compliant snacks in all district vending machines accessible to students

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

Implementing Goals for Nutrition Promotion

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

Objective 1: Nutrition posters/banners will be placed in cafeterias near the service line and other nutritional messaging will be placed in PE classrooms.

- **Action Steps:** Place posters near the cafeteria service lines and PE classrooms
- **School and Community Stakeholders:** Students, staff, parents
- **Resources Needed:** Printed posters/banners
- **Measure of Success:** Nutritional messaging that the student is able to see on a daily basis and when selecting their meals in the cafeteria is present.

Objective 2: The District will maintain or increase the participation in federal child nutrition program.

- **Action steps:** Deliver communications regarding school food programs to LISD parents
- **School and Community Stakeholders:** Staff, students, parents
- **Resources Needed:** Development and distribution of communications
- **Measure of Success:** Monitoring of rates of participation in the School Nutrition Program

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

Objective 1: 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.

- **Action Steps:** Online menus will be posted monthly with nutritional information.
- **School and Community Stakeholders:** Students, parents and staff
- **Resources Needed:** Website to display information
- **Measure of Success:** Website will be updated on a regular basis

Objective 2: The District and Food Services Department will post information on the District website for families and the community regarding programs and healthy eating.

- **Action Steps:** The District and Food Services Department will post articles and links on the District website regarding healthy eating.
- **School and community Stakeholders:** Students, parents and staff
- **Resources Needed:** Articles and website links
- **Measures of Success:** Information about healthy eating will be posted on the District website

Goals for Nutrition Education

Federal law requires that the district establish goals for nutrition education in its wellness policy. State law also requires that the District implement a coordinated health program with a component addressing nutrition services and health education at the elementary and middle school levels. [See EHAA]

Implementing Goals for Nutrition Education

GOAL 1: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Objective 1: Nutritional education per the TEKS will be embedded within the health curriculum and physical education curriculum.

- **Action Steps:** Teachers will deliver nutrition education per state mandates
- **School and Community Stakeholders:** Teachers
- **Resources Needed:** Websites with resources and curriculum
- **Measures of Success:** Nutrition education is taught in PE and health classes

GOAL 2: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum as appropriate.

Objective 1: District and campus staff will integrate nutrition education into other areas of District or campus sponsored events in a school year (wellness fair, CPR, FitnessGram, Walk to School Day, etc.)

- **Action Steps:** Staff to identify appropriate events at which nutrition education will be promoted
- **School and Community Stakeholders:** Teachers, students
- **Resources Needed:** Min-lessons for staff to teach, flyers to distribute
- **Measures of Success:** Number of events during the school year at which nutrition education was either communicated or distributed

Objective 2: Students will have access to drinking water throughout the school day.

- **Action Steps:** Include information in the student handbook and in classroom parent materials that student students are permitted to carry personally owned water bottles. Encourage students to carry water bottles and provide access to water in hallways and cafeterias.
 - **School and Community Stakeholders:** Teachers, students, parents
 - **Resources Needed:** Easily accessible water filling stations or drinking fountains
 - **Measure of Success:** Documentation that water was available during the school day and during meal periods
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Goals for Physical Activity

Federal law requires that the District establish goals for physical activity in its wellness policy. In accordance with state law, the District will implement a coordinated health program with physical education and physical activity components. The District will offer at least the required amount of physical activity for all grades [See BDF, EHAA, EHAB, and EHAC] as follows:

- Grades Pre-K (full-day) – 5th – 30 minutes/day of moderate to vigorous physical activity or 135 minutes of vigorous physical activity during each school week
- Grades 6th-8th – 30 minutes/day of moderate to vigorous physical activity completed for at least four semesters or at least 225 minutes of moderate or vigorous physical activity within each two-week period for at least four semesters
- Grades 9th-12th – One full physical education credit earned in grades 9-12.

Implementing 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: Physical activity requirements as mandated by Texas Education Code 28.002(l) will be met.

- **Action Steps:** Elementary schools and secondary schools will provide physical activity per state mandates.
- **School and Community Stakeholders:** Teachers, students
- **Resources Needed:** Curriculum, PE and recess time
- **Measures of Success:** All students will meet this requirement, excluding students that qualify for an exemption as defined by TEC 28.002(l).

Objective 2: Physical Education classes will provide students with opportunities to learn life-long skills and passion for physical fitness.

- **Action Steps:** Physical education teachers will deliver physical education through standards-based instruction and will provide lessons during PE class that are age and developmentally appropriate. Principals will ensure that physical activity is not withheld as a form or punishment.
- **School and Community Stakeholders:** PE teachers, students
- **Resources Needed:** Curriculum, lesson planning time
- **Measures of Success:** Developmentally appropriate fitness activities are provided for all students

GOAL 2: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

Objective 1: Teachers are encouraged to incorporate movement into daily learning experiences.

- **Action Steps:** Classroom teachers will incorporate movement into daily learning experiences.
- **School and Community Stakeholders:** Teachers, students
- **Resources Needed:** Go Noodle, Action for Healthy Kids Classroom Physical Activity Breaks and other online resources
- **Measures of Success:** Classroom teachers are utilizing tools to incorporate physical activity into the classroom.

Objective 2: Teachers will receive professional staff development related to incorporating physical activity into the classroom.

- **Action Steps:** The District will provide professional development opportunities for teachers.
- **School and Community Stakeholders:** Teachers
- **Resources Needed:** Professional staff development resources, website and resources
- **Measures of Success:** Teachers will receive professional development.

GOAL 3: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

Objective 1: The District will make before-school and after-school physical activity programs available that meet the needs, interests and abilities of all students.

- **Action Steps:** Identify each school's current offerings and identify where there are opportunities to increase the amount of programs.
- **School and Community Stakeholders:** Teachers, students
- **Resources Needed:** Staff, space, ideas, time, students to participate
- **Measures of Success:** Activities are made available to students and the number of students participating in these opportunities is recorded

GOAL 4: 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.

Objective 1: Provide staff and families with information about district and community events with physical activity opportunities (community walks, runs, or other fitness events).

- **Action Steps:** Encourage participation in events, form district/campus teams to participate
- **School and Community Stakeholders:** Staff, students, families
- **Resources Needed:** Schedule of local events, flyers and/or electronic communication
- **Measures of Success:** Staff participation in local events with physical activity is recorded.

Goals for Other School-Based Activities

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness, create an environment that encourages healthful eating and physical activity, and promote a consistent wellness message.

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: The District will build master schedules to allow at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, from the time a student receives his or her meal and is seated.

- **Action Steps:** Evaluate current meal time allowances by campus
- **School and Community Stakeholders:** Principals, students
- **Resources Needed:** Time for students to receive meal and be seated, time for students to consume meal
- **Measure of Success:** Number of students meeting this standard compared to previous year

GOAL 2: The District shall promote wellness for students and their families at suitable District and campus activities.

Objective 1: Each campus shall offer at least one event annually during or outside of normal school hours that involves physical activity, healthy nutrition or wellness and includes both parents and students at the event.

- **Action Steps:** Each campus will offer family activities, such as dances, athletic events, family fun night, science night, talent shows, etc.
- **School and Community Stakeholders:** Principals, staff, students, parents
- **Resources Needed:** Staff to work the event, space for the event, funds to support the activities, communication
- **Measure of Success:** At least one wellness event hosted by each campus, number of students in attendance at the event

GOAL 3: The District shall promote employee wellness activities and involvement at suitable District and campus activities.

Objective 1: The District will utilize its health insurance provider to encourage wellness by communicating during each enrollment period the preventative services during covered at 100%.

- **Action Steps:** Develop materials and identify methods to share information about services with employees
- **School and Community Stakeholders:** Staff
- **Resources Needed:** List of preventative services covered at 100% by District insurance
- **Measure of Success:** Documentation of when/how information was shared with employees, general reports from health insurance provider showing use of services

Objective 2: Provide staff opportunity to participate in physical activity events

- **Action Steps:** Schedule annual staff physical activity competition, such as kickball and/or volleyball
 - **School and Community Stakeholders:** Staff
 - **Resources Needed:** Location for event, staff to assist with event, equipment, email communication
 - **Measures of Success:** Staff participation numbers, number of teams participating
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Nutritional 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.

Food 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 Competitive Food Nutrition Standards apply only to food and/or beverages sold during the school day and on the school campus.

- **School Day** – The period from the midnight before the beginning of the official programs, events, or activities, except during the 30 minutes after the end of the official instructional day
- **School Campus** – All areas of the property under the jurisdiction of the school that are accessible to students during the school day

Exceptions to the Competitive Food Nutrition “Smart Snacks” Standards

- **Accommodating Students with Special Needs** – These requirements do not apply to special needs students whose Individualized Education Plan (IEP) indicates the use of a food and/or beverage item of any type for behavior modification or other suitable need.
- **Competitions and Other Events** – These requirements do not apply to any other location students travel to for competitions or other events if a school nutrition program does not provide the students with meals as long as the competitive or event location is not an extended area of a school campus that operates a National School Lunch Program or School Breakfast Program.

- **Food and/or Beverages Brought from Home or Food Given to Students** – These requirements do not restrict (1) food and/or beverages that parents provide for their own child’s lunch/snack, or (2) food and/or beverages that are given to students. This includes, but is not limited to, food and/or beverages for birthday parties or special events.
- **School Nurses** – These requirements do not apply to school nurses or another school official permitted by local policy to assist school nurses using a food and/or beverage item or any type during the course of providing health care to individual students.

Fundraisers

A fundraiser is an event that includes any activity during which currency, tokens, tickets, donation for, or other forms of payment are exchanged for the sale or purchase of a product. Giving away food but suggesting a donation would be considered a fundraiser since funds will be raised as a result. A vending machine for which profits are used to support a school-sponsored club or activity, such as the school band or football team, is a fundraiser. Purchasing tickets or tokens to be exchanged later during the school day for food items would also be considered to be a sale of food for a fundraiser.

There is no limit on fundraisers that meet the Competitive Food Nutrition “Smart Snacks” Standards. Any food and/or beverage item that meets the standards may be sold on the school campus during the school day.

Competitive Food Nutrition “Smart Snacks” Standards do not apply to fundraising activities that include ordering and distribution of food and-or beverages not intended to be consumed during the school day on the school campus. This includes ordering food items that will be picked up at a later time in the future. Typically, these food items need further preparation before they can be served.

Foods and/or beverages sold to students at concession stands or other events must meet the Competitive Food Nutrition “Smart Snacks” Standards if the sale occurs during the school day on the school campus.

Exempt Fundraisers

Texas public, charter, and private schools that participate in NSLP or SBP may sell food and/or beverages as part of a fundraiser that does not meet the Competitive Food Nutrition Standards during the school day for up to six (6) days per school year on each campus. Food and/or beverages sold during an exempt fundraiser must not be sold in competition with school meals in the food service area during the school meal service.

Food Sold During the School Day Not Intended for Consumption in Schools

Competitive Food Nutrition Standards do not apply to fundraising activities that include the ordering and distribution of food and/or beverages not intended to be consumed during the school day on the school campus. This includes ordering food items that will be picked up at a later time in the future. Typically, these food items need further preparation before they can be served. For example: Frozen cookie dough

Concession Stands or Other Events Where Food and/or Beverages are Sold During the School Day

Foods and/or beverages sold to students at concession stands or other events must meet the Competitive Food Nutrition Standards if the sale occurs during the school day on the school campus.

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. [See CO(LEGAL)]

If a student is given food and/or beverage items at no charge (no form of payment, donation, or other contribution for the item), these items are not subject to the Competitive Food Nutrition Standards. Foods given to students is a transaction that does not result from a payment, donation of funds, or a contribution of value by the student or parent.

Measuring of Compliance

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

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 for 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:

- A copy of the wellness policy [See FFA (LOCAL)]
- A copy of this wellness plan, with dated revisions
- Notice of any Board-adopted revisions to FFA(LOCAL)
- The name, position and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan

- Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion
- The SHAC's triennial assessment
- Any other relevant information

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