International Leadership of Texas (ILTexas) Local Wellness Policy (LWP).
This Local Wellness Policy (LWP) outlines **ILTexas 's** approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity throughout the school day while minimizing commercial distractions. This policy applies to all students, staff, and schools in ILTexas. Two goals are identified at the end of the Local Wellness Policy.

Section 3.13.1 IMPLEMENTATION, EVALUATION AND COMMUNICATION
The Superintendent or designee shall oversee this policy's implementation and develop administrative procedures to periodically measure the wellness policy's implementation, as necessary. ILTEXAS Child Nutrition Department will seek to involve parents, students, child nutrition staff, the board, administrators/school staff, school health professionals, and the community in the continued development and implementation of the school's Local Wellness Policy.

ILTEXAS will develop and maintain a plan for implementation to manage and coordinate the execution of the Local Wellness Policy. The plan delineates roles, responsibilities, actions, and timelines; and includes information about who will be responsible for making what change, by how much, where, and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

The International Leadership of Texas has identified the following LEA or school official(s) responsible for the implementation and oversight of the LWP to ensure the Charter follows the policy (7 CFR 210.31(c)(4)).

NAME	POSITION/ TITLE	EMAIL ADDRESS	LWP ROLE
Mr. Eddie Conger	**Superintendent**	**econger@ILTexas.org**	**Superintend**
Frank Crabill	Chief Operations Officer	**fcrabill@ILTexas.org**	**Executive Wellness Champion**
Larry Albritton	Executive Director of Child Nutrition	**lalbritton@iltexas.org**	**Executive Wellness Champion**
Lori Livingston	Director of Compliance Child Nutrition	**llivingston@iltexas.org**	**Director Wellness Champion**

TRIENNIAL ASSESSMENT
At least once every three years, the **International Leadership of Texas Child Nutrition Department** will conduct a Triennial Assessment and develop a report that reviews compliance with the LWP. This assessment and report will include a full description of the progress made in attaining the goals of **ILTexas** LWP.

The position/person responsible for the development, implementation, assessment, update, and report of the Local Wellness Policy/Triennial is the **Director of Compliance - Child Nutrition**. The above-referenced individual(s) will monitor **ILTEXAS** schools' compliance with the LWP. **The Director of Compliance - Child Nutrition** will actively notify households/ families of the availability of the triennial progress report via the **ILTEXAS** website.

Sec. 3.13.2 WELLNESS

ILTEXAS shall follow nutrition guidelines that advance student health, reduce childhood obesity, and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities. In addition, **ILTEXAS** established the following goals and regulations for wellness:

1. School staff members shall be encouraged to model healthy eating and physical activity behaviors.
2. **ILTEXAS** will provide a comprehensive program promoting healthy eating and physical activity for Charter students and staff.
3. Teachers should use non-food alternatives as rewards. For example, extra recess may be provided when time allows.
4. Teachers are discouraged from assigning physical activity as student punishment.
5. The administration believes that recess and other opportunities for physical activity are an essential part of the school day. Teachers are encouraged to find alternatives to withholding recess or other physical activities as a punishment.
6. Marketing strategies, such as taste tests and signage in the cafeteria, should be used to promote healthy food and beverages throughout the school.
7. Federal Rule language states that schools may only permit marketing on the school campus during the school day of those foods and beverages that meet the nutrition standards under 210.11 promotes student health and reduces childhood obesity.
8. The United States Department of Agriculture (USDA) prohibits the advertising of food and beverages that do not meet the Smart Snack Nutrition Standards to be sold during the school day. USDA specifically prohibits this advertising of non-compliant food on school property (signs, banners, scoreboards, etc.) and/or will prohibit at any time of renewal of sponsorship agreements.
9. It is recommended that schools avoid participation in fundraising or corporate incentive programs that promote a message inconsistent with our goals for a healthy school community.

Sec. 3.13.3 WELLNESS GOALS REGULATIONS AND POLICIES

Sec. 3.13.2.1 Nutrition and Health Education

ILTEXAS shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use a health course curriculum that emphasizes the importance of proper nutrition.

In addition, **ILTEXAS** established the following goals and regulations for nutrition and health education:

1. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. **The ILTEXAS** Wellness Committee will meet two times each school year.
3. **The ILTEXAS Child Nutrition Department** will send the school community via email and will post on the **ILTEXAS** website inviting members of the community to join the wellness committee.
4. Parents, students, representatives of the school food authority, PE teachers, school health professionals, the school board, school administrators, Health Services, Child Nutrition, and the community members will be included in the development, implementation, review, and update of the wellness policy.
5. **ILTEXAS** has promoted its Local Wellness Policy to faculty, staff, parents, and students. A copy of the Local Wellness Policy is posted on the school's website under the Child Nutrition Tab. Click the Hyperlink to access the LWP ILTEXAS Local Wellness Policy
6. The Local Wellness Policy Committee shall conduct a quantitative assessment of policy implementation every three years using the Wellness School Assessment Tool-Implementation (WellSAT-I) or the School Health Index.
7. The Triennial Report will be posted on the Charter's website. The report will include an assessment of compliance, the extent to which our wellness policy compares to model wellness policies, and progress made in achieving goals. Click the Hyperlink to access the Triennial Assessment Report Triennial Assessment Report
8. **ILTEXAS** Local Wellness Policy Committee will revise the LWP as needed.
9. Nutrition education will be an **ILTEXAS**-wide priority and will be integrated into other areas of the curriculum, as appropriate.
10. Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
11. The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.
12. Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.

Sec. 3.13.2.2. Physical Education and Physical Activity

ILTEXAS shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the amount of physical activity for all grades required by the Texas Education Code or Commissioner Rule.

In addition, **ILTEXAS** established the following goals and regulations for physical activity and physical education:

1. **ILTEXAS** will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.
2. Physical education classes will regularly emphasize moderate to vigorous activity.
3. **ILTEXAS** will encourage teachers to integrate physical activity into the academic curriculum where appropriate.
4. **ILTEXAS** will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
5. **ILTEXAS** shall provide all students with physical education that teaches them the skills needed for lifelong physical fitness.
6. All elementary school students shall receive the required amount per week of physical education throughout the school year.
7. All middle school students shall receive the required amount per week of physical education instruction throughout the school year.
8. All high school students shall receive the required amount per week of physical education instruction throughout the school year.
9. **ILTEXAS** shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies.
10. Unless otherwise exempted, all students will be required to engage in the Charter's physical education program.
11. The Charter discourages students from substituting other schools or community activities for physical education class time or credit in place of required physical education.
12. The Charter discourages students from substituting other schools or community activities for physical education class time or credit in place of required physical education.
13. Schools shall provide at least 20 minutes of active daily recess to all elementary school students.
14. The Charter requires that all K-12 school students be provided with daily physical activity breaks during the school day.

Sec. 3.13.2.3 Standard for USDA School Meals

ILTEXAS is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat unflavored milk; and are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the Charter participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), and the School Breakfast Program (SBP). All food served meets or exceeds current nutrition requirements established by local, state, and federal statutes and regulations. (The Charter offers reimbursable school meals that meet USDA nutrition standards.)

In addition, **ILTEXAS** established the following goals and USDA regulations for school meals:

1. Menus will be posted on the Charter website or individual school websites; nutrient content and ingredients can be obtained on request.
2. Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional through the vendor who provides meals to **ILTEXAS** students.
3. School meals are administered by a team of child nutrition professionals.
4. The Charter Child Nutrition Program will accommodate students with special dietary needs. Use the provided link to gain more information about special dietary accommodations: Diet Modification Request Procedures
5. Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's schools.
6. Meals served through the Charter's Child Nutrition Program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable.
7. All schools will provide breakfast through the USDA School Breakfast Program.
8. All students, regardless of the type of payment they make for school meals, or the food being purchased (meal or a la carte) will use their ILTEXAS student ID number at the cash register.
9. Parents can access the Free and Reduced-Price Meal Application via online and at the local school campus. The meal application can be completed during enrollment and/or throughout the school year.

10. Annually the students will have the opportunity to provide input on local, cultural, and ethnicity favorites via Student and Parent Surveys.
11. Water fountains or water filling stations are available in all cafeterias.
12. All school nutrition program directors, managers, and staff will meet hiring and continuing annual education/training requirements in the USDA Professional Standards for Child Nutrition Professionals.
13. Schools are encouraged to make available locally grown produce.

Sec. 3.13.2.4 Competitive and Non-Competitive Foods and Beverages

The Charter is committed to ensuring that all foods and beverages are available to students on the school campus* during the school day* and supports healthy eating. No foods may be sold or served at any time throughout the school day*, other than through the Child Nutrition Program. Food cannot be sold or served during meal service. For Example: Sunshine K-8 meal service starts at 10:00 am and ends at 1:30 pm, food cannot be served or sold from 10:00 am to 1:30 pm.

All foods and beverages sold or served must meet the USDA Smart Snacks in School nutrition standards, at a minimum. The Competitive Waiver Form must be completed when Competitive and Non-Competitive food is served to the students.

Celebrations and Classroom Snacks – Non-Competitive Food

All foods offered on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards, including through:

1. **Celebrations and parties**. The Child Nutrition Department will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation (See below, entitled Appendix A).
2. **Birthday Celebrations**. Parents can bring pre-packed items, such as cupcakes or cookies, to be eaten after the student's lunch period in the classroom, (see below, entitled Appendix B).
3. **Classroom snacks brought by parents**. The Child Nutrition Department will provide parents a list of food and beverages that meet Smart Snacks nutrition standards, (See below, entitled Appendix A).
4. **Food Safety**. (see below, entitled Appendix B).

Fundraising – Competitive Food

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* after the school day* ends. Fundraising outside school hours: may include the sale of foods that do not meet the USDA Smart Snack nutrition standards. These fundraisers may include but are not limited to donation nights at restaurants, cookie dough, candy, and pizza sales, market days, etc. The State allows up to six Exempt Fundraising days.

Exempt Days:

ILTEXAS is enrolled in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) and is permitted to conduct fundraisers selling or serving food and/or beverages that do not comply with the Competitive Food Nutrition Standards. Exempt Days are allowed to occur during the school day for a maximum of six days per academic year at each campus. However, any food and/or beverages sold or served during the day should not directly compete with the school meal service. An Exempt Fundraiser Waiver Form must be completed and emailed to childnutrition@iltexas.org to sell or serve competitive foods.

Food and Beverage Marketing in Schools

The Charter is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity throughout the school day while minimizing commercial distractions. The Charter strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on Charter property that contains messages inconsistent with the health information the Charter is imparting through nutrition education and health promotion efforts. It is the intent of the Charter to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the Charter's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards.

Sec. 3.13.2.5 Policy and Plan Elevation

Measuring Compliance with Nutrition Guidelines

The Charter 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.

Marketing Plan

The Marketing Plan will ensure that all marketed items acquired post-July 1, 2017, meet the Competitive Food Nutrition Standards, promoting healthier choices and adherence to regulations. The Child Nutrition Department will conduct an evaluation on each campus to review all marketing information is following the competitive food nutrition standards. During the evaluation process, if non-compliant materials are identified the marketing display(s) will be removed.

Policy and Plan Evaluation

At least every three years, as required by law, the ILTexas Child Nutrition Department will measure and make available to the public the results of an assessment of the implementation of the Chart'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.

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
2. A copy of this wellness plan, with dated revisions
3. Notice of any Board-adopted revisions
4. The name, position, and contact information of the Charter official responsible for oversight and implementation of the wellness policy and wellness plan.
5. Notice of any meeting at which the wellness policy or implementation documents are scheduled for discussion.
6. The triennial assessment; and
7. Any other relevant information.
8. The Charter will also publish the above information in appropriate District or campus publications.

Sec. 3.13.6 RECORD RETENTION

ILTEXAS has a SharePoint and a filing system in place to retain all required records associated with the LWP, in accordance with law and the Charter School records management program. **ILTEXAS** will maintain the LWP for five years. [See CPC and FFA (LEGAL)]

Appendix A

Healthy Options for Classroom Activities, Snacks, and Celebrations:

Beverages
- Fruit juices (100%) Fruit
- smoothies Lemonade
- Milk (nonfat or low fat, plain or flavored)

Low Fat Grain Foods
- Pretzels
- Animal crackers
- Graham crackers
- Wheat crackers
- English muffins (whole wheat)
- Rice cakes or mini rice cakes (flavored) Baked
- tortilla chips with salsa
- Fruit or grain muffin (low fat) Dry
- cereal (individual serving) Fig bars
- Vanilla wafers

Fresh Fruits and Vegetables
- Fresh seasonal fruit
- Carrots, broccoli, and cauliflower with low-fat dip or salad dressing

Additional Items
- Fruit snacks
- Fruit grain bars Frozen
- fruit bars
- Fat-free popcorn (94% fat fee) Sun
- butter crackers
- Low-fat string cheese
- Fruit, nut, and/or grain trail mixes

Appendix B

Food Safety and Security Guidelines

On **Exemption days and birthday celebrations**, parents and school staff may bring food items for students to the classroom. School staff should be able to identify and verify that the person leaving the item has been approved to do so, prior to providing it to students (i.e., do not accept food from an unidentified person). Parents/sponsors must only provide food items prepared by an authorized vendor and/or individually wrapped items for celebrations, approved instructional activities (i.e., folklore festivals), or after-school fundraisers to reduce the risk of food contamination. The School's Staff must complete a Competitive Food Waiver Form before the event occurs.

***School Campus** - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

***School Day** – the time between midnight the night before to 30 minutes after the end of the instructional day.

International Leadership of Texas
Local Wellness Policy Goals

Objective: Implement marketing strategies, including taste tests and signage in the cafeteria, to promote healthy food and beverage options within the school environment.

Action Steps:

1. Menu optimization: Work with nutritionists and food service providers to develop and incorporate nutritious and appealing food and beverage options into the school menu.
2. Taste tests: Organize regular taste tests where students can sample new healthy menu items and provide feedback. Use the feedback to refine the menu and highlight popular choices.
3. Cafeteria signage: Install clear and visually appealing signage in the cafeteria to promote healthy food and beverage options, educate students about their nutritional benefits, and encourage informed choices.
4. Marketing campaigns: Develop marketing campaigns that utilize various channels such as posters, digital displays, announcements, and social media to promote healthy eating habits and highlight featured menu items.
5. Student involvement: Engage students in the marketing process by soliciting their ideas for promoting healthy eating, involving them in taste test planning, and empowering them as advocates for healthy food choices among their peers.

Resources Needed:

1. Collaboration with nutritionists and food service providers to develop healthy menu options.
2. Ingredients and supplies for taste tests.
3. Design and printing resources for signage and marketing materials.
4. Staff or volunteers to coordinate taste tests, design signage, and implement marketing campaigns.
5. Budget for promotional materials and incentives for student involvement.

Measurement of Success:

1. Menu adoption: Track the sales and consumption of healthy food and beverage options compared to less nutritious alternatives before and after implementing marketing strategies.
2. Feedback from taste tests: Evaluate student feedback from taste tests to determine the popularity and acceptance of new healthy menu items.
3. Cafeteria signage impact: Assess the effectiveness of cafeteria signage by observing changes in students' food choices and behaviors.
4. Engagement metrics: Measure student engagement with marketing campaigns through metrics such as social media interactions, attendance at promotional events, and participation in related activities.
5. Long-term behavior changes: Monitor trends in students' eating habits and preferences over time to determine if marketing efforts contribute to sustained adoption of healthy food choices.

International Leadership of Texas
Local Wellness Policy Goals

Specific: Implement marketing strategies to promote healthy food and beverage options in the school cafeteria. **Measurable**: Measure the increase in the selection of healthy food items by students. **Achievable**: Collaborate with cafeteria staff, teachers, and students to execute the strategies effectively. **Relevant**: Promoting healthy choices aligns with the school's wellness goals. **Time-bound**: Achieve a 10% increase in healthy food sales within the next six months.

To achieve this goal, consider the following actions:

1. **Taste Tests**: Conduct taste tests for new healthy menu items. Involve students in sampling and provide feedback. This approach can help create awareness and encourage students to choose healthier options.
2. **Point-of-Purchase Signage**: Place eye-catching signs near food displays, highlighting the benefits of healthy choices. Use persuasive language and visuals to attract attention and influence decisions.
3. **Collaborate with Food Services**: Work closely with cafeteria staff to ensure they understand the importance of promoting healthy options. Encourage them to recommend nutritious items to students during meal service.
4. **Student Engagement**: Involve student leaders or wellness committees in planning and executing promotional activities. They can help spread the message among their peers.

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