

# Local Wellness Policy

Argyle ISD | November 4, 2025



# What is it?

**A Local Wellness Policy (LWP)** is a written document of official policies that outlines district level goals to establish, evaluate, and maintain healthy school environments.

The LWP describes how the district will address local, state, and federal requirements for:

- Nutrition education and promotion
- Physical activity
- School-based activities that promote student wellness

TDA outlines all requirements for the Local Wellness Policy in Section 29 of the [Administrator's Reference Manual](#)

Once the Local Wellness Policy (LWP) is approved, the School Health Advisory Committee or equivalent representation develops a **Wellness Plan**.

**The wellness plan** generates a strategy that describes how the policies will be implemented into the school environment.

Every three years, the district must complete a **triennial assessment** to evaluate school compliance and progress towards attaining goals in the LWP. The results of the assessment must be shared with the public.

# Assessment

## Triennial Assessment

- Last completed 2022-2023 SY

## 2025-2026 Assessment

- Nutrition Promotion
  - Healthy-eating inspired artwork in all cafeterias.
  - Nutritional Postings on the Argyle ISD Student Nutrition Social Media
  - Healthy eating message in all cafeterias on our menu boards
- Nutrition Education
  - Argyle ISD follows Chapter 115 TEKS for Health Education in all grades in Science & PE/ Athletics
  - PE teachers also incorporate nutrition education in activities in their classes such as Food Group Tag, Food Group Bowling, Supermarket Sweep
  - Discussions around fitness, hydration, healthy snack options and active lifestyles during warm-ups and cool downs
- Physical Activity & School Based Activities
  - Schools currently participate in Family Fitness Nights, Field Days, Walking clubs and more

Wellness policy, plan and assessments will be added to our website per wellness plan requirements.

# Action Plan

- Nutrition Promotion
  - Continue to promote nutrition in cafeterias and the campuses
- Nutrition Education
  - Student Nutrition to expand their nutrition education in the cafeteria and their social media. Share articles for the district to include in district communications.
- Physical Activity & School Based Activities
  - No action plans at this time

Wellness policy, plan and assessments will be added to our website per wellness plan requirements.