

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.]
STRATEGIES TO SOLICIT INVOLVEMENT	Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The District has chosen to use the local school health advisory council (SHAC) to work on behalf of the District to review and consider evidence-based strategies and techniques in order to develop and implement nutrition guidelines and wellness goals as required by federal law. The SHAC meets a minimum of 4 times per year. The SHAC will permit the following persons to work with the SHAC on the District’s wellness policy and plan: parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public. The SHAC will solicit involvement and input of these other interested persons by: 1. Creating a subcommittee dedicated to reviewing wellness regulations that will meet at least 1 time per year. 2. Creating and administering a feedback method for students, teachers, parents and the community.
IMPLEMENTATION	Each campus principal is responsible for the implementation of FFA(LOCAL) and this wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation. The Deputy Superintendent is the District official responsible for the overall implementation of FFA(LOCAL), including the development of this wellness plan and any other appropriate administrative procedures, and ensuring that each campus complies with the 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, the extent to which each campus is compliant with the wellness policy, a description of the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy compares with any state- or federally designated model wellness policies. This will be referred to as the “triennial assessment.” Based on this

assessment, the wellness policy will be updated accordingly.

The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes. The SHAC may use any of the following tools for this analysis:

- Smarter Lunchrooms' website (<https://www.cde.ca.gov/ls/nu/he/smarterlunchrooms.asp>)
- WellSAT (<http://www.wellsat.org/>)
- [CDC's School Health Index](#)

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:

3. A copy of the wellness policy [see FFA(LOCAL)];
4. A copy of this wellness plan, with dated revisions;
5. Notice of any Board revisions to policy FFA(LOCAL);
6. The name, position, and contact information of the District official responsible for the oversight of the wellness policy and implementation of this plan;
7. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
8. The SHAC's triennial assessment; and
9. Any other relevant information.

The District will also publish the above information in appropriate District or campus publications such as the district website and newsletters.

RECORDS
RETENTION

Records regarding the District's wellness policy will be retained in accordance with law and the District's records management program. Questions may be directed to the Executive Director of Technology. The District is required to retain the following records: the written wellness policy, documentation demonstrating compliance with community involvement requirements, documentation of the triennial assessment, and documentation to demonstrate compliance with the annual public notification requirements.

GUIDELINES AND
GOALS

The following provisions describe the District's nutrition guidelines and activities and objectives chosen by the SHAC to implement the Board-adopted wellness goals in policy FFA(LOCAL).

Implemented: August 2017

Reviewed: April 2026

Updated: June 2026

NUTRITION GUIDELINES	Campuses that 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) will follow Federal , State and District Wellness Nutrition Guidelines. Campuses not participating in NSLP or SBP will follow District wellness nutrition guidelines during the school day on each campus that promote student health and reduce childhood obesity. The District's nutrition guidelines are to ensure all foods and beverages sold, marketed or given to students during the school day adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.
STANDARDS FOR SCHOOL MEALS	Water fountains or water filling stations are available in all cafeterias, and made available to students and staff throughout the school building. School meals will include fresh, locally-grown foods from farms engaged in sustainable practices whenever possible and these foods will be promoted in the cafeteria.
STUDENT PRIVACY	All students utilize a student identification code at the cash register to make purchases of any kind. Free and reduced meal status is encrypted with an alphabetical code to protect the privacy of students who qualify for free or reduced priced meals.
STUDENT MEAL BALANCES	The District must offer students a reimbursable meal, regardless of the student's account balance. Schools will not throw away a student's meal because the student has an unpaid balance. Schools will reach out to the family of children with recurring unpaid meal balances to assess whether the family is eligible for free or reduced price meals.
FREE AND REDUCED PRICE MEALS	Back-to-school letters are sent to all families at the beginning of the school year containing information about free/reduced price meals. Information about free/reduced price meals and meal applications are also available on the Food & Nutrition Department website . Additionally, there is information about free/reduced price meals included in the annual student registration process.
FOODS AND BEVERAGES SOLD	The District will comply with federal requirements for reimbursable meals at campuses participating in the NSLP or SBP. For all other foods and beverages sold to students during the school day, the District will comply with the federal requirements and district wellness regulations 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 following websites have information regarding meal and Smart Snacks requirements: • Nutrition Standards for School Meals

Implemented: August 2017

Reviewed: April 2026

Updated: June 2026

- [Smart Snacks in Schools](#)
- [National School Lunch and Breakfast Program Administrator's Reference Manual \(ARM\)](#)

ELEMENTARY SCHOOL

Competitive foods and beverages sold bell to bell will meet [USDA Smart Snacks in School](#) nutrition standards.

MIDDLE SCHOOL

Competitive foods and beverages will not be sold bell to bell unless approved by the Food and Nutrition Services Director.

HIGH SCHOOL

Competitive food/beverages will not be the same products as those sold by Food and Nutrition Services (FANS).

FUNDRAISERS

The District does not allow exempted food or beverage fundraisers at K-5 schools; the allowed fundraisers will include:

- Non Food items
- Foods that are not intended to be consumed at school
- Foods that do not compete with the Food and Nutrition Services department
- Foods that meet the Smart Snacks standards

MIDDLE SCHOOL and HIGH SCHOOL Food Fundraising:

Food fundraising from bell to bell must be approved by the principal. Food fundraising approved by the principal during the school day from the school store will have 20% of food sold meeting the Smart Snacks Guidelines (as per the product calculator)

FOODS AND BEVERAGES PROVIDED

There are no federal or state restrictions for foods or beverages provided, but not sold, to students during the school day. However, each school district must set its own standards. 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)]

In addition, the District has established the following local standards for foods and beverages made available to students.

Implemented: August 2017

Reviewed: April 2026

Updated: June 2026

The District has also incorporated the following stricter standards that are not prohibited by federal or state law:

- Food offered while school is in session will meet district determined wellness regulations.

ELEMENTARY SCHOOLS:

All food and beverages made available from bell to bell will meet Smart Snack Standards. Exceptions will be made on 6 days for the entire campus as determined by the campus Principal and posted prior to the start of school each year.

One fruit or vegetable must be present during celebrations.

MIDDLE SCHOOLS:

Competitive foods and beverages will not be given bell to bell unless approved by the Food and Nutrition Services Director.

Testing day snacks will meet district parameters approved by FANS director.

MEASURING COMPLIANCE

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

FOOD & NUTRITION STAFF TRAINING

All school nutrition program directors, managers, and staff will meet USDA Professional Standards for Child Nutrition Professionals for hiring and annual continuing education/training requirements. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

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.

To encourage participation in school meal programs, the District shall periodically offer taste tests of healthy, new menu items and gather student feedback to inform menu development.

Marketing strategies, such as taste tests and signage in the cafeteria, should be used to promote healthy food and beverages throughout the school. The District will ensure that any food and beverage advertisements marketed to elementary students during the school day meet the Smart Snacks standards.

This will be monitored with:

- FANS Monthly Nutrition Promotion Implementation Plans
- Quarterly Campus Visits to Campus by FANS Director or his/her appointee

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

GOAL: The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.	
Objective 1: FANS will promote messages that tie in the health benefits of food provided	
Action Steps	Methods for Measuring Implementation
1. Monthly nutrition Promo week messages	Baseline or benchmark data points: • Students choose highlighted healthy food items Resources needed: • Digital menu boards • Social media • Games • School broadcast Obstacles • FANS staff levels
Objective 2: PE teachers will reinforce nutrition message of the month	
Action Steps	Methods for Measuring Implementation
1. Review monthly nutrition promotion education plan. 2. Discuss with FANS staff as needed.	Baseline or benchmark data points: • Student will be able to talk about nutrition message of month Resources needed:

Implemented: August 2017

Reviewed: April 2026

Updated: June 2026

	Access to monthly nutrition plan
Objective 3: Principals will encourage staff to model healthy eating habits	
Action Steps	Methods for Measuring Implementation
Promote healthy eating school-wide with posters, announcements, and initiatives. Include healthy food options in school events like staff parties or celebrations.	Baseline or benchmark data points: - Number of posters, announcements, and initiatives - Staff feedback regarding perception of healthy options at events Resources needed: - Educational materials and messages - PTO/PTA and Room Parent partners Obstacles: - Staff time

GOAL: The district shall make educational nutrition information a District wide priority by sharing information with parents and students in order to promote healthy nutrition choices and positively influence the health of students.	
Objective 1: The adults in the district and its community will receive nutrition information and education quarterly.	
Action Steps	Methods for Measuring Implementation
3. Campuses will include a plan of action within the Campus Improvement Plan (CIP) that targets the focus on nutrition information and education 4. Parent information/education will be provided through PTO/A presentations, Principals' newsletters, district newsletters, staff meetings, social media.	Baseline or benchmark data points: - Pre/post surveys are given to parents and staff to assess learning Resources needed: - CIP Committee - Survey Created Obstacles - N/A
Objective 2: Students will receive nutrition information and education quarterly	
Action Steps	Methods for Measuring Implementation
1. Student organizations, clubs and extracurricular groups will receive education throughout the school year through presentations, newsletters and/or webinars.	Baseline or benchmark data points: Pre/Post surveys are given to students to assess learning Resources needed:

Implemented: August 2017

Reviewed: April 2026

Updated: June 2026

	- Survey created; speakers, webinars, etc. Obstacles: - N/A
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NUTRITION EDUCATION

Students will receive nutrition education that provides the knowledge and skills necessary to promote health and fosters the adoption and maintenance of healthy eating behaviors. School gardens and nutrition instruction are encouraged as part of the academic curriculum. Additionally, students will receive education about agriculture and the food system through signage and activities in the cafeteria.

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 nutrition services and health education component at the elementary and middle school levels. [See EHAA]

The C.A.T.C.H. program is implemented at the elementary schools through monthly school wide thematic programming as well as integration of the health education into the physical education activities. Middle school programming is developed based on review of health TEKS and Lake Travis ISD adopted instructional health resources.

In accordance with FFA(LOCAL), the District has established the following goal(s) for nutrition education.

GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1: Students will be provided the foundation of understanding the connection between what they eat and how they feel and grow.	
Action Steps	Methods for Measuring Implementation
- Complete meal and "my plate" lessons will be created and implemented in grades PreK-first grades. - Lessons will be created and implemented in grade 2-5 to reinforce understanding of healthy eating behaviors	Baseline or benchmark data points: - Pre/post surveys are given to students in targeted grades; pre/post surveys are given to students to assess learning. Resources needed: - Health PE staff, Health TEKS, reference USDA lesson plans at myplate.gov

Implemented: August 2017

Reviewed: April 2026

Updated: June 2026

Obstacles: N/A	
Objective 2: Students will understand the connection between their development and their diet.	
Action Steps	Methods for Measuring Implementation
1. Middle school targeted nutrition curriculum/lessons will be developed and implemented into PE and Athletics to encourage healthier eating habits. 2. Nutrition lessons will be integrated into other areas of curriculum as identified by the Science and/or Language Arts TEKS in grades 6-8.	Baseline or benchmark data points: • Pre/post surveys are given to students in targeted grades; pre/post surveys are given to students to assess learning. Resources needed: • Health PE staff, Health TEKS, Science Staff, Science TEKS, LA Staff, Language Arts TEKS Obstacles: N/A

PHYSICAL
ACTIVITY

The District will implement, in accordance with law, a coordinated health program with physical education and physical activity components and will offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC.]

The following addresses how the District meets the required amount of physical activity:

- Daily physical education in middle school through required physical education for a total of 4 semesters
- Movement integrated into Fine Arts in Elementary and Middle School in addition to the physical education class provided 2- 3 times weekly
- Daily recess at elementary
- Brain breaks integrated in K-12 classes throughout the week

Federal law requires that the District establish goals for physical activity in its wellness policy.

In accordance with FFA(LOCAL), the District has established the following goal(s) for physical activity.

GOAL: The District shall provide an environment that positively fosters appropriate physical fitness activities for all students Pre-K through eighth grade in the form of physical education classes and/or recess, and will not limit or prohibit students' participation in such activities for disciplinary purposes.

Objective 1: Other consequences instead of recess or PE removal will be utilized when working with students on behavior or academic performance.

Implemented: August 2017

Reviewed: April 2026

Updated: June 2026

Action Steps	Methods for Measuring Implementation
1. Teachers will be provided in-service on alternatives to PE or recess removal when working to redirect student misbehavior	Baseline or benchmark data points: - Administration utilizes periodic visits in the classroom to assess indoor movement, when appropriate Resources needed: - Professional training
Objective 2: At least the minimum amount of recess time will be provided daily in grades Prek-5 rain or shine.	
Action Steps	Methods for Measuring Implementation
1. Teachers are provided in-service on inside movement activities and brain breaks. 2. Teachers are provided access to equipment, technology necessary to have indoor recess. 3. Snack time will be separated from recess and/or other physical activity time.	Baseline or benchmark data points: - Administration utilizes periodic visits in the classroom to assess indoor recess, when appropriate Resources needed: - Professional development Obstacles: • NA
Objective 3: Physical Education Classes will provide students with opportunities to learn life-long skills and a passion for physical fitness	
Action Steps	Methods for Measuring Implementation
1. PE teachers will provide activities that encourage students to try a variety of sports 2. PE teachers will provide opportunities for students regardless of athletic capabilities	Baseline or benchmark data points: - Scope and sequence of PE curriculum will reflect quarterly opportunities for students in a variety of games, and sports Resources needed: - Appropriate equipment for students

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.

In accordance with FFA(LOCAL), the District has established the following goal(s) as part of its student wellness policy to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message.

Implemented: August 2017

Reviewed: April 2026

Updated: June 2026

GOAL: The District will provide healthy alternatives throughout school based activities.	
Objective 1: Elementary celebrations will include healthy alternatives.	
Action Steps	Methods for Measuring Implementation
1. Activity based celebrations prek-5 will be implemented. 2. At least one fruit or vegetable option will be included in classroom celebrations along with the other foods/snacks being offered	Baseline or benchmark data points: - Teachers provided with activity ideas checklist that can be reviewed intermittently Resources needed: - Professional development Obstacles: NA
Objective 2: Rewards other than food will be provided to students	
Action Steps	Methods for Measuring Implementation
1. Activity-based rewards will be utilized	Baseline or benchmark data points: - Teachers provided with activity reward ideas checklist that can be reviewed intermittently Resources needed: - Checklist, PD Obstacles: NA

GOAL: Physical activity & meal times will be scheduled in a manner to optimize nutrition intake, social interaction and the ability to focus during afternoon classes.	
Objective 1: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable. When feasible, students will be provided an uninterrupted seated time of 25 minutes at all campuses and lunch service will be scheduled to end no later than 2:00 pm. One study regarding recommended seat time for children to eat meals is available at http://www.andjrn.org/article/S2212-2672(15)01248-4/fulltext .	
Action Steps	Methods for Measuring Implementation
1. Create master schedule to allow for sufficient seated lunch time 2. FANS will have appropriate personnel and equipment to process students in a timely fashion	Baseline or benchmark data points: - Seated time for meals - Lunch/bell schedules Resources needed: - Professional development

Implemented: August 2017

Reviewed: April 2026

Updated: June 2026

Objective 2: Whenever possible, recess will be offered immediately prior to lunch.

For more information on Recess Before Lunch:

<https://www.actionforhealthykids.org/activity/recess-before-lunch/> \

Students who have recess before lunch have been shown to:

- Have decreased discipline referrals
- Need less supervision in cafeteria
- Have fewer accidents during lunch break
- Waste less food (as much as from 27% to 40%)
- Consume more calcium and protein (as much as 35% more)
- Have decreased number of nurse visits for headaches and stomachaches after recess

1. [Peaceful playgrounds](#)

2. [Recess Before Lunch Resources](#)

3. [National Education Association](#)

Action Steps	Methods for Measuring Implementation
1. Research is shared with elementary principals, campuses and parents to support rationale behind recess prior to lunch annually. 2. Campus creates a schedule to accommodate 15 minute recess prior to lunch.	Baseline or benchmark data points: • Lunch/bell schedules Resources needed: • Professional development Obstacles: • Scheduling limitations balancing multiple priorities

Implemented: August 2017

Reviewed: April 2026

Updated: June 2026