Sec. 1. POLICY REQUIREMENTS

Texas Leadership Public Schools (TLPS) must establish a local wellness policy for all schools participating in the National School Lunch Program and/or School Breakfast Program. The local wellness plan shall be a written plan that includes methods to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meals and other food and beverages sold and otherwise made available on the school campus during the school day are consistent with applicable minimum Federal standards. *7 C.F.R. 210.31(a)*.

Sec. 2. DEFINITIONS

"School day" means the period from the midnight before, to 30 minutes after the end of the official school day. *7 C.F.R. 210.11(a)(5)*.

"School campus" means all areas of the property under the jurisdiction of TLPS that are accessible to students during the school day. *7 C.F.R. 210.11(a)(4)*.

Sec. 3. WELLNESS

TLPS shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students by implementing measurable goals to promote sound nutrition and health through nutrition education, physical activity, and other school-based activities.

Sec. 4. DEVELOPMENT OF LOCAL WELLNESS PLAN

The Superintendent or designee shall review and consider evidence-based strategies and techniques and to develop nutrition guidelines and wellness goals as required by law. In developing, implementing, and reviewing the guidelines and goals of the local wellness plan, the district should include participation by parents; students; representatives of TLPS's food service provider; TLPS physical education teachers, campus and/or district-level administrators, and school health professionals; Board members; and community members.

The district shall develop a wellness policy to implement TLPS's nutrition guidelines and goals. The local wellness plan must address, at a minimum:

1. Strategies for soliciting involvement by and input from individuals interested in the wellness plan and policy;
2. Activities, benchmarks, and objectives for implementing wellness goals;
3. Methods for measuring implementation of wellness goals;
4. TLPS's standards for foods and beverages provided (but not sold) to students during the school day and while on campus; and
5. Methods for communicating to the public information about TLPS's local wellness plan.

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The district will review and revise the wellness plan on a regular basis, and recommend revisions to the plan when necessary.

Sec. 5. NUTRITION GUIDELINES

TLPS's nutrition guidelines for reimbursable school meals and other foods and beverages sold or marketed to students during the school day will be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when TLPS allows an exemption for allowable fundraising activities.

TLPS shall also establish standards for all foods and beverages provided (but not sold) to students during the school day; these standards must be included in the school wellness plan.

Sec. 6. WELLNESS GOALS

a) ***Nutrition Education and Promotion***

TLPS shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition. This program will encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental nutrition and food programs offered by TLPS.

Additionally, TLPS will promote healthy eating habits through:

1. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. Supporting the District's food service staff, Vended-meal partner, teachers, and other District personnel shall consistently encourage healthy nutrition messages in cafeterias, classrooms, and other appropriate settings
3. Encouraging participation in school meal programs that meet or exceed USDA nutrition guidelines.
4. Share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students
5. Utilizing **social media** and other digital platforms to educate parents and students on healthy food choices and balanced meals.
6. Conducting **child nutrition surveys** to gather feedback and improve meal offerings.
7. Texas Leadership Public Schools prohibits student possession or consumption of energy drinks (such as Monster, Red Bull, Alani Nu, Celsius, etc.) on campus. Additionally, staff are strongly encouraged to avoid having these beverages in classrooms or in the presence of students.

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b) *Physical Activity*

TLPS 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, TLPS establishes the following goals for physical activity:

1. Ensure an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.
2. Ensure compliance with state-mandated physical education (PE) requirements.
3. Encourage classroom physical activity breaks.
4. Promote extracurricular activities that support student fitness.
5. Provide safe spaces and facilities for recreational physical activity outside of PE classes

c) *Parent and Community Engagement*

TLPS establishes the following goals for creating an environment that encourages parent and family involvement in student wellness.

In addition, TLPS establishes the following goals for parent and community engagement:

1. Engage parents quarterly through social media updates, sharing wellness tips, meal program insights, and fitness initiatives.
2. Conduct child nutrition surveys to assess student preferences and meal satisfaction.
3. Utilize the Leader in Me Measurable Results assessment to gauge overall student well-being and engagement.
4. Encourage participation in school wellness events and community partnerships through campus outreach events

d) *Other School-Based Activities*

TLPS establishes the following goals for creating an environment conducive to healthy nutrition and physical activity and to promote a consistent wellness message to the school community:

1. TLPS shall allow sufficient time for students to eat meals in facilities that are clean, comfortable, and safe.
2. TLPS shall promote employee wellness activities and involvement at suitable school activities.

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Sec. 7. IMPLEMENTATION

The Superintendent or designee shall oversee the implementation of this policy and the development of the local wellness plan and appropriate administrative procedures related to this wellness policy.

Sec. 8. EVALUATION

TLPS shall comply with federal requirements for evaluating this policy and the wellness plan. Generally, TLPS's compliance with the local wellness plan shall be assessed at least once every three years. The Superintendent or designee shall conduct the assessment, which will consider:

1. The extent to which each school is in compliance with the local school wellness policy;
2. The extent to which the local school wellness policy aligns with model local school wellness policies; and
3. A description of the progress made toward attaining the goals described in the local wellness plan.

Sec. 9. PUBLIC NOTIFICATION

TLPS must annually inform and update the public about the content and implementation of this wellness policy, and make the policy and any updates, along with the local wellness plan and program assessments, available to the public.

Sec. 10. RECORDS RETENTION

TLPS shall retain all the required records associated with the wellness policy as required by law[1] and TLPS's record management program.

42 U.S.C. 1758b, 7 C.F.R. Part 210.

[1] TLPS may refer to the Texas Department of Agriculture, Food and Nutrition Division's "Administrator's Reference Manual (ARM") for the School Nutrition Program for guidance on record retention requirements.

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