



London Independent School District

Wellness Plan

2026-2027 School Year

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, 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 and input 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 meeting dates, times, locations, and wellness-plan discussion topics on the District website and at required District locations.
- Inviting stakeholder participation through District and campus communications and accepting input during SHAC meetings under established procedures.
- Making FFA(LOCAL), the wellness plan, wellness-plan updates, and the triennial assessment available to the public.

Responsibility for Implementation

Each campus principal is responsible for implementing FFA(LOCAL) and this wellness plan at the campus, including submitting necessary information to the SHAC for evaluation.

The Superintendent or designee is the District official responsible for overall implementation of FFA(LOCAL), including development of this 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 food and beverage advertisements marketed to students during the school day meet Smart Snacks standards.

The SHAC will monitor this by:

- Reviewing District-controlled posters, menu boards, vending machines, and other marketing during campus walkthroughs or annual wellness review activities.
- Reviewing District and Child Nutrition webpages or communications for food and beverage marketing under District control.

The District is not required to immediately remove or replace advertisements on durable equipment. The SHAC may make recommendations when equipment is replaced or new contracts are considered.

Implementing Goals for Nutrition Promotion

GOAL 1 The District's Child Nutrition staff, teachers, and other personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.

Objective: During the 2026-2027 school year, Child Nutrition will provide campuses with at least one age-appropriate nutrition message during eight months of the school year.

Action Steps:

- Provide a nutrition fact, featured-food message, or healthy-meal message for announcements, menus, posters, or digital communications.
- Promote participation in the school breakfast and lunch programs.

School and Community Stakeholders: Students, Child Nutrition staff, campus administrators, teachers, and SHAC.

Resources Needed: Monthly menus, approved nutrition messages, and District communication channels.

Measures of Success: At least eight districtwide nutrition messages are documented and breakfast and lunch participation data are reviewed annually.

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

Objective: During the 2026-2027 school year, the District will make monthly menus available and share at least two family-facing nutrition resources or activities.

Action Steps:

- Post or distribute monthly school menus.
- Share practical nutrition information through ParentSquare, campus communications, or family wellness activities.

School and Community Stakeholders: Students, families, Child Nutrition, Health Services, campus administration, and SHAC.

Resources Needed: District website, ParentSquare, USDA MyPlate, and Texas Department of Agriculture resources.

Measures of Success: Monthly menus remain available and at least two family-facing nutrition resources or activities are documented districtwide.

GOAL 3 The District shall permit food and beverage marketing during the school day only for products that meet applicable Smart Snacks standards.

Objective: By the end of the 2026-2027 school year, Child Nutrition and campus administrators will review District-controlled food and beverage marketing and address identified concerns.

Action Steps:

- Review posters, menu boards, vending machines, scoreboards, cups, and digital messages under District control.
- Consider Smart Snacks marketing requirements when replacing equipment or entering new contracts.

School and Community Stakeholders: Child Nutrition, campus administration, athletics, booster organizations, business staff, and SHAC.

Resources Needed: Smart Snacks guidance, contracts, and campus walkthrough information.

Measures of Success: The annual review is documented and identified concerns are referred to the appropriate administrator for correction.

Goals for Nutrition Education

Federal law requires that the District establish goals for nutrition education in its wellness policy. State law also requires the District to implement a coordinated health program with components 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: During the 2026-2027 school year, each campus will provide nutrition instruction through the adopted curriculum or an approved nutrition activity.

Action Steps:

- Teachers will deliver nutrition-related instruction included in the adopted curriculum.
- Campuses may use approved presentations, activities, or resources to reinforce healthy eating behaviors.

School and Community Stakeholders: Students, teachers, curriculum staff, Health Services, physical education staff, Child Nutrition, and SHAC.

Resources Needed: Adopted curriculum, TEKS, and approved USDA, TDA, or Texas A&M AgriLife materials.

Measures of Success: Each campus identifies the curriculum, lesson, or approved nutrition activity used during the school year.

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

Objective: Child Nutrition will partner with campuses to share at least one age-appropriate nutritional fact or featured-food message each month when school is in session.

Action Steps:

- Child Nutrition will prepare a brief fact or message connected to a menu item or healthy eating topic.
- Campuses may share the message through announcements, menus, classrooms, or electronic communications.

School and Community Stakeholders: Students, Child Nutrition, teachers, and campus administrators.

Resources Needed: Nutrition facts, monthly menus, and campus communication systems.

Measures of Success: Monthly messages are provided and samples are retained for the annual wellness review.

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 provide the required amount of physical activity, subject to lawful accommodations, substitutions, and exemptions:

- Students in kindergarten through grade 5 will participate in moderate or vigorous daily physical activity for at least 30 minutes daily or at least 135 minutes weekly when the statutory alternative is used.
- Students in grades 6-8 will participate in moderate or vigorous daily physical activity for at least 30 minutes daily for at least four semesters during those grades, subject to lawful scheduling alternatives.

- High school students will complete the physical education credit required by current graduation rules, subject to lawful substitutions and exemptions.

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 students who do not participate in competitive sports.

Objective: During the 2026-2027 school year, each campus will offer or promote at least one school or community physical-activity opportunity in addition to required physical education.

Action Steps:

- Identify appropriate activities such as walk/run events, family wellness events, activity clubs, or community programs.
- Communicate the opportunity to students and families.
- Provide required modifications or accommodations for students with disabilities or health needs.

School and Community Stakeholders: Students, families, physical education teachers, campus administration, Health Services, Special Programs, and community partners.

Resources Needed: Campus calendars, communication materials, appropriate facilities, and staff supervision.

Measures of Success: Each campus documents at least one opportunity offered or promoted during the school year.

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

Objective: By September 30, 2026, each campus will provide staff with examples of safe classroom movement breaks or active-learning strategies.

Action Steps:

- Share age-appropriate movement-break and active-learning resources.
- Remind staff that physical activity should not routinely be withheld or used as punishment.

School and Community Stakeholders: Teachers, students, physical education staff, campus administrators, and Health Services.

Resources Needed: Movement-break resources and campus staff communications.

Measures of Success: Each campus retains a copy of the annual staff communication or resource provided.

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

Objective: During the 2026-2027 school year, campuses will promote available before-school, after-school, athletic, club, or community physical-activity programs.

Action Steps:

- Identify available campus and community opportunities.
- Share participation information through announcements, flyers, websites, or parent communications.

School and Community Stakeholders: Students, families, campus administration, physical education and athletics staff, and community partners.

Resources Needed: Program information and District communication channels.

Measures of Success: Each campus documents at least one communication promoting an available physical-activity opportunity.

Goals for Other School-Based Activities

Federal law requires that the District establish goals for other school-based activities that 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: During the 2026-2027 school year, campus administrators will observe the meal environment and address material barriers to obtaining and eating school meals.

Action Steps:

- Review cleanliness, safety, supervision, access to potable water, and the time students need to receive and eat meals.
- Refer identified concerns to Child Nutrition or the appropriate District administrator.

School and Community Stakeholders: Students, Child Nutrition, campus administration, custodial staff, and SHAC.

Resources Needed: Campus schedules and meal-environment walkthrough information.

Measures of Success: Each campus documents an annual observation and any needed follow-up.

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

Objective: During the 2026-2027 school year, the District will provide wellness information or activities for students and families and encourage healthier concession choices.

Action Steps:

- Share information addressing topics such as nutrition, hydration, sleep, mental wellness, substance-use prevention, safety, or healthy routines.
- Encourage concession operators to offer at least one healthier food choice and one unsweetened beverage when practicable.

School and Community Stakeholders: Students, families, Health Services, counselors, athletics, booster organizations, campus administration, and SHAC.

Resources Needed: Wellness resources, concession guidance, and District communication channels.

Measures of Success: At least two districtwide wellness resources or activities are documented and concession guidance is communicated to appropriate groups.

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

Objective: During the 2026-2027 school year, the District will share preventive-care information and offer or promote at least one voluntary employee-wellness opportunity.

Action Steps:

- Human Resources will share covered preventive-care information during open enrollment or another appropriate period.
- Promote an employee assistance, wellness, screening, fitness, or health-education opportunity.

School and Community Stakeholders: Employees, Human Resources, the District's insurance provider, and campus wellness contacts.

Resources Needed: Benefits information, employee-assistance resources, and wellness communications.

Measures of Success: Preventive-care information and at least one voluntary opportunity are communicated to employees.

Nutrition Guidelines

All District campuses participate in USDA child nutrition programs, including the National School Lunch Program and School Breakfast Program. The District will maintain nutrition guidelines for foods and beverages sold, marketed, and provided to students during the school day that comply with applicable federal and state requirements.

Foods and Beverages Sold

The District will comply with federal requirements for reimbursable meals. Foods and beverages sold to students outside the reimbursable meal programs during the school day will comply with Smart Snacks standards unless a lawful exemption authorized by current law and District policy applies. For this purpose, the school day begins at midnight before and ends 30 minutes after the official school day.

Fundraisers will comply with USDA, Texas Department of Agriculture, FFA(LOCAL), CO(LEGAL), and District approval requirements. Any exempt fundraiser must be approved and documented under current District procedures.

Foods and Beverages Provided

The District will comply with state law allowing a parent or grandparent to provide a food product of the parent's or grandparent's choice to classmates on the occasion of the student's birthday or to children at a school-designated function. [See CO(LEGAL)]

The following local standards apply to other foods and beverages provided to students during the school day:

- Primary and elementary schools: Protect students with allergies and medical needs, make water readily available, encourage reasonable portions and healthy choices, and include a nutritious option when practicable.
- Intermediate and middle schools: Protect students with allergies and medical needs, make water readily available, encourage reasonable portions and healthy choices, and include a nutritious option when practicable.
- High school: Protect students with allergies and medical needs, make water readily available, encourage reasonable portions and healthy choices, and include a nutritious option when practicable.
- Food will not be withheld as punishment. Staff are encouraged to use nonfood rewards when reasonably available.

Measuring Compliance with Nutrition Guidelines

The District will measure compliance by reviewing Child Nutrition meal-program records, foods and beverages sold outside reimbursable meals, approved fundraiser records, foods and beverages provided during the school day, food and beverage marketing under District control, water availability, and identified corrective actions.

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 triennial assessment will evaluate the extent to which each campus complies with the wellness policy, the progress made in attaining policy goals, and the extent to which the policy and plan compare with 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.

The District wellness webpage will include, as applicable:

- FFA(LOCAL) and the current wellness plan with dated revisions.
- Notice of Board-adopted revisions to FFA(LOCAL).
- The name, title, and contact information of the District official responsible for oversight and implementation.
- Notice of SHAC meetings at which the wellness policy or implementation documents are scheduled for discussion.
- The most recent triennial assessment and other relevant wellness information.

The District may also publish this information through appropriate District or campus communications.

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 District's designated records management officer. [See CPC(LOCAL)]

Plan Review Record

School year: 2026-2027

Date revised: September 21, 2026

Scheduled SHAC review: September 23, 2026

District wellness contact: Assistant Superintendent, Dr. Diana Sarao, (361) 855-0092