



Lago Vista ISD 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]

In accordance with policy FFA(LOCAL), 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. The wellness plan shall, at a minimum, address:

- Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;
- Objectives, benchmarks, and activities for implementing the wellness goals;
- Methods for measuring implementation of the wellness goals;
- The District's standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and
- The manner of communicating to the public applicable information about the District's wellness policy and plan.

The SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.

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.

Responsibility for Implementation

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

The District nurse 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 the 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 any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards.

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 make recommendations when replacements or new contracts are considered.

GOAL 1: 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: The District will increase participation in federal child nutrition programs.	
Action Steps	Methods for Measuring Implementation
Distribute information to parents within the first week of school and to all incoming students throughout the year regarding the school food program.	Baseline or benchmark data points: • Participation numbers Resources needed: • Enrollment packets

GOAL 2: The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.	
Objective 1: The District will share nutritional information with parents and community.	
Action Steps	Methods for Measuring Implementation
Place posters containing nutritional facts in the cafeteria and in school lobbies	Baseline or benchmark data points: • Number of posters Resources needed: • Posters
Action Steps	Methods for Measuring Implementation
Distribute Nutrition Nuggets newsletter to each Elementary and Intermediate student monthly in the take home folder. English for all, also Spanish for ESL families.	Baseline or benchmark data points: • Copies of issues sent home Resources needed: • Paper, printing, annual subscription

Action Steps	Methods for Measuring Implementation
The District will inform families about food access programs within the school and community such as weekend backpack programs, food banks, etc.	Baseline or benchmark data points: - Website links on Wellness website Resources needed: - Paper, printing

GOAL 3: The District shall ensure that food and beverage advertisements accessible to students outside of school hours on District property contain only products that meet the federal guidelines for competitive foods.

Objective 1: All vending machines and sign displays will be Smart Snack compliant.

Action Steps	Methods for Measuring Implementation
Identify all signs or vending machines that require exterior adjustment and work with vendors to supply alternate displays before the vendors contract renewal.	Baseline or benchmark data points: - Photos of all advertising signs and vending machines Resources needed: - Smart Snack compliance list - Contract info on non-compliant vendors

Goals for Nutrition Education

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

GOAL 4: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

Objective 1: Staff will promote and integrate nutrition education facts into each grade level in elementary / intermediate grades Pre-K through 5.

Action Steps	Methods for Measuring Implementation
Teachers will lead age appropriate lessons on nutrition in the classroom based on TEKS.	Baseline or benchmark data points: - Lesson plans submitted to principals Resources needed: - TEKS Completion list submitted to principals from each teacher annually

Objective 2: The District will continue to require one semester of Health curriculum at both Middle and High School.

Action Steps	Methods for Measuring Implementation
Students will take Health class in 7 th and Lifetime Nutrition & Wellness in high school.	Baseline or benchmark data points: • Master schedule Resources needed: • Staff and health curriculum

Objective 3: All students will have access to drinking water during the school day and during after school activities.

Action Steps	Methods for Measuring Implementation
Students will be informed about the location of sources of drinking water and the water bottle carrying policy.	Baseline or benchmark data points: • Documentation from school nutrition department that water is available during meal periods, as required by federal standards • Student handbook documenting water bottle policy Resources needed: • Easily accessible water fountains • Guidance on locations where water bottles may not be permitted: gymnasiums, computer labs, libraries, etc.
Students will have access to water at a minimum of before and after outdoor PE and athletics activities.	Baseline or benchmark data points: • Coaches will allow for a reasonable time for students to hydrate before going outdoors for PE or athletics.

GOAL 5: The District shall provide professional development to teachers responsible for the nutrition education program so they are adequately prepared to effectively deliver the program.

Objective 1: Encourage staff development opportunities on nutrition.

Action Steps	Methods for Measuring Implementation
Allow staff, to attend staff development at the regional service center	Baseline or benchmark data points: - Number of staff attending Resources needed: - Funds for registration and transportation

Objective 2: Create platforms for the District nutrition specialist(s) to educate staff about nutritional facts

Action Steps	Methods for Measuring Implementation
Identify time and places for nutrition staff to educate staff on guidelines of child nutrition and our district's approach to it.	Baseline or benchmark data points: - Date(s) of training events Resources needed: - Time availability

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 offer at least the required amount of physical activity for all grades [see BDF, EHAA, EHAB, and EHAC].

GOAL 6: The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.

Objective 1: Students will benefit from physical activity as appropriate throughout the school day.

Action Steps	Methods for Measuring Implementation
Provide a minimum of either 30 minutes a day or 150 minutes per week of recess for students Pre-K through 5 th grade.	Baseline or benchmark data points: - Elementary master schedule Resources needed: - Staffing

Provide the option of recess time outside for Middle School students once they are finished eating lunch.	Baseline or benchmark data points: • Middle School master schedule Resources needed: • Staffing
Provide the option of physical activity in the gym for High School students once they are finished eating lunch.	Baseline or benchmark data points: • High School master schedule Resources needed: • Staffing

GOAL 7: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.	
Objective 1: Provide physical activities in music class in grades Pre-K through 5.	
Action Steps	Methods for Measuring Implementation
Incorporate dance and rhythm activities for students through the music curriculum.	Baseline or benchmark data points: • Minutes of dance and rhythm allowed in music elementary school music classes Resources needed: • Space for movement
Objective 2: Provide short activity bursts to break up long sedentary class sessions, as appropriate.	
Teachers to encourage frequent short activity breaks to students throughout the day with aids such as Go Noodle, Brain Breaks, and Teach Healthier	Baseline or benchmark data points: • Survey of teachers for frequency • GoNoodle data • Teach Healthier App data Resources needed: • Activity ideas / apps to teachers

GOAL 8: The District shall encourage students, parents, staff, and community members to use the District's recreational facilities, such as tracks, playgrounds, and the like, that are available outside the school day.

Objective 1: Inform the community of the facilities that are available for use outside of the school day by posting appropriate signage on site and on district website

Action Steps	Methods for Measuring Implementation
Encourage parents and community members to use the school outdoor facilities when not in use by students.	Baseline or benchmark data points: - Survey of parents about use Resources needed: - Signage - Survey

Goals for 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, create an environment that encourages healthy eating and physical activity, and promote a consistent wellness message.

GOAL 9: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

Objective 1: Students will have 30 minutes available for lunch each day.

Action Steps	Methods for Measuring Implementation
Schedule at least 30 minutes for each student to collect a lunch tray and sit down to eat during their lunch period.	Baseline or benchmark data points: - Amount of time allowed in schedule Resources needed: - Adequate cafeteria staff

GOAL 10: The District shall promote employee wellness activities and involvement at suitable District and campus activities.

Objective 1: The employee wellness team coordinates health and wellness for all staff.

Action Steps	Methods for Measuring Implementation
The District will utilize our Employee Wellness team leaders in sharing monthly employee health information as well as organizing an employee fitness activity at least once a year.	Baseline or benchmark data points: - Report of emails sent by team leaders - Report of participation of staff per campus Resources needed: - Risk Management resources

Nutrition Guidelines

All District campuses 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). As required by federal law, the District has established nutrition guidelines to ensure that all foods and beverages sold or marketed to students during the school day on each campus adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

Foods and Beverages Sold

The District will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, the District will comply with the federal requirements 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.

Exceptions for Fundraisers

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six days per year per campus when a food or beverage is sold as part of a District fundraiser. [See CO(LEGAL)]

Foods and Beverages Provided

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)]

Measuring Compliance with Nutrition Guidelines

The District 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.

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

The District will also publish the above information in appropriate District or campus publication.

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 Holly Jackson, the District's designated records management officer. [See CPC(LOCAL)]

Disclaimer: This information is provided for educational purposes only to facilitate a general understanding of the law or other regulatory matter. This information is neither an exhaustive treatment on the subject nor intended to substitute for the advice of an attorney or other professional adviser. Consult with your attorney or professional adviser to apply these principles to specific situations.

Approved by the Lago Vista ISD SHAC:

January 29, 2020