

Walnut Bend I.S.D. Local Wellness Policy

(Nutrition, Physical Activity & School Wellness)

Statement of Purpose

Walnut Bend Independent School District (the “District”) is committed to providing school environments that promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical activity. The Local Wellness Policy (LWP) describes how the District will comply with applicable local, state, and federal requirements, including TDA and USDA requirements for participating in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). [Square Meals](#)

I. Policy Scope and Applicability

This policy applies to all Walnut Bend I.S.D. schools participating in NSLP and/or SBP and covers all foods and beverages available to students on each school campus during the school day. [Square Meals](#)

II. School Health Advisory Council (SHAC) & Stakeholder Engagement

The District will involve the School Health Advisory Council (SHAC) — including parents, students, school nutrition professionals, teachers, administrators, school board members, health professionals, and community representatives — in the development, implementation, periodic review, and update of the LWP. The District will document stakeholder engagement, efforts to involve the community, and will use input for continuous improvement. [Square Meals](#)

III. Nutrition Education & Promotion

The District aims to teach, encourage, and support healthy eating by students and, as appropriate, parents and staff. Nutrition education will:

1. Be part of a sequential, standards-based program designed to provide students with the skills and knowledge to promote and protect their health.
2. Be offered as part of health education and integrated into other subject areas where appropriate.

3. Include developmentally appropriate, culturally relevant, and participatory activities (e.g., taste tests, farm visits, school gardens).
 4. Promote fruits, vegetables, whole grains, low-fat and fat-free dairy products, healthy food preparation methods, and balanced caloric intake with physical activity.
 5. Teach media literacy related to food marketing.
 6. Provide professional development for staff delivering nutrition education. [Square Meals](#)
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IV. Nutritional Standards for Foods & Beverages

A. School Meals

All school meals provided through NSLP and SBP will meet federal nutrition standards (7 CFR 210.10/220.8) and will strive to offer a variety of fruits, vegetables, whole grains, and low-fat milk choices. [FNS](#)

B. Foods and Beverages Provided or Sold Outside of School Meals

1. All foods and beverages sold or provided outside of the federally reimbursable meal programs (including fundraisers and vending) will comply with USDA Smart Snacks standards. [FNS](#)
2. Marketing and advertising on campus during the school day will be limited to only those foods and beverages that meet Smart Snacks nutrition standards. [Square Meals](#)

C. Mealtime Environment & Scheduling

- Students will have at least 10 minutes to eat breakfast and 20 minutes to eat lunch after being seated.
 - Meal periods will be scheduled at appropriate times and not interrupted by academic or organizational activities unless students may continue eating.
 - Water is available during meal times for all students.
 - Students will have access to handwashing or hand sanitizing before eating.
 - The District will accommodate medically necessary drinks from home with appropriate documentation.
 - Healthy celebrations will be encouraged; food celebrations shall be limited, and healthier options promoted. [Square Meals](#)
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V. Physical Activity & Education

The District will provide opportunities for all students to engage in daily physical activity:

1. Daily physical education or a minimum of 150 minutes per week for elementary students and at least the state-required instructional minutes for middle school students.
 2. Students should spend at least 50 % of PE class time in moderate to vigorous activity.
 3. Physical activity opportunities before and after school, such as extracurricular activities, will be encouraged.
 4. Classroom teachers may integrate short physical activity breaks.
 5. District will support safe routes for walking and biking to school. [FNS](#)
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VI. Communications & Promotion of Wellness

The District will:

1. Provide information to families to support healthy eating and physical activity.
 2. Share wellness policy content, updates, and annual progress publicly (e.g., district website, newsletters).
 3. Encourage families to pack nutritious foods when outside school meal programs. [Square Meals](#)
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VII. Staff Wellness

The District will focus on staff wellness issues, identify and disseminate wellness resources and perform other functions that support staff wellness in coordination with human resources staff. The District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.

The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost. [Square Meals](#)

VIII. Marketing & Competitive Foods

The District shall define and enforce local standards for marketing of foods and beverages on campus that are consistent with nutrition education and promotion goals. Marketing of non-compliant products on school property during the school day will not be permitted. [Square Meals](#)

IX. Implementation, Evaluation & Record Keeping

A. Assigned Responsibilities

The Superintendent or designee will be responsible for:

1. Development of the LWP
2. Implementation of the LWP
3. Annual review and planning for updates
4. Triennial assessment of LWP effectiveness. [Square Meals](#)

B. Triennial Assessment

The District will conduct and document a wellness policy assessment at least every three years to evaluate:

- Compliance with the policy
- Comparison to model wellness standards
- Progress toward meeting wellness goals. Results will be made available to the public. [Square Meals](#)

C. Records Retention

Documentation related to policy approval, implementation, stakeholder engagement, assessments, and updates will be maintained according to state and federal record retention requirements. [Square Meals](#)

X. Policy Maintenance & Updates

This policy will be reviewed annually and updated as needed to reflect changes in local, state, or federal requirements, including guidance from TDA and USDA. Updates will be approved by the Board of Trustees. [Square Meals](#)

End of Wellness Policy