

**Hermleigh Independent School District
Wellness Implementation 2025-2026**

GOAL 1 The District shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with the Competitive Food and Beverage Nutrition Standards. [See CO]

Implementation Strategies and Activities	Timeline	Staff Responsible	Resources/ Allocations	Formative Evaluation
1. District will ensure that student lunches comply with USDA/TDA guidelines and regulations for a reimbursable meal.	Yearly	Food Service Director, Superintendent	TDA website, www.squaremeals.org	Cafeteria Record Keeping
2. Campus will establish and follow Smart Snack protocols for ala carte cafeteria sales.	Yearly	Campus Principals, Food Service Personnel, Teachers	TDA website, www.squaremeals.org	Smart Snack Schedule
3. Limit fundraising activities that involve the sale of food items to be consumed during the school day. Promote food and beverage choices at classroom parties and celebrations that meet the USDA/TDA guidelines.	Yearly	Campus Principals, Teacher/Staff members	Faculty Handbook, Student Activity Manual	Fundraising Request Sheets

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GOAL 2 The District shall implement, in accordance with law, a coordinated health program with a nutrition education component [see EHAB and EHAC] and shall use health course curriculum that emphasizes the importance of proper nutrition [see EHAA].

In addition, the District establishes the following goals for nutritional education:

Implementation Strategies and Activities	Timeline	Staff Responsible	Resources/ Allocations	Formative Evaluation
1. Health and Physical Education teachers will teach about nutrition and its relationship to overall wellness.	Yearly	Health/PE Teachers PK-12	Health Curriculum, Internet Resources	Teacher Lesson Plans
2. Nutrition and wellness information available on the district's website.	All Year	Superintendent, School Nurse	www.hermleigh.esc14.net	Student/Parent Feedback
3. Cafeteria will host parent/student dining opportunities to showcase a balanced meal. These include: Muffins w/ Mom, Donuts w/ Dad, Thanksgiving Family Lunch, (Dependent on COVID)	2025-2026 School Year	Food Service Director, Staff	District Menus	District Menus, Cafeteria Receipts
4. Pk-5 Students will have the opportunity to participate in Jump Rope for Heart.	2025-2026 School Year	PE Teacher, Classroom Teacher, Principal	Calendar, schedule, lesson plans	Schedule, calendar, attendance
5. 3rd grade will participate in a 10 week healthy nutrition program presented by the Ag Extension Office	2025-2026	Classroom Teacher	Class time	Schedule, Lesson Plans

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GOAL 3 The District shall create an environment conducive to healthful eating, and shall express a consistent wellness message through other school-based activities.

Implementation Strategies and Activities	Timeline	Staff Responsible	Resources/ Allocations	Formative Evaluation
1. Students will have the opportunity to eat in a clean, safe and comfortable environment. Encourage students to use all allotted breakfast and lunch times.	Yearly	Campus Principal, Cafeteria Personnel, Staff	Campus Schedules	Student Feedback
2. Promotion of student/teacher/parent wellness through community access to fitness equipment and track. (Students/Parents/Faculty) [COVID permitted].	2025-2026 School year	Superintendent	Time & Staff Involvement	Student/Staff/Parent Feedback
3. Well maintained & age appropriate playground equipment and facilities.	2025-2026 School Year	Campus Principal, Maintenance staff	District Facilities Budget	More student participation at recess
4. Staff wellness checks (blood pressure, blood sugar, and other health monitoring).	Daily	School Nurse	Time	Reduction in absenteeism
5. Sponsors will be encouraged to offer health choice foods at concession stands outside the school day.	Yearly	Club Sponsors, Superintendent	USDA/TDA guidelines	Healthy options available in concession stands.
6. The District will coordinate and communicate with the Hermleigh Community Alliance to provide food during school breaks for the underprivileged.	2025-2026 School Year	FCS Sponsor, DAT	Staff time for identification, communication and resource acquisition.	Community Feedback
7. The District will participate in hosting an annual blood drive.	2025-2026 School Year	Nurse	Time and staff involvement. Use of district facilities.	Schedules, calendar, staff feedback

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GOAL 4 The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades [see EHAB and EHAC].

In addition, the District establishes the following goals for physical activity:

Implementation Strategies and Activities	Timeline	Staff Responsible	Resources/ Allocations	Formative Evaluation
1. Grades 3-12 will participate in the Fitness gram.	Yearly	PE Teachers, Campus Administrators	Fitness gram Software	Fitness gram Student Reports
2. Students in grades PK-5 will participate in PE activities and recess daily.	2025-2026 School year	PE Teachers, Teachers, Cam- pus Principal	Campus and District Schedules	Schedule, calendar, attendance
3. PK-5 will participate in the annual "Peewee Track Meet."	2025-2026 School year	PE Teachers, Teachers, Cam- pus Principal	Campus and District Schedules	Schedule, calendar, attendance
4. Students in grades 6-12 will be involved in PE or athletics. Secondary PE will focus on increasing students' participation in lifetime sports.	2025-2026 School year	PE Teachers, Coaches, Campus Principals	Lesson Plan	Student Schedules, Lesson Plans
5. Improve access to district workout facilities to allow faculty and community members the opportunity to stay healthy and fit. This includes the track, and public may request access for workouts	2025-2026 School Year	Superintendent	District Budget	Increase use of district facilities

The principal(s) shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.