



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 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 1: The District will offer standards based nutrition education in a variety of subjects to students at all levels.	
Objective 1: Staff will promote and integrate standards-based nutrition education into a variety of subjects.	
Strategy	Staff Responsible for Monitoring
Teachers will lead cross-curricular TEKS-based lessons on nutrition in grades K-5.	Assistant Superintendent for Teaching & Learning; Campus Principals; Teachers
Objective 2: The District will continue to offer nutrition education in grades at all levels.	
Strategy	Staff Responsible for Monitoring
Nutrition education will be delivered through instruction of the grade-level health TEKS in grades K-5 at the elementary level.	Assistant Superintendent for Teaching & Learning; Campus Principals; Teachers
Nutrition education will be delivered through instruction of the grade 6 health TEKS in Viking Valor and in the grade 7-8 health TEKS at the middle school level.	Assistant Superintendent for Teaching & Learning; Campus Principals; Teachers
Nutrition education will be delivered through instruction of the Lifetime Nutrition & Wellness course, as well as through the coherent sequence for culinary arts.	Assistant Superintendent for Teaching & Learning; Campus Principals; Teachers

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 2: The District will consistently promote healthy nutrition in order to positively impact the health of our students, staff, and community.

Objective 1: The District will promote healthy eating and nutrition with students.

Strategy	Staff Responsible for Monitoring
The District will engage in regular student outreach (e.g., posters, daily announcements, campus events, etc.) to share educational information and promote healthy nutrition choices.	Deputy Superintendent; District Nurse

Objective 2: The District will promote healthy eating and nutrition with parents, families, and the general public.

Strategy	Staff Responsible for Monitoring
District staff will promote and integrate nutrition education into the annual health fair.	District Nurse
The District will engage in regular parent and family outreach (e.g., newsletter information, healthy recipes, etc.) to share educational information and promote healthy nutrition choices.	Deputy Superintendent; District Nurse

Objective 3: The District will promote healthy eating and nutrition with staff.

Strategy	Staff Responsible for Monitoring
The District will engage in regular staff outreach (e.g., emails, newsletters, professional learning) to share educational information and promote healthy nutrition choices in order to positively influence the health of our staff.	Deputy Superintendent; District Nurse

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.

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 3: The District will consistently promote the importance of physical activity in order to positively impact the health of our students, staff, and community.

Objective 1: The District will maximize physical activity time in campus schedules.

Strategy	Staff Responsible for Monitoring
Evaluate adding additional recess minutes for students at elementary and intermediate school.	Deputy Superintendent; Campus Principals

Objective 2: The District will promote the importance of physical activity to stakeholders.

Strategy	Staff Responsible for Monitoring
Educate parents and teachers on the long-term benefits of exercise, as well as the benefits on the learning environment	Deputy Superintendent; District Nurse

Objective 3: The District will ensure high quality physical activity spaces are available to students at all levels.

Strategy	Staff Responsible for Monitoring
Evaluate physical activity spaces and create an improvement plan to address needs (e.g., intermediate playground)	Superintendent; Deputy Superintendent; CFO; Director of Maintenance; Campus Principals
Ensure all physical activity spaces are accessible to individuals with disabilities	Superintendent; Deputy Superintendent; CFO; Director of Maintenance; Campus Principals

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 4: The District will implement wellness practices to establish a school environment that promotes students' health, well-being, and ability to learn.

Objective 1: The District will create an inclusive environment on all campuses.

Strategy	Staff Responsible for Monitoring
Determine age-appropriate methods to encourage compassion and foster friendship at each campus (e.g., buddy system, school ambassadors, buddy benches, etc.).	Deputy Superintendent; Campus Principals; Project Viñatta Sponsors

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: 5/28/2024