LISD Wellness Plan 2026-2027

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]

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:

1. Including representatives from all schools (parents and employees) in discussion of this policy and plan via their SHAC involvement.
2. Presenting policy/plan to LISD Board of Trustees for further input.

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

The SHAC will monitor this by:

1. Encouraging directors/administrators to review advertisements to ensure that they are compliant with the SMART Snack.
2. Make visual observations for the schools and athletic facilities.

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.

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Implementing Goals for Nutrition Promotion

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.

- Present healthy choice messages in the cafeteria and food lines at all schools.
- Consider food presentation to help make healthy foods appealing.

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.

- Utilize the LISD website, social media to share nutritional information.
- Implement a Student Nutrition Advisory Council at both campuses to gain feedback and insight into menu choices from current students who have a variety of nutritional needs.

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.

- Ensure that current and future contract with food/beverage vendors are reviewed for compliance.

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]

In accordance with FFA(LOCAL), the District has established the following goals for nutrition education.

GOAL 1: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

- Physical Education instructors will provide nutrition education in conjunction with physical fitness instruction.

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

- Nutrition education will be incorporated into science and reading instruction as appropriate

GOAL 3: The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

- Professional development and staff education will be provided through resources including, but limited to: Child Nutrition Department.

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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], as follows:

The Following addresses how the District meets the required amount of physical activity:

- *Number of minutes of physical activity as established by state law*
- *At least 50 percent of a PE course (on a weekly basis) must be at a moderate or vigorous level, while meeting the needs of students of all ability levels, including students with a mental disability, as per state law*

Federal Law requires that the District establish goals for physical activity in its wellness policy. In accordance with the FFA(LOCAL), the District has established the following 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 those who are not participating in physical education classes or competitive sports.

- PE classes are required for all students at the elementary level.
- PE classes are required for all students in grades 6-12, with the option of Athletics when students are in grades 7-12. (High school requirements applicable in grades 9-12)

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

- Classroom activities to promote physical activity should be integrated such as brain breaks, interactive group work, and other research-based strategies, including LISD approved grant initiatives.
- Provide updated PD on Coordinated Health Plan curriculum for appropriate staff, as needed.

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

- Campuses will offer extracurricular activities as appropriate.

GOAL 4: The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.

- LISD offers CPR, Mental Health First Aid, Diabetes training and other District and campus-initiated health training to staff as appropriate and necessary.
- Provide recess for all elementary students as appropriate and necessary.

GOAL 5: The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

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- District and/or Campuses will promote and offer activities that include parent participation and encourage family-friendly physical activity such as Field Day, and other District & campus -initiated events. Promote parents to avoid fast food and go home and cook healthy meals.

GOAL 6: 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.

- The District will make facilities open and available to staff as appropriate.

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 healthful eating and physical activity, and promote a consistent wellness message.

GOAL 1: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

- Campus schedules will allow sufficient time for students to obtain and eat a nutritious meal.
- All students will eat lunch in a clean and safe environment with adequate seating.

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

- Community wide 5k walk

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

- Employee challenge to walk for 30 minutes a day and keep a log for the school year.

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.

The District has also incorporated the following stricter standards that are not prohibited by federal or state law:

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The District will not allow exempted fundraisers. All fundraisers will include nonfood items, foods that meet the Smart Snacks standards, or foods that are not intended to be consumed at school.

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. This includes all campus vending machines.

Public and charted schools are required to keep documentation related to school nutrition programs for five years.

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:

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

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

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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 Administration Office. [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.

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