

## **Lytle Independent School District Wellness Plan**

The District shall support the general wellness of all students by implementing and following measureable nutrition guidelines and goals that promote student health and nutrition and reduce childhood obesity through nutrition education, physical activity and other school based activities.

### **DEVELOPMENT AND IMPLEMENTATION OF GUIDELINES AND GOALS**

The district shall develop nutrition guidelines and wellness goals in conjunction with the local School Health Advisory Council (SHAC), which will consist of representatives from the student body, school food service providers, physical education teachers, school administrators, members of the School Board, parents and members of the public.

### **WELLNESS PLAN**

The SHAC shall develop a wellness plan to implement the District's nutrition guidelines and wellness goals. The wellness plan shall, at a minimum, address:

- Strategies for recruiting persons interested in involvement in the wellness plan and policy;
- Objective, plans and goals 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 may recommend revisions to the wellness policy when necessary.

### **NUTRITION GUIDELINES**

The District's nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity. 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 National School Lunch and Breakfast Program. The District shall establish standards for all foods and beverages provided, but not sold, to students during the school day. The District, however, has chosen not to exempt the three different events for the school year as stated by the Texas Public School Nutrition Policy.

- Only food items meeting USDA and TDA guidelines are served at all times.

- Daily menu items are displayed at each site with information regarding a reimbursable meal.
- Cafeteria staff is trained regarding guidelines pertaining to serving portions.

In addition to legal requirements, the District shall establish age-appropriate guidelines for food and beverages consumed during the school day according to Texas Department of Agriculture including all fundraising activities.

- A. The District shall establish age-appropriate guidelines for food and beverages at classroom parties. Notices shall be sent to parents/guardians reminding them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for classroom parties and/or award celebrations.
- B. The District shall establish guidelines for school-sponsored fundraising activities that involve selling or serving food. All campuses may sell food related items during the regular school day as long as:
  - a. The item being sold meets “Smart Snack” Competitive Food guidelines,
  - b. Sales may not occur during meal service times including breakfast and lunch.
- C. Each campus will be exempt from “Smart Snack” Competitive Food guidelines as part of a fundraiser for a maximum of six days per school year as allowed by Texas Department of Agriculture.

The District establishes the following goals for nutrition promotion:

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.
  - a) Headstart shall present the 5-a-day Parade promoting the importance of eating fruits and vegetables.
  - b) Healthy nutrition messages shall be presented during PE/Health in grades PK thru 5.
  - c) Nutrition shall be addressed during Health class in grade 7.
  - d) Nutrition shall be addressed in culinary, nutrition, and PE classes in grades 9 -12, and during PE/Athletics at the secondary level.
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.
  - a) District SHAC will host a Family Health Night yearly.
  - b) Breakfast and Lunch Menus will include nutrition information.
  - c) Wellness newsletters will be posted on District website.

**WELLNESS GOALS**

The District shall implement, in accordance with law, a coordinated school health program with a nutrition education component. The District's nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the District.

## **NUTRITION EDUCATION**

The District shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition. The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors. 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.

- The District shall discourage using food as a reward in the classroom.
- Students and teachers in grades PK through 5 may establish and maintain school gardens.
- The District establishes the following goal for nutrition education: the food service staff, teachers and other school personnel shall coordinate the promotion of nutrition messages in the cafeteria, the classroom and other appropriate settings.
- The District has implemented the Universal Free Breakfast program in which all students are offered breakfast at the start of every school day with an emphasis on nutrition.

## **PHYSICAL ACTIVITY**

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.

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

- 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 competitive sports.
- The District shall provide appropriate staff training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students. The District shall encourage teachers to integrate physical activity into the academic curriculum where appropriate.
- Physical education classes shall regularly emphasize moderate to vigorous activity.
- Students may participate in organized activities that foster good health and awareness of healthy lifestyles. These activities may include, but are not limited to:
  - A. Jump Rope for Heart: Engages students in jumping rope while learning the lifelong benefits of physical activity, the seriousness of heart disease and stroke, volunteering and fundraising.

- B. Fitness Gram: Performed once yearly for all students in grades 2 thru 12 to evaluate student fitness levels.
- C. Meeting minimum requirements for PE at all campuses.

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

## **SCHOOL-BASED ACTIVITIES**

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities:

- The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.
- The District will ensure that lunch is scheduled as near to the middle of the school day as possible.
- The District shall promote wellness for students and their families at suitable District and campus activities.
- The District shall promote employee wellness activities and involvement at suitable District and campus activities.
- Health, Wellness and Nutrition Education information will be made available to parents/guardians and the community. This information may be provided in the form of handouts, wall or bulletin board posters or banners, posting on the district website, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.
- Flu shots are offered annually for employees and their families.
- Employees will receive an electronic monthly health and wellness newsletter, which is also accessible through the District website.

## **IMPLEMENTATION**

The Assistant Superintendent shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures. All Wellness Policy Guidelines will be implemented yearly.

## **EVALUATION**

The District shall comply with federal requirements for evaluating this policy and the wellness plan. The District SHAC, in addition to the Child Nutrition Director, the District Nurse and campus administrators, will monitor the implementation of all guidelines and goals.

## **PUBLIC NOTIFICATION**

The District shall annually inform and update the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy, the wellness plan, and the required implementation assessment.

## **RECORDS RETENTION**

The District shall retain all required records associated with the wellness policy, in accordance with the law and the District's records management program.