



## Leonard ISD Wellness Policy

***Leonard ISD is committed to providing a school environment that promotes students' health, well-being, and ability to learn while developing lifelong wellness practices.***

This policy outlines LISD's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in LISD have access to healthy foods throughout the school day--both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Student have opportunities to be physically active.
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.
- This policy applies to all students, staff, and schools in the District.

## **Guidelines and Goals**

LISD will maintain nutritional guidelines and wellness goals in consultation with the local school health advisory committee (SHAC). The SHAC consists of representatives from the Child Nutrition Department, school administration, the school board, parents, and the public. A part of LISD's mission is to provide nutritious, quality meals and encouraging students to develop lifelong skills and knowledge to make healthy food choices. The mission shall be accomplished through nutrition education, physical education and activity, and food served in our schools.

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 Healthy Hunger Free Kids Act of 2010.

- Leonard ISD will comply with all policies in Healthy Hunger Free Kids Act as well as any applicable Texas regulations
- Leonard ISD will encourage healthy food and beverage options at concessions at school-related activities.

The District will set specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. LEAs are required to review and consider evidence-based strategies in determining these goals.

### **Nutrition Education:**

LISD shall implement, in accordance with the law, a coordinated school health program with a nutritional education component and shall use health course curriculum that emphasizes the importance of proper nutrition.

In addition, it shall be the goal of LISD, that students receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

## **Physical Activity**

The District shall implement, in accordance with law, a coordinated school health program and that the state-mandated time for daily/weekly physical education is provided. Students in high school shall meet the physical education component as required for graduation. The district will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.

Time allotted for moderate to vigorous physical activity will be consistent with state standards and district board policy and regulations, to include at a minimum:

### **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-base activities:

- Schools will set schedules that allow a minimum of 10 minutes to eat breakfast and 20 minutes to eat lunch. This time will not include the time a student waits in line.
- Schools will not use foods or beverages, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.
- Teachers and other school personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.
- Wellness for students and their families will be promoted at suitable school activities.
- Employee wellness education and involvement will be promoted at suitable school activities.

## **Nutrition Guidelines and Other School-Based Activities:**

Child Nutrition Programs comply with all federal, state and local requirements. Child Nutrition Programs are accessible to all children. LISD goal is to promote nutritious choices of all food brought into the school for student consumption.

### **Nutrition**

Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with Federal regulations for:

- School meal nutrition standards, and the
- Smart Snacks in School nutrition standards.

### **School Meals:**

Our school district is committed to serving healthy meals to students, with plenty of fruits, vegetables, whole grains, and fat-free and low fat milk; moderate in sodium, low in saturated fat, and zero grams trans-fat per serving (nutrition label or manufacturer's specification); while meeting the nutrition needs of school children within their calorie requirements.

All schools within the district participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). All schools in the District are committed to offering reimbursable school meals through the NSLP and SBP programs and other applicable Federal Child nutrition programs that meet or exceed current USDA nutrition standards established by local, state and Federal statutes and regulations.

## **Competitive Foods, Beverages, Fundraisers**

The District is committed to ensuring that all foods and beverages sold and served outside the school meal program (i.e., “competitive” foods and beverages) will meet the USDA “Smart Snacks in Schools’ nutrition standards, at a minimum. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but not limited to, a la carte options in cafeterias, vending machines, school stores, snack or food carts and clubs and organizations may be sold during the school day.

## **Concessions**

Any food items including concessions may be sold after the end of the school day (defined as midnight the night before until 30 minutes after the end of the instruction) on school campuses (all areas of the property under the jurisdiction of the school that is accessible to students during the school day).

## **Exempt Day/ Fundraisers:**

Each campus will have one (1) exempt days for fundraising each semester. The sale of prepackaged food items as a fundraisers that do not meet the nutrition standards are allowed on the exempt day. The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.

Fundraising foods that do not meet Smart Snack nutrition standards and are not meant for consumption on the school campus (e.g. cookie dough to be prepared at home) may be sold at any time during the school day.

## **Free Foods provided to students**

Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).

- All foods served to students during the school day will meet HHFKA Smart Snack standards. The smart snack calculator is available on the [Alliance for a Healthier Generation](#) website.
- All foods brought from outside sources must be purchased from a commercial food service establishment (grocery store, deli's, etc.) and individually wrapped.

## **Snacks**

Schools will assess if and when to offer snacks based on timing of the school meals, children's nutritional needs, children's ages, and other considerations.

## **Celebrations and Rewards**

Schools should limit celebrations that involve food during the school day to no more than one party per class per semester and held after campus lunch service. Foods and beverages will not be withheld as punishment for any reason, such as for performance or behavior

## **Field Trips**

Campus-approved field trips are exempt from nutrition policy. All meals provided by LISD CN department will meet the nutrition standards.

## **Marketing**

Only foods that meet the nutrition standards can be marketed as meeting the Smart Snack rules.

## **Monitoring**

Campus personnel will be responsible for documenting all receipt and nutritional information for items sold on the campus during the school day. This information must be readily available for review during an Administrative Review of the Child Nutrition program.

## **Implementation/Assessment**

The school health advisory council in coordination with the local school administration shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy. The responsible party at the campus for implementation of the local wellness policy will be the campus principal. The assessment of the Local Wellness Policy will be performed as changes are made or at least every three years. The assessment will be updated and posted on the web site.

## **Public Involvement**

The general public and the school community (including parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators) are invited to participate in the wellness policy process. If you are interested or need additional information you can contact the Health Services Coordinator, Nancy Zachary at [zacharyn@leonardisd.net](mailto:zacharyn@leonardisd.net) or 903-587-2316 ext. 230.

