



# Leonard ISD Wellness Plan

## **District 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]

Leonard ISD’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, Leonard ISD’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public by:

- Posting on the District’s website the dates and times of the SHAC meetings.
- Posting the SHAC information on the district’s website. [www.leonardisd.net](http://www.leonardisd.net)

## **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 Food Service Director and the School Nurse is the district’s officials responsible for the overall implementation of FFA(LOCAL), including the 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 Leonard ISD establish goals for nutrition promotion in its wellness policy. Leonard ISD’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 Leonard ISD.

Leonard ISD 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:

- Regular reports from Director of Child Nutrition

Although Leonard ISD 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.

### **Implementing Goals for Nutrition Promotion**

<b>Goal 1:</b> The District’s food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.		
<b>Action Steps:</b>	<b>Resources Needed:</b>	<b>Measures of Success:</b>
The Child Nutrition Department will post healthful food messages in the dining areas.	Educational posters, etc.	School Wellness Assessment Tool
<b>School &amp; Community Stakeholders:</b> Child Nutrition Staff, Campus Principals		
<b>Goal 2:</b> 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.		
<b>Action Steps:</b>	<b>Resources Needed:</b>	<b>Measures of Success:</b>
The café staff will maintain updated menus with daily meal options and marketing materials that promote healthy nutrition messaging provided by Child Nutrition Services that will be available to the public.	Menu signs, boards, display monitors, website, school app.	School Wellness Assessment Tool
<b>School &amp; Community Stakeholders:</b> Child Nutrition Staff, Parents		

## Goals for Nutrition Education

Federal law requires that Leonard ISD establish goals for nutrition education in its wellness policy. State law also requires that Leonard ISD implement a coordinated health program with a component addressing nutrition services and health education at the elementary and middle school levels. [See EHAA]

### Implementing Goals for Nutrition Education

<b>Goal 1:</b> Students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.		
<b>Action Steps:</b>	<b>Resources Needed:</b>	<b>Measures of Success:</b>
The schools will collaborate to develop a plan to provide nutrition education within the curriculum.	Nutrition Education Curriculum	Lesson plans that reflect the nutrition education curriculum  School Wellness Assessment Tool
<b>School &amp; Community Stakeholders:</b> Campus Principals, Teachers		
<b>Goal 2:</b> Staff responsible for nutrition education shall be adequately prepared and shall participate in professional development activities to effectively deliver the program as planned.		
<b>Action Steps:</b>	<b>Resources Needed:</b>	<b>Measures of Success:</b>
Staff providing nutrition education will have opportunities to participate in professional development activities aligned to nutrition education.	Nutrition Education Curriculum  Professional Development Schedule	School Wellness Assessment Tool
<b>School &amp; Community Stakeholders:</b> Chief Academic Officer, Campus Principals, Teachers		

## Goals for Physical Activity

Federal law requires that Leonard ISD establish goals for physical activity in its wellness policy. In accordance with state law, Leonard ISD will implement a coordinated health program with physical education and physical activity components. Leonard ISD will offer at least the required amount of physical activity for all grades [see BDF, EHAA, EHAB, and EHAC], as follows:

Leonard ISD will meet the requirements for physical activity mandated by Education Code 28.002(1)–(1-1) through the following:

- **Elementary level:** students in kindergarten through grade 5 to participate in moderate or vigorous daily physical activity for at least 30 minutes or 135 minutes per week as part of the district's physical education program throughout the school year.
- **Middle School level:** students in grades 6–8 to participate in moderate or vigorous daily physical activity for at least 30 minutes or at least 225 minutes during each period of two school weeks for at least four semesters during those grade levels as part of the district's physical education curriculum.
- **High School level:** students must earn 1.0 PE credit to satisfy graduation requirements. The district shall follow state standards and guidelines set for high school PE.

## Implementing Goals for Physical Activity

<b>Goal 1:</b> Through grade 9, the district shall provide an environment that fosters safe and enjoyable fitness activities for students, including those who are not participating in competitive sports.		
<b>Action Steps:</b>	<b>Resources Needed:</b>	<b>Measures of Success:</b>
Per the Consumer Product Safety Commission (CPSC) recommendations, playground equipment shall be a part of a regular maintenance program that involves inspection by an in-house designated maintenance employee(s), with maintenance and repairs conducted as necessary to prevent accidents and minimize the occurrence of injuries.	Designated Maintenance Employee(s)  CPSC recommendations  Maintenance log documenting and repairs at each campus.	School Wellness Assessment Tool
<b>School &amp; Community Stakeholders:</b> District Administration, Campus Principals, Maintenance & Operations Staff.		
<b>Goal 2:</b> Physical education classes shall regularly emphasize moderate to vigorous activities.		

<b>Action Steps:</b>	<b>Resources Needed:</b>	<b>Measures of Success:</b>
Teachers and coaches will plan lessons and activities that promote moderate to vigorous activity.	Physical Education Curriculum	Lesson Plans School Wellness Assessment Tool
<b>School &amp; Community Stakeholders:</b> Campus Principals, Teachers		
<b>Goal 3:</b> The district shall encourage teachers to integrate physical activity into the academic curriculum where appropriate.		
<b>Action Steps:</b>	<b>Resources Needed:</b>	<b>Measures of Success:</b>
Teachers and campuses are encouraged to incorporate movement into academic instruction time through:  Kinesthetic learning approaches:  Flexible seating that allows for student movement.	Flexible/alternative seating  Staff training on kinesthetic learning approaches	School Wellness Assessment Tool
<b>School &amp; Community Stakeholders:</b> Campus Principals, Teachers		
<b>Goal 4:</b> Before school and after school physical activity programs shall be offered and students shall be encouraged to participate.		
<b>Action Steps:</b>	<b>Resources Needed:</b>	<b>Measures of Success:</b>
Each campus will work with community partners to facilitate programs, clubs and events that encourage physical activity in students outside of school time.	Community partners	School Wellness Assessment Tool
<b>School &amp; Community Stakeholders:</b> Campus Principals, Teachers, Coaches, Community Partners		
<b>Goal 5:</b> Teachers and other school staff shall receive training to promote enjoyable, life-long physical activity for themselves and students.		

<b>Action Steps:</b>	<b>Resources Needed:</b>	<b>Measures of Success:</b>
<p>Campus staff are recommended to look for opportunities to participate in physical activity during the school day, and to take advantage of times when students are also physically active (such as walking laps around the playground during recess and participating with the class when movement breaks are needed).</p> <p>Campus staff are also encouraged to collaborate with each other to come up with fun ways to support each other's physical health outside the normal school routine (for example, friendly competitions for reaching personal weight-loss goals or taking the most steps in a day).</p>	<p>Resources will vary depending on the school and staff.</p>	<p>School Wellness Assessment Tool</p>
<p><b>School &amp; Community Stakeholders:</b> Campus Principals, Teachers</p>		
<p><b>Goal 6:</b> The district shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.</p>		
<b>Action Steps:</b>	<b>Resources Needed:</b>	<b>Measures of Success:</b>
<p>Each campus will work with the community partners to facilitate programs, clubs, and events that encourage physical activity in students outside of school time.</p>	<p>Community Partners</p>	<p>School Wellness Assessment Tool</p>
<p><b>School &amp; Community Stakeholders:</b> Campus Principals, Teachers, Coaches, Community Partners.</p>		

<b>Goal 7:</b> The district shall encourage students, parents, staff and community members to use the district recreational facilities that are available outside of the school day.		
<b>Action Steps:</b>	<b>Resources Needed:</b>	<b>Measures of Success:</b>
<p>The district will ensure that the track is open and accessible to stakeholders outside of school hours each day.</p> <p>The district will maintain a reservation system for community partners to access district facilities outside of school hours for youth sports activities.</p>	<p>Community Partners</p> <p>Outside reservation system</p>	<p>School Wellness Assessment Tool</p> <p>Reservation data</p>
<b>School &amp; Community Stakeholders:</b> District Administration, Campus Principals, Maintenance & Operations Staff, Coaches		
<b>Goal 8:</b> The district shall not schedule intermediate, middle, or high school physical athletic classes one hour prior to lunch during the school day.		
<b>Action Steps:</b>	<b>Resources Needed:</b>	<b>Measures of Success:</b>
<p>Master schedules will be created to maximize time for physical education classes without occurring within one hour of lunch.</p>	<p>Master Schedule</p>	<p>School Wellness Assessment Tool</p>
<b>School &amp; Community Stakeholders:</b> Campus Principals, Counselors		

### **Goals for Other School-Based Activities**

Federal law requires that Leonard ISD 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.

## Implementing Goals for Other School-Based Activities

<p><b>Goal 1:</b> Sufficient time shall be allowed for students to eat meals in the lunchroom facilities that are clean, safe, and comfortable.</p>		
<p><b>Action Steps:</b></p>	<p><b>Resources Needed:</b></p>	<p><b>Measures of Success:</b></p>
<p>The district will provide students with at least a 30-minute period for lunch and at least a 15-minute time period before school for breakfast.</p>	<p>Campus master schedules indicating the appropriate lunch times.</p> <p>Campus cafeteria schedules indicating breakfast service times.</p>	<p>School Wellness Assessment Tool</p>
<p><b>School &amp; Community Stakeholders:</b> Campus Principals, Counselors</p>		
<p><b>Goal 2:</b> Wellness for students and their families shall be promoted at suitable school activities.</p>		
<p><b>Action Steps:</b></p>	<p><b>Resources Needed:</b></p>	<p><b>Measures of Success:</b></p>
<p>Each campus will work with community partners to facilitate programs, clubs, and events that encourage physical activity in students outside of school time.</p>	<p>Community Partners</p>	<p>School Wellness Assessment Tool</p>
<p><b>School &amp; Community Stakeholders:</b> Campus Principals, Teachers, Coaches, Community Partners.</p>		

<b>Goal 3:</b> Employee wellness education and involvement shall be promoted at suitable school activities.		
<b>Action Steps:</b>	<b>Resources Needed:</b>	<b>Measures of Success:</b>
<p>Campus staff are recommended to look for opportunities to participate in physical activity during the school day, and to take advantage of times when students are also physically active (such as walking laps around the playground during recess and participating with the class when movement breaks are needed).</p> <p>Campus staff are also encouraged to collaborate with each other to come up with fun ways to support each other’s physical health outside the normal school routine (for example, friendly competitions for reaching personal weight-loss goals or taking the most steps in a day).</p>	Resources will vary depending on the school and staff.	School Wellness Assessment Tool
<b>School &amp; Community Stakeholders:</b> Campus Principals, Teachers		

**Nutrition Guidelines**

All Leonard ISD 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, Leonard ISD 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**

Leonard ISD will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, Leonard ISD 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 three 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**

Leonard ISD 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)]

In addition, Leonard ISD has established the following local standards for other foods and beverages made available to students:

**Elementary School:** May not serve competitive foods (or provide access to them through indirect sales) to students anywhere on the school campus throughout the school day except for those food items made available by the school child nutrition department.

**Middle School:** Child Nutrition can sell competitive foods 30 minutes before the meal service period through 30 minutes after the meal service period. Only outside of this designated time period can individuals and groups sell competitive foods on these campuses.

**High School:** Child Nutrition may sell competitive foods during the service period where reimbursable meals are sold or consumed on the school campus. Only outside of this designated time period and designated location can individuals and groups sell competitive foods on this campus.

## **Measuring Compliance with Nutrition Guidelines**

Leonard ISD 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.

## **Policy and Plan Evaluation**

At least every three years, as required by law, Leonard ISD 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, Leonard ISD 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 Leonard ISD will create a “Wellness” section on the “School Health Advisory Council” page on its website to document information and activity related to the school wellness policy, including:

- A copy of the wellness policy [see FFA(LOCAL)];
- A copy of this wellness plan, with dated revisions;
- Notice of any Board-adopted revisions to FFA(LOCAL);
- Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
  - The SHAC’s triennial assessment; and
  - Any other relevant information.

Leonard ISD will also publish the above information in appropriate District or campus

publication. **Records Retention**

Records regarding Leonard ISD’s wellness policy will be retained in accordance with law and the district’s records management program. Questions may be directed to the district’s designated records management officer. [See CPC(LOCAL)]