

# **LA GRANGE ISD---WELLNESS PLAN**

## **WELLNESS PLAN**

This document, referred to as the “wellness 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]

## **STRATEGIES TO SOLICIT INVOLVEMENT**

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The District has chosen to use the local school health advisory council (SHAC) to work on behalf of the District to review and consider evidence-based strategies and techniques in order to develop and implement nutrition guidelines and wellness goals as required by federal law. The SHAC will permit the following persons to work with the SHAC on the District’s wellness policy and plan: parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public. The SHAC will solicit involvement and input of these other interested persons by:

- Posting on the District’s website the dates and times of SHAC meetings at which the wellness policy and plan are scheduled to be discussed and the name and position of the person responsible for oversight of the District’s wellness policy and plan along with an invitation to contact that person if the reader is interested in participating in the development, implementation, and evaluation of the wellness policy and plan.

## **IMPLEMENTATION**

Each campus principal is responsible for the implementation of FFA(LOCAL) and this wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation.

The superintendent or designee is the District official responsible for the overall implementation of FFA(LOCAL), including the development of this wellness plan and any other appropriate administrative procedures, and ensuring that each campus complies with the policy and plan.

## **EVALUATION**

In accordance with law, the District will periodically measure and make available to the public an assessment on the implementation of the District’s wellness policy, the extent to which each campus is compliant with the wellness policy, a description of the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy compares with any State or federally designated model wellness policies. Absent federal regulations to the contrary, the District commits to the evaluation activities described below.

At least annually, the SHAC will prepare a report on the wellness policy and this plan by gathering information from each principal and appropriate District administrators. The SHAC will assess the District’s and each campus’s progress toward meeting the goals of the policy and plan by reviewing District and campus-level activities and events tied to the wellness program.

The SHAC may use any of the following tools for that analysis:

Relevant portions of the WellsAT 2.0 ([www.wellsat.org](http://www.wellsat.org))

Relevant portions of the Center for Disease Control's School Health Index  
(<http://www.cdc.gov/healthyschools/shi/index.htm>)

A District--developed self--assessment

## **PUBLIC NOTIFICATION**

To comply with the legal requirement to 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 [FFA(LOCAL)];
2. A copy of this wellness plan, with dated revisions;
3. Notice of any Board revisions to policy FFA(LOCAL);
4. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The SHAC's annual report on the District's wellness policy and plan; and
6. Any other relevant information.

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

## **RECORDS RETENTION**

Records regarding the District's wellness policy will be retained in accordance with law and the District's records management program. You may contact the District's designated records management officer with questions.

## **GUIDELINES AND GOALS**

The following provisions describe the District's nutrition guidelines and activities chosen by the SHAC to implement the Board-adopted wellness goals in policy FFA(LOCAL).

## **NUTRITION GUIDELINES**

All District campuses participate in the United States Department of Agriculture's (USDA's) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Federal law requires that the District establish nutrition guidelines for foods made available on each campus that are consistent with the federal standards and that promote student health and reduce childhood obesity.

The District's nutrition guidelines are to ensure all foods and beverages sold, otherwise made available, or marketed to students during the school day adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

## **WATER**

To promote hydration, free, safe, unflavored water will be available to all students throughout the

school day and throughout every school campus. The District will also make drinking water available where school meals are served and will promote water as a substitute for sugar-sweetened beverages. In addition, students will be allowed to bring drinking water from home into the classroom.

## **FOODS 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.

For purposes of this plan, these requirements will be referred to as “Smart Snacks” standards or requirements. The following websites have information regarding meal and Smart Snacks requirements:

<http://www.fns.usda.gov/school--meals/nutrition--standards--school--meals>

<http://www.fns.usda.gov/healthierschoolday/tools--schools--focusing--smart-->

[snacks http://www.squaremeals.org/Publications/Handbooks.aspx](http://www.squaremeals.org/Publications/Handbooks.aspx)

## **EXCEPTION – 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)]

The District will allow the following exempted fundraisers for the 2022--2023 school year:

### **Organization Food/Beverage/Concession Number of Fund Raisers**

|                         |      |    |
|-------------------------|------|----|
| La Grange Elementary    | N/A  | 0  |
| La Grange Middle School | Food | 6  |
| La Grange High School   | Food | >6 |

## **FOODS MADE AVAILABLE**

There are currently no federal requirements for foods or beverages made available to students during the school day. 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)]

In addition, the District has established the following local guidelines on foods and beverages made available to students during the school day: No foods and beverages may be given away or otherwise made available to students, with the exception of celebrations that may occur on campuses up to four days each school year. These celebrations must occur after lunch and must be approved by the principal.

## **MEASURING COMPLIANCE**

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to the TDA, reviewing foods and beverages that are sold in competition with the 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.

## **NUTRITION PROMOTION AND EDUCATION**

Federal law requires that the District establish goals for nutrition promotion and education in its wellness policy. The District's nutrition promotion activities will encourage participation in the National School Lunch Program, the School Breakfast Program, and the CACF Program. State law also requires that the District implement a coordinated health program with a nutrition services and health education component at the elementary and middle school levels. [See EHAA]

The District will implement the nutrition services and health education component through instruction of the essential knowledge and skills related to nutrition and health through courses such as physical education, health education, and science courses.

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

**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.

**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.

**Goal #3:** The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

**Goal #4:** The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

**Goal #5:** 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 has established the following objectives and strategies for promotion and education:

Students will receive consistent nutrition messages throughout schools, classrooms,

cafeterias, and school media;

Teachers will integrate nutrition education into core curricula;

Nutrition promotion will include participatory activities such as contests, promotions, farm visits, and experience working in school gardens;

Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes;

Students will have opportunities to taste foods that are low in saturated and trans fats, sodium and added sugar;

Nutrition education will be provided to families via handouts, newsletters, postings on the District website, presentations, and workshops;

Monthly school breakfast and lunch menus will be posted to the District website;

District staff will be strongly encouraged to model healthful eating habits, and discouraged from eating in front of students/sharing food with students outside of activities related to the nutrition education curriculum.

Families will be encouraged, when providing packed lunches and snacks, to meet the district nutrition standards and will be provided with written guidance on how to accomplish this;

Nutrition curriculum will promote adequate nutrient intake and healthy eating practices;

Skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, analysis of health information;

All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements;

All cafeteria staff will be provided training on USDA meal plans/reimbursable meals so they can properly advise students as to the meal components they may/must take, as well as cooking techniques, recipe implementation, sanitation, and food safety;

Students will be provided at least 30 minutes to eat breakfast and 30 minutes to eat lunch;

Meals will be served in a clean and pleasant setting and under appropriate supervision. Rules for safe behavior will be consistently enforced;

Students will have access to hand washing/hand sanitizing facilities before meals and snacks and cafeteria staff will remind students to make use of them;

Information on the nutritional content and ingredients of meals will be available upon request. Parents and students will be informed that information is available and information

shall be kept up to date.

Participation in school meal programs will be promoted through the Community Eligibility Provision.

A share table in all campus cafeterias allows students to put their unwanted pre-packaged non-perishable foods in a basket for other students to choose from.

The Menu Enhancement/Nutrition Software from Texas Department of Agriculture will be used for menu development and nutrition analysis.

## **PHYSICAL ACTIVITY**

The District will implement, in accordance with law, a coordinated health program with physical education and physical activity components and will offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC]

The District will meet the required physical activity in PK-Kindergarten by providing two 20 minute recesses/5 days a week. 1<sup>st</sup>-4<sup>th</sup> grade receives 30 minutes of recess/5 days a week. 5<sup>th</sup> grade recess is based on earned/awarded and 6<sup>th</sup> grade is not scheduled for recess. All times are scheduled, weather permitting.

In addition, the District provides 45 minutes /5 times a week of regularly scheduled physical activity instruction for Kindergarten-6<sup>th</sup> grade.

At the middle level, 7<sup>th</sup> and 8<sup>th</sup> grades, the District will require students, unless exempted because of illness or disability, to be enrolled in physical education or athletics courses for 4 out of 6 semesters. At the high school level, students in grades 9-12 are only required to earn one credit of PE/Athletics, but will be encouraged to stay active through activities such as athletics and marching band.

Federal law requires that the District establish goals for physical activity in its wellness policy. In accordance with 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.

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

**Goal #3:** The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

The District has established the following objectives and strategies for physical activity: The

school will provide adequate space/equipment and conform to all safety standards;

All Physical Education classes will be taught by a qualified physical education teacher and at least 50% of class time will be spent in moderate to vigorous activity;

Students will have opportunities for physical activity beyond physical education class on a daily basis including in class activity breaks.

Students will be encouraged to reduce sedentary time, and will not be required to engage in sedentary activities for more than two hours without an opportunity to stretch and move around;

Teachers will be expected to incorporate opportunities for physical activity in the classroom whenever possible and will be encouraged to serve as role models by being physically active alongside the students; district members will also be able to use the sport complex facilities for personal workouts and health betterment including tennis courts, track, weight room, and football field.

Outdoor recess will only be withheld in the event of extreme weather, as defined by the District.

Elementary, middle, and high school campuses are encouraged to promote extracurricular physical activity programs, including Little League baseball and softball, Optimist Volleyball and Basketball, Swim Team, Soccer, Flag Football, and Tae Kwon Do)

High school and junior high school will offer interscholastic sports programs to all students.

## **SCHOOL---BASED ACTIVITIES**

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness.

In accordance with FFA(LOCAL), the District has established the following goal(s) as part of its student wellness policy to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message:

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

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

**Goal #3:** The District shall promote employee wellness activities and involvement at suitable District and campus activities.

**Goal #4:** The district shall promote mental health wellness through prevention and awareness.

Activities include but not limited to:

Get Set for Summer Event  
Weight Loss Challenge  
Special Olympics  
Health Fairs/Flu Shots  
Meningitis Shots  
Field Day  
Bluebonnet Trails Services  
School-sponsored blood drives  
Jump-A-Thon (2nd Grade)  
SEL Teams  
EdClick/Raptor System  
CPR Training  
Stop the Bleed Training  
2<sup>nd</sup> Grade Plant Project  
Class Gardens  
Culinary Catering  
"Be Kind" doors/Red Doors  
TCHATT  
Breakaway Program (District/Campus Administrators)  
Service Projects (Middle School)



# Wellness Policy Assessment Tool

Form 357 Rev 12/15

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name La Grange ISD

Reviewer Nancy Fritsch-Tielsch, Stacy Eilers, Diana Fitzpatrick

School Name LGISD

Date 7/13/23

Select all grades: PK ☒ K ☒ 1 ☒ 2 ☒ 3 ☒ 4 ☒ 5 ☒ 6 ☒ 7 ☒ 8 ☒ 9 ☒ 10 ☒ 11 ☒ 12 ☒

## Yes No I. Public Involvement

☒ ☐ We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

☒ Administrators ☒ School Food Service Staff ☒ P.E. Teachers ☒ Parents  
☐ School Board Members ☒ School Health Professionals ☐ Students ☒ Public

☒ ☐ We have a designee in charge of compliance.

Name/Title: Stacy Eilers

☒ ☐ We make our policy available to the public.

Please describe: LGISD Website

☒ ☐ We measure the implementation of our policy goals and communicate results to the public.

Please describe: Evaluate annually and post with the plan on website

☒ ☐ Our district reviews the wellness policy at least annually.

## Yes No II. Nutrition Education

☒ ☐ Our district's written wellness policy includes measurable goals for nutrition education.

☒ ☐ We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

☒ ☐ We offer nutrition education to students in: ☒ Elementary School ☒ Middle School ☒ High School

## Yes No III. Nutrition Promotion

☒ ☐ Our district's written wellness policy includes measurable goals for nutrition promotion.

☒ ☐ We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

☒ ☐ We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

☒ ☐ We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

☒ ☐ We ensure students have access to hand-washing facilities prior to meals.

☒ ☐ We annually evaluate how to market and promote our school meal program(s).

☒ ☐ We regularly share school meal nutrition, calorie, and sodium content information with students and families.

☒ ☐ We offer taste testing or menu planning opportunities to our students.

☒ ☐ We participate in Farm to School activities and/or have a school garden.

☒ ☐ We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

☒ ☐ We price nutritious foods and beverages lower than less nutritious foods and beverages.

☒ ☐ We offer fruits or non-fried vegetables in: ☐ Vending Machines ☐ School Stores ☐ Snack Bars ☒ à La Carte

☒ ☐ We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

☒ ☐ We provide teachers with samples of alternative reward options other than food or beverages.

☒ ☐ We prohibit the use of food and beverages as a reward.

Yes No **IV. Nutrition Guidelines** (Cont. from page 1)

- ☒ ☐ Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- ☒ ☐ We operate the School Breakfast program: ☒ Before School ☒ In the Classroom ☒ Grab & Go
- ☒ ☐ We follow all nutrition regulations for the National School Lunch Program (NSLP).
- ☒ ☐ We operate an Afterschool Snack Program.
- ☒ ☐ We operate the Fresh Fruit and Vegetable Program.
- ☒ ☐ We have a Certified Food Handler as our Food Service Manager.
- ☒ ☐ We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:  
☒ as à La Carte Offerings ☐ in School Stores ☐ in Vending Machines ☐ as Fundraisers

Yes No **V. Physical Activity**

- ☒ ☐ Our district's written wellness policy includes measurable goals for physical activity.
- ☒ ☐ We provide physical education for elementary students on a weekly basis.
- ☒ ☐ We provide physical education for middle school during a term or semester.
- ☒ ☐ We require physical education classes for graduation (high schools only).
- ☒ ☐ We provide recess for elementary students on a daily basis.
- ☒ ☐ We provide opportunities for physical activity integrated throughout the day.
- ☒ ☐ We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- ☒ ☐ Teachers are allowed to offer physical activity as a reward for students.
- ☒ ☐ We offer before or after school physical activity: ☒ Competitive sports ☐ Non-competitive sports ☒ Other clubs

Yes No **VI. Other School Based Wellness Activities**

- ☒ ☐ Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- ☒ ☐ We provide training to staff on the importance of modeling healthy behaviors.
- ☐ ☒ We provide annual training to all staff on: ☐ Nutrition ☐ Physical Activity
- ☒ ☐ We have a staff wellness program.
- ☒ ☐ We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- ☒ ☐ We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- ☒ ☐ We have a recycling/environmental stewardship program.
- ☐ ☒ We have a recognition /reward program for students who exhibit healthy behaviors.
- ☒ ☐ We have community partnerships which support programs, projects, events, or activities.

**VII. Progress Report:** Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

The SHAC committee determined the progress made toward the goals and updated as needed.

Future activities / goals:

1. Training for staff on healthy behavior: physical activity
2. Organize or similar program
3. Second chance breakfast
4. Chocolate Milk Program
5. Fuel up to Play 60

**VIII. Contact Information:**

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name:  Position/Title:

Email:  Phone: