

# Nutrition and Wellness Plan



Lingleville Independent School District

Board Adoption- February 8, 2024

# Lingleville Independent School District

## Nutrition and Wellness Plan

### WELLNESS

The District shall follow nutrition guidelines that advance student health and reduce childhood obesity, and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities.

### DEVELOPMENT OF GUIDELINES AND GOALS

The District shall develop nutrition guidelines and wellness goals in consultation with the local school health advisory council and with involvement from representatives of the student body, school food service, school administration, the Board, parents, and the public.

### NUTRITION GUIDELINES

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 Texas Public School Nutrition Policy.

In addition to legal requirements, the District shall:

1. Establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations.
2. Provide teachers with education and guidelines on the use of food as a reward in the classroom.
3. Establish guidelines for school-sponsored fund-raising activities that involve serving or selling food.
4. Families are given any needed eligibility forms for free/reduced meals at registration as well as guidance on completion. At this time all meals are provided free of charge thus increasing participation in the school meal program.
5. All guidelines for smart snacks which are provide by usda at <https://www.fns.usda.gov/tn/guide-smart-snacks-school> are followed. No other food and beverage outside of regular menu items are sold. Al La Carte items are from the regular menu and sold in single units only. No vending or other opportunities for purchase are available. No items or beverages provided contain caffeine.

Activities to meet goals:

- Include in the teacher information handbook the nutritional guidelines and a list of foods and beverages that have minimal nutritional value and should not be distributed to students in grades K-8 on school premises during school hours. This policy does not restrict what parents provide for their own child's lunch or snack
- Parents may provide FMNV items for their own child's consumption, but may not provide restricted items to other children at school.
- School staff should rarely use food as a reward and never withhold food as a punishment.
- Foods and beverages of minimal nutritional value will not be allowed to be used for fund-raising activities that involve the serving or selling of food. This policy does not apply to the operation of the concession stand after school hours or special events on waiver days.
- Bus transportation is provided for all students since there are no walkable/bikeable paths.

#### Compliance/Evaluation/Implementation:

The principal shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of this policy.

- Random monitoring of school activities where food or beverages are served to ensure compliance.
- Ensure that teachers allow time during class for K-2 students to eat a snack.

## WELLNESS GOALS: NUTRITION EDUCATION

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

In addition, the District establishes the following goals for nutrition education:

1. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. Nutrition education will be a District-wide priority and will be integrated into other areas of the curriculum, as appropriate.
3. Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
4. The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.

5. Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.

Activities to meet goals:

- The teachers will utilize District-approved health curriculum in grades K-6 and provide feedback concerning its use and effectiveness.
- The secondary teachers will ensure that nutrition education is included in the junior high health curriculum.
- The food service staff will be responsible for creating a menu that will be available online and distributed monthly and advertised in the daily morning message.
- The Parent Teacher Organization (PTO) will provide nutritional information in the school newsletter that will encourage parents to provide age appropriate and nutritious foods for their children.
- School food service staff will participate in relevant staff development activities to ensure compliance with the Child Nutrition Guidelines as set forth by the Department of Agriculture.
- Food service staff, teachers, and other school personnel will display nutrition messages in the hallways and cafeteria.
- The school administration will ensure that health-related books are available in the library for students in grades 1-8.

Compliance/Evaluation/Implementation:

The principal shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of this policy.

- Teacher lesson plans will be reviewed to ensure that the adopted health curriculum is utilized in the classrooms.
- Monthly distribution of the cafeteria menus will be monitored.
- The newsletter will be monitored to ensure that nutritional information is included.
- Invoices will be reviewed to ensure the purchase of nutrition education materials to be displayed in the cafeteria and the hallways.
- No corporate incentive programs will be encouraged.

## WELLNESS GOALS: PHYSICAL ACTIVITY

The District shall implement, in accordance with the 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:

1. 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.
2. Physical education classes will regularly emphasize moderate to vigorous activity.
3. The District will encourage teachers to integrate physical activity into the academic curriculum where appropriate.
4. The instructor for PE will be state certified and provide complete TEKS bases lesson planning as well as attend regular staff development to ensure up to date training methods.
5. Any exemptions or substitutions of physical education are on a case by case basis and follow legal guidelines for appropriate placement.
6. Families and community are encouraged to engage in physical activity.
7. All before and after school activity clubs have sponsorship by a school employee and are open to all students of the appropriate age and activity qualifications for participation.
8. See facility use for guidelines on shared agreements with outside participation.

Activities to meet goals:

- Students will be required to participate in at least 30 minutes of physical activity each day.
- Activity during daily recess will be encouraged and offered as a reward but not a punishment.
- Parents and volunteers are included in the planning and activities for field day.

Compliance/Evaluation/Implementation:

The principal shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of this policy.

- The master schedule will include time slots for elementary physical education.
- Lesson plans will be monitored.

## WELLNESS GOALS: SCHOOL-BASED ACTIVITIES

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

1. Sufficient time will be allowed for students to eat meals in lunchroom facilities or optional facilities that are clean and safe with at least 30 mins allowed.
2. Wellness for students and their families will be promoted at suitable school activities.
3. Employee wellness education and involvement will be promoted at suitable school activities.

Activities to meet goals:

- Parents will be provided opportunities to eat lunch with their children when possible. (Thanksgiving lunch, Public School Week, etc.)
- Parents will be encouraged to participate on the School Health Advisory Council.
- Staff is provided multiple health and wellness activities throughout the school year.

Compliance/Evaluation/Implementation:

The principal shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of this policy.

- Dates in which the school will hold special luncheons for children and their parents will be added to the public calendar on the school website.
- Minutes of the SHAC committee meetings will be kept indicating who participated and had input.

## FOODS OF MINIMAL NUTRITIONAL VALUE (FMNV)

- Soda Water
  - Includes any carbonated beverage, including those with added nutrients such as vitamins, minerals and protein.
- Water Ices
  - Includes any frozen, sweetened water such as popsicles and other "...sicles" and flavored ice with the exception of products that contain fruit or fruit juice.
- Chewing Gum
  - Includes any flavored products made from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- Certain Candies
  - Includes any processed foods made predominantly from sweeteners or artificial sweeteners, including hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy and candy-coated popcorn.

*Periodic reviews and updates to the local wellness policy, at least once every 3 years, will include local and relevant stakeholders. Our local wellness committee which included the schools registered nurse will be responsible for implementation. This document and the triennial assessment results are available online on our website at [Lingleville.us](http://Lingleville.us). Triennial assessment result will be utilized when reviewing and updating policy.*