

School Wellness Policy

Walnut Springs ISD

Purpose: Local Wellness Policy (LWP) will focus on nutrition education and promotion, physical activity, and school-based activities that promote student wellness. To encourage parent engagement, WSISD will also include activities to promote wellness for parents, staff members, and the larger community.

It will be developed so that it will be a fluid plan that will serve as a useful tool in establishing, evaluating, and maintaining a healthy school environment and promoting transparency to the public on key areas that affect each school's nutrition environment.

Focus: 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.

... 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.

... 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.

Development: As a District of Innovation (DoI), Walnut Springs will develop its LWP in conjunction with the Local District/Campus Plan (LD/CP). Inclusion of the requirements for the LWP will be included in the LD/CP planning meetings. The LWP may be included as an appendix to the LD/CP. It will include the involvement of faculty, staff, students, parents and business representatives to the extent possible.

Updating the LWP will be an annual process to ensure current local, state and federal requirements are met. Each year the LWP will be assessed and revised to ensure the triennial assessment will be thorough. LWP will be approved and adopted by the local school board. Assessments will be distributed to the public via the district website.

Process: Walnut Springs will (1) gather a team, (2) assess needs, (3) develop goals, (4) develop strategies for achieving identified goals, (5) plan for implementation, (6) implement the plan, and (7) assess the implementation of the plan toward meeting the CE's written LWP policies.

Implementation: Each year the CE must review its local wellness policy. If changes are made to the policy, TDA recommends that the CE contact its ESC child nutrition specialist to ensure that the updated policy continues to meet the requirements before adding new policy or activities to its plan.

The plan for implementation should be updated to meet emerging needs and priorities of the community in addition to addressing local, state, or federal requirements.

Nutrition Education and Promotion

The District shall implement, in accordance with law, a coordinated health program with a nutrition education component [see EHAB and EHACI and shall use health course curriculum that emphasizes the importance of proper nutrition [see EHAA]. In addition, the District establishes the following

goals, focusing on students, to include activities that promote health, wellbeing, and students' ability to learn:

1. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
3. 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.
4. Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.
5. The Texas Public School Nutrition Policy will be distributed to classroom teachers as a guideline. This will include nutritional guidelines for all food and beverages available to be sold or given to students on the school campus during the school day,¹ including food and beverages offered by the school nutrition program and outside of the school nutrition program. This includes fundraisers, school-sponsored activities, and non-school sponsored activities that take place during the school day on the school campus.

Stakeholder Engagement

The following stakeholders will be utilized in the development, approving, and implementation of the Walnut Springs ISD School Wellness Policy:

Superintendent	Principals	School Nurse	School nutrition staff
Employees	Parents	Students	Community members

Plan will be reviewed and adopted by the board of trustees

Assigned Responsibilities

1. Development: Campus Planning Team Members to include employees, parents, students, and community representatives.
2. Implementation: Superintendent shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy. Principal and staff will ensure activities are conducted as set forth in the plan.
3. Assessment: LD/CP team members – annually to culminate in the triennial assessment in a cycle to begin 2020 and finalize in 2023. Triennial assessment will address:
 - Compliance with its LWP
 - Alignment to the resources of the School Nutritional Environment and Wellness Resources website — <http://healthymeals.nal.usda.gov/school-wellness-resources-2>.
 - Progress of attaining the Wellness Plan goals.
4. Update: Superintendent will update the written plan.
5. Distribution: Web manager

Marketing

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 and shall be at least as restrictive as federal regulations and guidance,

except when the District allows an exemption for fundraising activities as authorized by state and federal rules.

Walnut Springs ISD does not allow marketing information displays on the school campus.

Specific Focus Areas to be included in Plan

Areas Covered

Counseling Services	Family and Community Involvement	
Health Promotion for Staff	Health Services	
Healthy School Environment	Nutrition Services	Physical Education

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:

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. After-school physical activity programs will be offered and students will be encouraged to participate.
5. Teachers and other school staff will receive training to promote enjoyable, life-long physical activity for themselves and students.
6. The District will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

School-Based Activity

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:

1. Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.
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.
4. Classroom parties and birthday celebrations may be celebrated the classroom. Food items cannot be provided to students in the cafeteria during meal service times. The district shall follow the current guidelines of the Texas Public School Nutrition Policy and Board Policy in the event of a conflict.
5. Fundraising through sales of foods and beverages that could be consumed during the school day shall meet the requirements for competitive foods unless the District allows an exception from the competitive food requirement, as permitted by state and federal law. Fundraising will not be allowed during class time.
6. Concession stands, implemented by the district, will serve healthy food options. The purchaser of the items will be informed that some items must be contain a healthy alternative.