

La Vernia ISD Wellness Plan 2025-2026

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]

The District’s local School Health Advisory Council (SHAC) will assist in developing, reviewing, and updating this plan by considering evidence-based strategies and measurable goals aligned to federal wellness policy regulations.

Stakeholder Involvement

Federal law requires participation of specific stakeholders in the development, implementation, review, and update of the wellness policy. LVISD will actively seek input from:

- Parents and Guardians
- Students
- Certified Teachers
- School Health Professionals
- Child Nutrition Staff
- Campus administrators
- Board members
- Community members

Methods of Soliciting Engagement

1. **In Person Meetings**-SHAC will offer multiple meeting opportunities for stakeholders to participate in discussions, provide recommendations, and review progress toward wellness goals.
2. **Communication & Public Outreach**-The District will engage stakeholders through surveys, newsletters, digital meeting notices and transparency of wellness related data and decisions.

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

Nutrition Promotion Goals

Federal law requires that the District establish measurable goals for nutrition promotion. LVISD's nutrition promotion activities shall encourage participation in the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and any supplemental meal or nutrition programs offered by the District. Food and beverage advertisements marketed to students during the school day must meet the Smart Snack Standards on NSLP campuses.

The campus principals will monitor this by:

1. Ensuring all students have access to breakfast and lunch meals provided by the department of Child Nutrition.
2. Although the District 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.

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.

Objective 1: The District shall promote healthy food choices through signage and positive nutritional messages.

Action Steps:

- Provide Primary, Intermediate, and Junior High campuses with signage promoting healthy food choices.
- Develop breakfast and lunch menus that reinforce healthy decision making.

School and Community Stakeholders: Representatives of the District's Child Nutrition Department, school health professionals, and campus administrators.

Resources Needed:

- Educational signage and nutritional information materials.

Measures of Success:

- Increased visible signage promoting nutrition across campuses.
- Increased number of students selecting healthy meals and snacks.

GOAL 2: The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and support student health.

Objective 1: Utilize menu planning software for school menus to provide online menus and nutrition details.**Action Steps:**

- Enter ingredients, recipes, and menu cycles into menu planning software.

- Publish menus with nutrition and allergen information on the District website.

School and Community Stakeholders: Child Nutrition staff, school health professionals, parents and students.

Resources Needed:

- Menu planning software

Measures of Success:

- Regularly updated online menus accessible to all stakeholders.
- Increased parent and student awareness of menu offerings.

Goals for Nutrition Education

Federal law requires that the District establish goals for nutrition education in its wellness policy. State law also requires that the District 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

GOAL 1: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Objective 1: Partner with an approved Texas Education Agency (TEA's) Coordinated School Health Program, CATCH. This program is designed to prevent obesity, cardiovascular disease, and Type 2 diabetes in elementary school, middle school, and junior high school students.

Action Steps:

- Community stakeholders and the School Health Advisory Council (SHAC); investigate curriculum,
- SHAC voted and brought forth to the school board CATCHs “Health Ed Journeys” to implement LVISDs health and nutrition education.
- Implement the CATCH program across LVISD campuses.

School and Community Stakeholders: Parents, Curriculum specialist, Healthcare services, SHAC committee, Physical Education teachers, Science Teachers, Nutrition Services, and student body.

Resources Needed:

- LVISD IT services
- School board approval
- SHAC committee
- CATCH curriculum

Measures of Success: Incorporate nutrition education in two different application methods, such as curriculum lessons with increased signage, reinforcing healthy eating behaviors.

Goals for Physical Activity

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

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. [See BDF, EHAA, EHAB, and EHAC]

Implementing Goals for Physical Activity

GOAL 1: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

Objective 1: Promote and advertise before and after school physical activities available to students.

Action Steps: LVISD will provide age-appropriate activities to students before and after school by:

- Offering and encouraging participation in athletics & pre-athletics programs for students in grades 6-12
- Offering campus based activities that provide students opportunities to participate in physical activity such as: Garden Club, Fitness Club, Mile File Running Club, Gaga Ball court at City Park, Pickleball, Fun Run, Field Days, Bike Rodeo, Rockwall, Sledding, Drum Fit, 9 Square, Jump Rope competitions

School and Community Stakeholders: LVISD Staff, parents, students, community members

Resources Needed:

- Campus/district communication of programs/activities via Thrillshare/social media, Newsletters

Measures of Success: Number of students participating in an activity promoting physical fitness.

Goals for Other School-Based Activities

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness, create an environment that encourages

healthy eating and physical activity, and promote a consistent wellness message.

Implementing Goals for Other School-Based Activities

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

Objective 1: Campus administrators will work with campus staff to coordinate a schedule that gives each student access to at least 25 minutes of time to consume their lunch each day.

Action Steps: 1. Review the number of students on campus.

2. Determine the number of students who can simultaneously eat meals in the cafeteria safely and with supervision
3. Create a campus schedule that allows all students at least 25 minutes to eat lunch in a comfortable location. This usually involves several lunch rotations.

School and Community Stakeholders: Campus Leadership Team, Child Nutrition Department

Resources Needed:

- Instructional minutes and master schedule

Measures of Success: All students are given at least 25 minutes to eat in accordance with all campuses master schedules.

GOAL 2: The District shall promote employee wellness activities and involvement at suitable District and campus activities.

Objective 1: LVISD will provide wellness tips and information to the district staff each month to promote a healthy lifestyle.

Action Steps: Distribute Wellness Tips and Information with LVISD staff each month.

School and Community Stakeholders: Nutrition Staff and Coordinator of Innovative Instruction & Digital Communications

Resources Needed:

- Wellness Information/Newsletter provided by Edwards Risk Management, Inc.

Measures of Success: The number of staff who sign up for the wellness challenges sent out with the newsletter information.

Updated Nutrition Guidelines

(Revised to reflect LVHS Non-Participation in NSLP/SBP)

Participation in Federal Programs

- Primary, Intermediate, and Junior High campuses participate in NSLP and SBP and must comply with USDA requirements.
- La Vernia High School does not participate in NSLP/SBP and is therefore not subject to USDA meal pattern requirements, competitive food rules (Smart Snacks), or federal reimbursement regulations.

The Child Nutrition Department will establish internal nutrition standards for LVHS to ensure meals remain age appropriate, financially sustainable, and supportive of student wellness.

Foods and Beverages Sold

NSLP Campuses

- Must meet all USDA requirements for reimbursable meals.
- Must comply with Smart Snacks standards for competitive foods.
- Follow TDA rules for fundraising exemptions (up to six allowable days).

La Vernia High School

- Smart Snacks do not apply.
- Fundraisers are exempt from federal competitive food restrictions.

Internal district standards will guide menu balance, portion control, beverage options, and appropriate nutritional practices.

Exceptions for 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 2025-2026 school year:

Campus or organization: La Vernia Junior High School

Food or beverage: Chocolate Bar Fundraiser- December

Number of days: 6

Campus or organization: La Vernia Intermediate

Food or beverage:

- Field Day- snow cones, cotton candy, pickles.
- Hawaiian Day- snow cones.
- Financial Literacy Unit- Hot Chocolate Sales

Number of days: 6

Campus or organization: La Vernia Primary

Food or beverage:

- Field Day- snow cones, cotton candy, pickles.

Number of days: 6

Foods and Beverages Provided (All Campuses)

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)]

Measuring Compliance with Nutrition Guidelines

NSLP Campuses

The District will monitor compliance using:

- Reimbursement submission reviews
- Monitoring of competitive food sales
- Fundraiser reviews
- Campus meal environment evaluations

La Vernia High School

Compliance will be assessed through:

- Annual review of adherence to internal nutrition standards
- Oversight of foods and beverages sold during the instructional day

Policy and Plan Evaluation (Triennial Assessment)

At least every three years, as required by law, the District 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, the District 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 District will create a wellness page on its website to document information and activity related to the school wellness policy, including:

3. A copy of the wellness policy [see FFA(LOCAL)];
4. A copy of this wellness plan, with dated revisions;
5. Notice of any Board-adopted revisions to FFA(LOCAL);
6. The name, position, and contact information of the District official responsible for oversight and implementation of the wellness policy and wellness plan;
7. Notice of any SHAC meeting at which the wellness policy or implementation documents are scheduled for discussion;
8. The SHAC's triennial assessment; and
9. Any other relevant information.

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

Records Retention

Records regarding the District's wellness policy will be retained in accordance with law and the District's records management program. Questions may be directed to the Chief Financial Officer, the District's designated records management officer. [See CPC(LOCAL)]

Disclaimer: This information is provided for educational purposes only to facilitate a general understanding of the law or other regulatory matter. This information is neither an exhaustive treatment on the subject nor intended to substitute for the advice of an attorney or other professional adviser. Consult with your attorney or professional adviser to apply these principles to specific situations.