

Lewisville ISD Local Wellness Plan

History/Background/Rational

Childhood obesity has become a worldwide epidemic. According to the Center of Disease Control, in 2010 more than one third of children and adolescents were overweight or obese. It has more than doubled in children and tripled in adolescents in the past 30 years. It is important to stop the increasing prevalence due to the detrimental short and long term effects it can have on children.

Some short term effects obesity can have are increased risk of cardiovascular disease, diabetes, social and psychological problems, and joint motility. Long term effects include type 2 diabetes, stroke, cancers, and heart disease. These are just a few of the many reasons why it is important to look at prevention measures.

There are many ways in which a school district can help prevent childhood obesity such as promoting nutrition education, physical activity, and adhering to school breakfast program and national school lunch program regulations. Nutrition education is a key part in informing students and their families what healthy food and beverage choices are and why it is important to consume them. Also, health fairs and signs in the cafeteria can help educate students what foods are considered to be healthy.

Incorporating physical activity in the school day is a pertinent part of decreasing the prevalence of childhood obesity. The US Department of Health and Human Services recommends children and adolescents to be physically active at least 60 minutes each day. School districts can help reach the 60 minute goal by providing safe and age appropriate activities such as competitive sports, hula hoop contests, and playgrounds. Another great way of promoting physical activity is by incorporating it into the curriculum such as math, science, language arts, and geography.

Lastly, school districts that follow the School Breakfast Program and National School Lunch Program help to ensure healthy foods offered in schools are rich in whole grains, low in fat, and sodium. These national program's regulations and guidelines are in place to decrease the prevalence of childhood obesity.

The Lewisville ISD Local Wellness Policy and Plan encourages the district to take these positive, pro-active approaches to help prevent childhood obesity and begin the development of lifelong, healthy habits.

Mission Statement

Lewisville ISD is committed to providing a school environment that enhances learning and development of lifelong, healthy habits.

Assurance Statement

Child Nutrition Programs will comply with federal, state, and local requirements. Child Nutrition Programs will be accessible to all children within the district.

Development, Implementation, and Review of Guidelines and Goals

The SHAC committee will have a sub-committee for continual review of the Wellness Plan and Policy FFA (Local)-X. The Wellness Committee will meet quarterly and will solicit involvement by and input from persons interested in the wellness plan and policy. Each year the Wellness Committee will set objectives, benchmarks, and activities for implementing the wellness goals and monitor implementation of the wellness goals.

The Wellness Plan and Policy will both be made available on Lewisville ISD's Child Nutrition Website as well as presented to the School Board during the Annual Review of the SHAC in order to communicate to the public information about the district's Wellness Policy and Plan.

The department heads of Child Nutrition, Health & PE, and Health Services will monitor the implementation of the Wellness Policy and Plan within Lewisville ISD and have operational responsibility to ensure the campus/site meets the requirements.

Goal 1: Nutrition Education

Students in Lewisville ISD will receive nutrition education messages throughout the school, classroom, cafeteria, community, and media.

Guidelines: Nutrition Education

Nutrition education will be integrated into areas of the curriculum such as math, science, language arts, social studies, and physical education when possible.

Nutrition education information will be reviewed by a qualified nutrition professional such as a School Food and Nutrition Specialist or Registered Dietitian.

Nutrition education will include sharing information with families and the community to positively impact students and the health of the community.

Students will be encouraged to start each day with a healthy breakfast.

Menu Nutrition information will be readily available to the public in cafeterias as well as electronically on the Child Nutrition website throughout the school year at all campuses.

Goal 2: Physical Activity

Students will be given the opportunity for daily physical activity.

Guidelines: Physical Activity

PE classes will be developmentally appropriate for opportunities to learn and practice healthy lifestyle habits such as Fuel Up to Play 60 as well as 21 Day Snack Challenge.

Physical activity will be integrated across curricula and throughout the school day when appropriate. Movement can be made a part of science, math, social studies, and language arts through classroom brain breaks and the use of Go Noodle.

Physical activity facilities on school grounds will be safe and regularly maintained.

Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

Students will be encouraged to engage in physical activity such as walking or biking to school.

Classroom brain breaks and Go Noodle will be encouraged in the classroom across the district.

Goal 3: Nutrition Standards

All foods and beverages made available on campus (including vending, concessions, a la carte, student stores, parties, and fundraising) during the school day are consistent with the Healthy Hunger-Free Kids Act.

Guidelines: Nutrition Standards

The Child Nutrition Department will take every measure to ensure that student's access to food and beverages meet School Breakfast Program and National School Lunch Program regulations and standards.

The Child Nutrition Department will offer a variety of age appropriate healthy food and beverage selections for all schools within the district.

It is encouraged that class snacks feature healthy choices that are rich in whole grains, low in fat, and sodium that comply with Smart Snacks.

Parents are welcome to eat lunch with their student(s). Parents may purchase a cafeteria lunch or bring food for their student and themselves. Parents may only bring food for their student.

Elementary and Middle Schools will not advertise or market foods and beverages that do not meet Smart Snacks criteria to students.

Elementary and Middle Schools should not use food as a reward for good behavior or for the completion of an assignment.

Who Can Sell Competitive Foods

Competitive Foods are any food or beverage sold to students on the school campus, during the school day, outside of the federally reimbursable meal programs.

Elementary School- Food service department only.

Middle School- The food service department, individuals, and groups may sell competitive foods during the school day, on the school campus, as long as they are Smart Snack compliant.

High School- The food service department, individuals, and groups may sell competitive foods during the school day, on the school campus, as long as they are Smart Snack compliant.

All items sold in vending machines will have a nutrition label and Smart Snack compliant confirmation page from the Healthy Hunger Free Kids Act held on campus.

All LISD students have access to potable water in the cafeteria.

Goal 4: Other School-Based Activities

Other school-based activities including fundraisers, field trips, and health fairs consider the local wellness policy in the planning process.

Guidelines: Other School-based Activities

Other school-based activities incorporate nutrition education, physical education, and nutritious food and beverages when possible.

Health fairs highlight the benefits of eating healthy and engaging in daily physical activity.

If foods and beverages are sold to students on the school campus at events outside of the school day, then water, fruits, and/or vegetables are encouraged to be offered and promoted as options.

Campuses should notify the Child Nutrition department of any off-site field trips in advance to allow students the opportunity to choose a healthy reimbursable meal.

Campuses must adhere to a maximum of six Smart Snack exemption fundraiser days per campus per school year, with advance notice of the exemption dates to the District's Child Nutrition and Health Services departments. Exemption dates are for fundraisers or other sales to students involving foods or beverages meant to immediate consumption during the school day* that are not Smart Snacks compliant. *School Day is defined as beginning at midnight and ends 30 minutes after the official school day ends.

Measurement of Implementation

Student feedback will be attained through annual surveys and focus groups held throughout the district conducted through Child Nutrition. Results will be shared through the Wellness Committee as an annual update.

Annual Fuel Up to Play 60 School Wellness Investigation will be completed across every campus annually.

Lewisville ISD students' BMI is tracked through Fitness Gram annual assessments in grades 3-12. Reports will be shared through an annual Wellness Committee update.

The district SHAC members will review the local wellness policy annually and identify areas for improvement, if needed.

The FN-105 Local Wellness Policy Checklist is to be completed and signed by the Child Nutrition Department Foodservice Director and SHAC Administrator annually. This will ensure the local wellness policy goals are being adhered to at a campus level.

There will be an annual update to principals, administrators, community members, and district stakeholders to increase awareness of the Wellness Policy and Plan.

The Local Wellness Plan Campus Information Review will be completed annually and submitted by each campus.