

## **Lohn 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 work on behalf of the District to review and consider evidence-based strategies and techniques to develop and implement nutrition guidelines and wellness goals required by federal law.

### **Soliciting Involvement and Input**

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The SHAC will solicit involvement and input from parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public by:

1. Formally requesting participation and providing contact information of person(s) responsible for the oversight of the District’s School Health Advisory Council (SHAC). And wellness policy and plan development.
2. Publicizing the opportunity to engage in matters of the SHAC on the website and in other District publications.

### **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 Superintendent 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.

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### **Goals for Nutrition Promotion**

Federal law requires that the District establish goals for nutrition promotion in its wellness policy. The District’s nutrition promotion activities will encourage participation in the National School Lunch Program, the School Breakfast Program, and any supplemental food and Nutrition programs offered by the District.

The District will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks Standards.

The SHAC will monitor this by:

1. A comprehensive review of district and campus-level activities and events tied to the wellness program.
2. Stakeholder input.

3. Annual audits to measure alignment with defined action steps, available resources and specified evidence of success.

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.

### **Implementing Goals for Nutrition Promotion**

**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:**

**Action Steps:** The school district will display posters and wall art in the cafeteria, classrooms, and hallways that promote nutritional eating habits and overall healthy lifestyles.

**School and Community Stakeholders:** Provide teachers with education and guidelines on the use of food as a reward in the classroom.

**Resources Needed:** Posters, schedules for posting.

**Measures of Success:** Proof of posted materials.

**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.

#### **Objective 1:**

**Action Steps:** Nutrition information will be posted on the district website.

**Resources Needed:** Annual SHAC assessment tool.

**Measures of Success:** Documentation of postings.

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### **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:**

**Action Steps:** Ensure full implementation of Texas Education Agency (TEKS) objectives in science, health, and physical education.

**Resources Needed:** TEKS based activities

**Measures of success:** Lesson Plans, and proof of activities.

**GOAL 2:** The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of curriculum, as appropriate.

**Objective 1:**

**Action Steps:** Ensure implementation of nutrition education in activities and other related curriculum offerings

**Resources Needed:** List of planned activities and nutrition related opportunities to include National School Breakfast Week, and National Nutrition Month.

**Measures of Success:** Logs and documentation of activities offered.

**GOAL 3:** 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.

**Objective 1:**

**Action Steps:** Identify food service and instructional personnel to receive training specific to their assignments.

**Resources Needed:** Allocation of time to complete training. Training appropriate to identified needs. Funds to compensate hourly employees for completion of training and professional development outside of their duty schedule, as appropriate.

**Measures of Success:** Professional development agendas, and training certificates.

**Objective 2:**

**Action Steps:** Identify opportunities to provide intentional instruction and discussions about age-appropriate health and nutrition practices throughout all academic areas.

**Resources Needed:** Scope and Sequence documents that show when instruction will be provided.

**Measures of Success:** Documentation of completed activities, and lesson plans.

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### **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:

Students will meet the required physical activity minutes in assigned physical education classes. Elementary students will receive according to campus schedule either a minimum of 30 minutes daily physical activity, or 135 minutes of physical activity weekly. Secondary students will enroll in a physical education or athletics course for at least four semesters at the middle school level.

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 goal(s) for physical activity.

### **Implementing 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.

#### **Objective 1:**

**Action Steps:** Continue the practice of providing open gym and also vary activities weeks.

**School and Community Stakeholders:** Teacher and staff supervision

**Resources Needed:** Schedule reflecting open gym opportunities

**Measures of Success:** Logs of student participation per activity.

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

#### **Objective 1:**

**Action Steps:** Encourage the use of fitness tracking devices and other logs to record engagement in physical activities.

**Resources Needed:** Fitness tracking devices/logs. Opportunities and methods for collecting and publishing data.

**Measures of Success:** Participation logs.

**Objective 2:**

**Action Steps:** Provide strategies and a bank of activities that incorporate movement decreasing prolonged periods of being sedentary.

**Resources Needed:** Time. Bank of activities.

**Measures of Success:** Identified opportunities used to increase physical activity during instructional blocks and transitions.

**Objective 3:**

**Action Steps:** Implement strategies to encourage students to engage in physical activity during recess.

**Resources Needed:** Supplies (jump ropes, balls, etc.) Identified areas for physical activity.

**Measures of Success:** Proof of student participation in physical activity during recess.

**GOAL 3:** The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.

**Objective 1:**

**Action Steps:** Incorporate brain based and physical activities into staff training and professional development opportunities, emphasizing the need to make it a natural part of our practice.

**Resources Needed:** Time in professional development schedule. Posters of activities for teachers to use in their classrooms.

**Measures of Success:** Documentation of training and professional development offerings.

**GOAL 4:** The District shall encourage students, parents, staff, and community members to use the District's recreational facilities, such as tracks, playgrounds, and the like, that are available outside of the school day.

**Objective 1:**

**Action Steps:** Post and publicize the opportunity for community use of recreational facilities during non-school hours and scheduled activities on the district website and in other prominent places.

**Resources Needed:** Website posting. Maintenance of equipment.

**Measures of Success:** Documentation of postings, and community use.

**GOAL 5:** The District shall daily provide for elementary school students the appropriate time, supervision, facilities, and equipment necessary for a safe, productive, unstructured, and enjoyable recess period when weather and modified schedules permit.

**Objective 1:**

**Action Steps:** Publish a recess schedule that identifies time and location of recess for each class.

**Resources Needed:** Master schedule. Appropriate number of recess areas. Teacher collaboration to determine the specific use of various recess locations.

**Measures of Success:** Student engagement in recess. Teacher full implementation of schedules.

**Objective 2:**

**Action Steps:** Provide resources for equipment to allow for physical activity options at recess.

**Resources Needed:** Budget to maintain and add new equipment.

**Measures of success:** Teacher use of budget allocations to secure materials relevant to their students.

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**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:**

**Action Steps:** Master schedules allot 30 minutes for lunch. A minimum of 15 minutes of this time will be used for food consumption.

**Resources Needed:** Funds to fix, upgrade, and update equipment.

**Measures of Success:** Staff use. Maintenance logs.

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## **Nutrition Guidelines**

All District campuses participate in the U.S. Department of Agriculture's (USDA's) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). As required by federal law, the District has established nutrition guidelines to ensure that all foods and beverages sold or marketed to students during the school day on each campus adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity. The school day is defined as the time period beginning at midnight until 30 minutes after the last bell.

### **Foods and Beverages 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 and such as a la carte.

### **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 years.

**Campus or organization:** Lohn School (all grades)

**Food or beverage:** Food and beverage

**Number of days:** 6 days

### **Foods and Beverages Provided**

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)]

The District will share with parents and grandparents the preference for pre-packaged and store bought materials that identify ingredients to ensure the safety of students with food related allergies.

In addition, the District provides that with the exception of exemption days, foods, and beverages made available to students shall be approved by the Principal.

### **Measuring Compliance with Nutrition Guidelines**

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

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### **Policy and Plan Evaluation**

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:

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

## **District Official Responsible for Oversight and Implementation of Wellness Policy & Plan**

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