

WELLNESS GOAL #1

Laneville ISD 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.

#	Strategies	Resources	Person(s) Responsible	Monitor Dates
1	All snacks and food items sold will be determined by Child Nutrition.	Smart Snacks Calculator	Director of Child Nutrition	Annually or as new menu items are added
2	Nutrition guidelines will be implemented for foods and beverages sold anywhere on campus during the school day.	Smart Snacks Calculator	Director of Child Nutrition	Annually or as new menu items are added
3	All reimbursable meals served meet required standards of the National School Lunch Program and School Breakfast Program.	NSLP Administrative Reference Manual Menu Planning and Nutritional Analysis Software	Director of Child Nutrition	Annually or as new menu items are added

WELLNESS GOAL #2

The District shall implement a coordinated school health program with a nutrition education component. The District's nutrition promotion activities shall encourage participation in the National School Lunch Program and School Breakfast Program.

#	Strategies	Resources	Person(s) Responsible	Monitor Dates
1	Cafeteria billboard will reflect healthy nutrition messages	TDA website	Director of Child Nutrition	Annually or as new information is available
2	Students will learn about healthy foods and how to grow them	Master Gardeners via Learn, Eat, Grow, Go	Superintendent	Annually
3	Parents will be made aware of nutritional goals and healthy nutrition choices available to students.	Laneville ISD Monthly Newsletter	Superintendent	Monthly
4	Food and beverage advertisements accessible to students during the school day will contain only products that meet the federal guidelines for meals and competitive foods.	Publications provided by TDA	Director of Child Nutrition	Annually or as update is needed
5	Nutrition will be integrated into health education classes	Lesson Plans	School Principals	Each Semester

WELLNESS GOAL #3

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.

#	Strategies	Resources	Person(s) Responsible	Monitor Dates
1	Teachers will encourage students to provide short activity breaks between lessons or classes.	Faculty handbook	School Principals	Each semester
2	Elementary age children have the opportunity to participate in regular periods of active, free play with peers (recess).	Teacher schedules	School Principals	Weekly
3	Students are given opportunities for physical activity during the school day through physical education classes.	Master Schedules	School Principals	Each Semester

WELLNESS GOAL #4

The district shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

#	Strategies	Resources	Person(s) Responsible	Monitor Dates
1	Information about physical activity opportunities will be provided to Laneville families.	Laneville Monthly Newsletter	Superintendent	Monthly

WELLNESS GOAL 5#

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

#	Strategies	Resources	Person(s) Responsible	Monitor Dates
1	Schedules will be developed that allow at least 30 minutes to obtain and eat breakfast and lunch in the cafeteria	Master Schedules	School Principals	Annually
2	School personnel will assist all students in developing the healthy practice of washing hand before and after eating.		School Principals	Each semester
3	Tutoring, assemblies, meetings, and other activities will not be scheduled during meal times, unless a meal is included.	Handbook	School Principal	Each semester
4	School will encourage socializing among students and between students and staff during meal service. Adult(s) will supervise dining room.	Handbook	School Principal	Each semester

WELLNESS GOAL #6

The District shall promote wellness for students and their families at suitable District activities.

#	Strategies	Resources	Person(s) Responsible	Monitor Dates
1	Student Immunization and Physical Clinic CPR class for Seniors	Health Clinic	School Nurse Athletic Director Coach	Spring (May)
2	Health & Nutrition Lessons	Science Textbook	Science Teachers	Monthly
3	Field Day for all students		Athletic Director Coach	Spring (May)

WELLNESS GOAL #7

The District shall solicit involvement by and input from persons interested in the wellness plan and policy and communicate to the public applicable information about the District’s wellness policy and plan.

#	Strategies	Resources	Person(s) Responsible	Monitor Dates
1	The Wellness Plan Committee in cooperation with SHAC will review and consider strategies and techniques to develop and implement nutrition guidelines and wellness goals. The following are encouraged to work with the Wellness Plan Committee on the District’s wellness policy and plan: parents, students, Director of Child Nutrition, physical education teachers, school health professionals, board members, administrators, and members of the public.		Wellness Plan Committee/ SHAC Chairperson	Annually or as needed

If you would like to offer feedback or suggestions to Laneville ISD’s Wellness Plan regarding local wellness, please email Tanya Davis, Director of Child Nutrition at davist@lanevilleisd.org.