

Leonard ISD Wellness Assessment	Progress	Responsible
Nutrition Education		
LISD shall implement, in accordance with the law, a coordinated school health program with a nutritional education component and shall use health course curriculum that emphasizes the importance of proper nutrition.	Fully Implemented	Campus Adm/CN
In addition, it shall be the goal of LISD, that students receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	Fully Implemented	Campus Adm/CN
Physical Activity		
The District shall implement, in accordance with law, a coordinated school health program and that the state-mandated time for daily/weekly physical education is provided. Students in high school shall meet the physical education component as required for graduation. 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.	Fully Implemented	Campus Adm
Time allotted for moderate to vigorous physical activity will be consistent with state standards and district board policy and regulations, to include at a minimum:	Fully Implemented	Campus Adm
School Based Activities		
Schools will set schedules that allow a minimum of 10 minutes to eat breakfast and 20 minutes to eat lunch. This time will not include the time a student waits in line.	Fully Implemented	Campus Adm
Schools will not use foods or beverages, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.	Fully Implemented	Campus Adm
Teachers and other school personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.	Fully Implemented	Campus Adm
Wellness for students and their families will be promoted at suitable school activities.	Fully Implemented	Campus Adm
Employee wellness education and involvement will be promoted at suitable school activities.	Fully Implemented	Campus Adm

Nutrition Guidelines		
Child Nutrition Programs comply with all federal, state and local requirements. Child Nutrition Programs are accessible to all children. LISD goal is to promote nutritious choices of all food brought into the school for student consumption.	Fully Implemented	CN
Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with Federal regulations for: school meal nutrition standards and Smart Snack standards	Fully Implemented	CN
Our school district is committed to serving healthy meals to students, with plenty of fruits, vegetables, whole grains, and fat-free and low fat milk; moderate in sodium, low in saturated fat, and zero grams trans-fat per serving (nutrition label or manufacturer's specification); while meeting the nutrition needs of school children with in their calorie requirements.	Fully Implemented	CN
All schools within the district participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). All schools in the District are committed to offering reimbursable school meals through the NSLP and SBP programs and other applicable Federal Child nutrition programs that meet or exceed current USDA nutrition standards established by local, state and Federal statutes and regulations.	Fully Implemented	Campus Administrator
Competitive Food, Beverages and Fundraisers		
Any food items including concessions may be sold after the end of the school day (defined as midnight the night before until 30 minutes after the end of the instruction) on school campuses (all areas of the property under the jurisdiction of the school that is accessible to students during the school day).	Fully Implemented	Campus Administrator
Each campus will have one (1) exempt days for fundraising each semester. The sale of prepackaged food items as a fundraisers that do not meet the nutrition standards are allowed on the exempt day. The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.	Fully Implemented	Campus Administrator
Fundraising foods that do not meet Smart Snack nutrition standards and are not meant for consumption on the school campus (e.g. cookie dough to be prepared at home) may be sold at any time during the school day.	Fully Implemented	Campus Administrator
All foods served to students during the school day will meet HHFKA Smart Snack standards. The smart snack calculator is available on the Alliance for a Healthier Generation website.	Fully Implemented	Campus Administrator

All foods brought from outside sources must be purchased from a commercial food service establishment (grocery store, deli's, etc.) and individually wrapped.	Fully Implemented	Campus Administrator
Schools will assess if and when to offer snacks based on timing of the school meals, children's nutritional needs, children's ages, and other considerations.	Fully Implemented	Campus Administrator
Schools should limit celebrations that involve food during the school day to no more than one party per class per semester and held after campus lunch service. Foods and beverages will not be withheld as punishment for any reason, such as for performance or behavior	Fully Implemented	Campus Adm/CN
Campus-approved field trips are exempt from nutrition policy. All meals provided by LISD CN department will meet the nutrition standards.	Fully Implemented	Campus Adm/CN
Only foods that meet the nutrition standards can be marketed as meeting the Smart Snack rules.	Fully Implemented	Campus Adm/CN
Monitoring		
Campus personnel will be responsible for documenting all receipt and nutritional information for items sold on the campus during the school day. This information must be readily available for review during an Administrative Review of the Child Nutrition program.	Fully Implemented	Campus Administrator
Implementation/Assessment		
The school health advisory council in coordination with the local school administration shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy. The responsible party at the campus for implementation of the local wellness policy will be the campus principal. The assessment of the Local Wellness Policy will be performed as changes are made or at least every three years. The assessment will be updated and posted on the web site.	Fully Implemented	Campus Adm/CN
Public Involvement		
The general public and the school community (including parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators) are invited to participate in the wellness policy process. If you are interested or need additional information you can contact the Health Services Coordinator, Nancy Zachary at zacharyn@leonardisd.net or 903-587-2316 ext. 230.	Fully Implemented	Health Services Coordinator

