

Lovelady ISD Wellness Policy Assessment

Goals and Procedures	Implemented	Comments
5/3/2023		
NUTRITION GUIDELINES		
School Meals		
LISD participates in the USDA child nutrition programs offering reimbursable school meals that meet or exceed current USDA nutrition standards	YES	
LISD will promote healthy food and beverage choices.	YES	
Menus will be posted on District website	YES	
LISD CN program will accommodate students with special dietary needs when possible.	YES	
Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.	YES	
Students will be served lunch at a reasonable and appropriate time of day.	YES	
Participation in the Federal Child Nutrition program will be promoted to ensure families know what programs are available in the schools.	YES	Meet the Teacher Event
Staff Qualifications and Professional Development		
All school CN staff will meet or exceed hiring and annual continuing education/training requirements in USDA professional standards.	YES	
LISD shall provide opportunities for teachers and other staff responsible for the nutrition education program are adequately prepared to deliver the program.	YES	
Water		
LISD will make drinking water available where school meals are served during school mealtimes.	YES	
Students will be allowed to bring and carry water bottles filled with only water only throughout the day.	YES	Bottle Filling Fountains also available
Competitive Foods and Beverages		

Foods and beverages sold and served outside the school meal programs (i.e.. "competitive" food and beverages) meet the USDA "Smart Snack in Schools" nutrition standards, at a minimum. These standards will apply in all locations and through all services where foods and beverages are sold.	YES	
Items sold for fundraisers will not be sold during meal serving times in the cafeterias.	YES	
NUTRITION PROMOTION		
Students and staff will receive consistent nutrition messages throughout the schools, classrooms, hallways, and cafeteria. Messages may be oral, written or visual. (i.e.. Use of morning announcements, posters in the hallway, etc.).	YES	
Promoting foods and beverages that meet the USDA Smart Snacks in school nutrition standards will be encouraged.	YES	
NUTRITION EDUCATION		
LISD has implemented, in accordance with the law, a coordinated health program with a nutritional education component and shall use health course curriculum that emphasized the importance of proper nutrition.	YES	
LISD students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors	YES	
PHYSICAL ACTIVITY		
LISD has implemented, in accordance with law, an age appropriate, sequential physical education curriculum consistent with state and national standards.	YES	
LISD elementary students in each grade will receive physical education for at least 150 minutes per week throughout the school year.	YES	
LISD secondary students are required to take the equivalent of one academic year of physical education.	YES	
LISD physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student.	YES	
Students will be moderately to vigorously active at least 50% of class time during most or all physical education class sessions.	YES	

LISD elementary will offer at least 20 minutes of recess on most days during the school year for students in grades PK-third.	YES	
Outdoor recess will be offered when feasible.	YES	
Schools will not use foods or beverages as rewards for academic performance or good behavior, and do not withhold food or beverages as punishment.	YES	
Teachers and other school personnel will not use physical activity or withhold physical activity as punishment	YES	
OTHER SCHOOL-BASED ACTIVITIES		
Wellness for students and their families is promoted at suitable school activities	YES	
The District shall encourage the students, parents staff and community members to use the District's recreational facilities, such as the track, playground, and they will be made available outside the school day.	YES	