Local Wellness Plan
Texas

This document, referred to as the “wellness plan” (the plan), is intended to implement the local wellness policy (LWP) 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 Child Nutrition Program (CNP), in collaboration with the local school health advisory council (SHAC), in conjunction with the National Healthy Kids Here (HKH) Committee, 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 district 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. Making the local wellness policy and any updates available to the public annually via the district website along with dates and times of the SHAC committee meetings which will occur 4 times per year.
2. Requiring administrators, district level officials, food service director, physical education teachers, and cafeteria managers to participate in the Triennial Assessment every 3 years regarding implementation of the wellness policy.

Responsibility for Implementation

Each campus principal is responsible for implementing the Local Wellness Policy and this wellness plan at his or her campus, including submitting necessary information to the SHAC for evaluation. All schools in IDEA’s Texas charter school network shall implement the Local Wellness Policy (LWP). Individual schools may choose to implement a more restrictive local policy, but must, at a minimum, meet these standards. IDEA requires that each school establish an ongoing School Wellness Committee, known as the Campus Healthy Kids Here (HKH) Committee, that supports LWP implementation as well as LWP monitoring and reporting. Schools can refer to the Campus Healthy Kids Here (HKH) Committee Toolkit for guidance.

The Vice President of the Child Nutrition Program is the district official responsible for overall implementation of the Local Wellness Policy, including development of this wellness plan and any other appropriate administrative procedures, and for ensuring that each campus complies with the policy and plan.

In compliance with applicable federal and state law, the SHAC will work collaboratively with the Child Nutrition Program (CNP), the National Healthy Kids Here (HKH) Committee, and other key stakeholders to review and recommend evidence-based strategies and techniques to shape the health, nutrition, and wellness goals as required by law. The SHAC will serve in an advisory capacity and partner closely with CNP to support the development, and periodic review of the district’s Local Wellness Policy (LWP). The SHAC will meet at least four times per year to discuss progress, share input, and align efforts to strengthen school health and safety policies and programs across the IDEA Public Schools.

Date of Issue: August 2026
Approval: Vice President of Child Nutrition Program

I. 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.

Nutritional Quality of Foods and Beverages Served on Campus

Children consume as many as half of their daily calories at school. Schools play an important role in providing access to meals that contain vital nutrients to support growth, development, and academic performance while simultaneously shaping students' eating habits. CNP aims to improve the health of students, mitigate hunger and food related disease, and model healthy eating patterns by providing meals that are low in saturated fat and sodium, and are abundant in fruits, vegetables, lean proteins, and whole grains. CNP supports the development of lifelong healthy eating patterns while considering cultural food preferences and accommodating special dietary needs.

School Meals**.** IDEA Public schools CNP shall comply with the National School Lunch and Breakfast standards for meal patterns, nutrient levels, and calorie requirements for PreK-12 age groups, as specified in 7 CFR 210.10 or 220.8. All IDEA schools will participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) and will provide meals that meet the nutrition standards for school meals by including:

- a variety of fruits and vegetables that meet the required vegetable subgroups (dark green, red and orange, beans, peas and legumes, starchy, and "other")
- grains (80% of which are whole grain-rich)
- meats and meat alternates
- two varieties of milk
- access to free drinking water
- a variety of foods and beverages that are appealing and attractive to children
- standards which ensure that eating settings are clean and inviting

Breakfast. To ensure that all children are offered breakfast to meet their nutritional needs and enhance their ability to learn:

- All schools will participate in the USDA School Breakfast Program and adhere to CFR: Part 220, as applicable.
- Schools will operate universal breakfast which is offered at no cost to students.
- Schools will, to the extent possible, utilize methods to serve school breakfasts that maximize participation, including serving breakfast in the classroom or hallway, "grab-and-go" breakfast, or breakfast during morning break or recess.

Sharing of Foods and Beverages**.** To ensure the health and safety of children with food allergies, intolerances, special diets, and religious beliefs, schools will prevent students from sharing their personal foods or beverages sent from home with one another during meal or snack times.

Food and Nutrition Services Staff. All CNP staff will participate, and complete appropriate annual training/continuing education as mandated by USDA regulation for professional standards which will be tracked and recorded by the CNP department. New and current food service directors must have at least 12 training hours per year; new and current managers must have at least 10 training hours

per year; new and current staff must have at least 6 training hours per year. Any IDEA Public Schools staff who assist in any meal service or meal distribution will be required to complete civil rights training annually.

Nutritional Quality of Foods and Beverages Sold on Campus

Competitive Foods and Beverages**.** 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 include those items sold as à la carte and in vending machines, school stores and snack or food carts, as well as any food-based fundraising meant for consumption during the school day. These foods are called competitive foods because students may choose to eat them instead of more nutritionally dense foods offered through the school meal programs. For purposes of this plan, these requirements will be referred to as “Smart Snacks” standards or requirements.

In compliance with USDA, IDEA will ensure that all foods and beverages sold to students on the school campus during the school day support healthy eating, including those provided outside of the school meal programs. All foods and beverages sold outside of the school meal programs, during the school day will, at a minimum, meet USDA Smart Snacks guidelines. These standards will apply in all locations and through all services where foods and beverages are sold, which may include but are not limited to à la carte, vending machines, school stores and snack or food carts, as well as any food-based fundraising meant for consumption during the school day. *School day* is defined as the period from midnight before the beginning of the official instructional day to 30 minutes after the end of the official instructional day. Competitive food nutrition standards apply during this time period.

Concession Stands. It is recommended though not required that food and beverages available for purchase on campus after the school day offer a variety of items that meet USDA Smart Snacks guidelines. Concession stands must remain closed during the school day to ensure they do not compete with CNP school meal programs.

Smart Snacks. To ensure that snacks make a positive contribution to children’s diets and health, all schools will emphasize serving fresh fruits and vegetables as the primary snack and water as the primary beverage. All snacks sold must follow USDA Smart Snacks rules[1] and should meet the following standards:

Foods

- Be a grain product that contains 50% or more whole grain; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Meet the nutrition standards for calories, sodium, fats, and sugar as indicated below:

Nutrient	Snack
Calories	200 calories or less
Sodium	200 mg or less
Total Fat	35% of calories or less
Saturated Fat	Less than 10% of calories
Trans Fat	0g
Sugar	35% by weight or less

Beverages. IDEA requires:

- Free, safe, and unflavored drinking water is available to students during the school day and during the extended school day (including during out-of-school time/and before and after school).
- Water cups/jugs are available in the cafeteria if a drinking fountain is not present.
- Students can bring and carry approved water bottles filled with only water before, during and after the school day across the school campus.
- All water sources and containers (e.g., drinking fountains, water jugs, hydration stations and water jets) will be maintained regularly to ensure adherence to health and safety standards.

Allowed beverages include:

- Plain water (with or without carbonation), unflavored low-fat milk, unflavored fat free milk and milk alternatives, 100% fruit or vegetable juice, 100% fruit or vegetable juice diluted with water and no added sweeteners.
- There is no portion size limit for plain water.
- Elementary schools may sell up to 8-ounce portions of milk and juice.
- Middle and high schools may sell up to 12-ounce portions of milk and juice.

Not allowed:

- Soft drinks containing caloric sweeteners or artificial sweeteners; sports drinks*; iced teas; fruit-based drinks or any that contains additional caloric sweeteners; beverages containing caffeine.
    - Sports drinks are allowed for Grades 9-12. Sports drinks must have five calories or fewer per fluid ounce.

Smart Snacks Calculator. To find out if your snack meets the USDA Smart Snacks Guidelines visit: https://foodplanner.healthiergeneration.org/calculator/

Portion Sizes. If a nutrition label is unavailable to allow use of the Smart Snack Calculator, limit portion sizes of foods and beverages sold individually to:

- 1.25 ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky
- 1 ounce cookie
- 2 ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items
- 4 oz. for frozen desserts, including, but not limited to, low-fat or fat-free ice cream
- 8 oz. for non-frozen yogurt

The portion size of à la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion size limits.

The district has also incorporated the following stricter standards that are not prohibited by federal or state law:

Fundraising Activities. A fundraiser is an event that includes any activity during which currency, tokens, tickets, donation for, or other forms of payment are exchanged for the sale or purchase of a product. Giving away food but suggesting a donation would be considered a fundraiser since funds will be raised as a result. Purchasing tickets or tokens to be exchanged later during the school day for food items would also be considered to be a sale of food for a fundraiser.

To support children's health and school nutrition education efforts, school fundraising activities during the school day will only sell non-food items or foods and beverages that meet or exceed the USDA Smart Snacks guidelines. Schools will also encourage fundraising activities that promote physical activity. As a further restriction, any school fundraising activities must not occur in the location where school meals are being purchased or eaten, and all sales must be compliant with Smart Snacks rules.

Campuses are allowed to organize offsite fundraising activities at food establishments, as this does not compete with CNP meals. Marketing for these events can be posted on school social media.

The National HKH Committee will provide schools with a fundraiser toolkit. This toolkit will include a list of compliant fundraising ideas, and steps to execute such events. Schools are encouraged to use this toolkit as a list of suggestions and should not feel limited to the ideas provided.

Exemption Days. 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. IDEA Public Schools further restricts this guideline so that food and/or beverages that do not meet the Smart Snacks Guidelines may be sold as part of a fundraiser during the school day for a maximum of **five** days per school year on each school campus. Food and/or beverages sold during an exempt fundraiser must not be sold in competition with school meals in the food service area during the school meal service.

At IDEA campuses, Exemption Day standards will also apply to foods given away by the campus on the same five predetermined Exemption Days.

Listed below are the designated exemption days for school fundraisers and school sponsored celebrations or events at IDEA Texas schools. In addition, the Regional Executive Director can select the fifth exemption day to accommodate regional holidays or celebrations. The exact dates for each region will be confirmed by the Executive Directors during the first month of school and will be communicated to the business office to ensure a smooth requisition approval process.

- Halloween or Friday before
- Last day of school before winter break
- Valentine's Day or Friday before
- One day during the last week of school

Rewards, Celebrations, and Events

Celebrations and positive reinforcement are an important part of IDEA's culture of supporting students. Research shows that providing food as a reward, primarily foods that are not nutrient dense such as chips, sweets, or sodas or withholding food as a punishment undermines healthy eating habits and interferes with children's ability to self-regulate their eating.

Food as a reward. Schools are encouraged to celebrate students with non-food items.[2] However, if schools opt to use snacks as a reward, they must meet USDA Smart Snacks guidelines. food/beverage rewards not provided by CNP cannot be offered during breakfast and lunch

mealtimes as this competes with CNP provided meals.

Food as punishment. Schools will not withhold food or beverages as punishment.

Campus Sponsored Celebrations during the school day**.** Schools are encouraged to be creative in holding celebrations without food or solely involving foods that meet the USDA Smart Snacks guidelines (See above). It is suggested that schools leverage some of the ideas in the fundraiser toolkit for school celebrations as well.

Campus Sponsored On-Site Events**.** Foods and beverages offered or sold at events on campus outside of school meal programs during the school day will, at minimum, meet the nutrition standards enumerated in the Smart Snacks description above. The LWP does not apply to offsite events such as recruitment events and field lessons.

Donations. Foods or snacks donated for on-site events must, at minimum, meet the USDA Smart Snacks guidelines and cannot be offered during breakfast and lunch mealtimes.

Other Celebrations. The district will comply with state law, which allows a parent or guardian to provide a food product of his or her choice to classmates of the child on the student's birthday. In addition, the district has established the following local standards for foods and beverages made available to students during the school day: Birthday celebrations will not occur in the cafeteria during meal serving time. Such events may only take place on or after 2PM. The food beverage item must be store bought, in its original packaging, include a full nutrition label, and is encouraged to meet Smart Snack guidelines.

A campus may develop additional guidelines concerning other celebrations, such as number of celebrations per month and certain times to celebrate so it does not interfere with daily instructional time.

Safe & Supportive Environment. To ensure food safety and the security of our students, no outside food or beverages shall be provided to a student during the lunch period by anyone other than the student's own parent or guardian or other authorized adult. Parents who bring meals/snacks to campus for their student(s) are encouraged, though not required, to bring items that meet smart snack guidelines.

3rd party food deliveries (i.e. Door Dash, Uber Eats, Favor) for students (including snacks) will not be accepted on campus.

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.

1 https://www.fns.usda.gov/tn/guide-smart-snacks-school

2 https://squaremeals.org/Portals/8/files/publications/Non%20Food%20Ways%20to%20Reward.pdf

II. Goals for Nutrition Promotion

Federal law requires that the district establish goals for nutrition promotion. 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 current or future food and beverage advertisements accessible to students on property during the school day contain only products that meet the Smart Snacks standards.

CNP, in collaboration with the SHAC Committee and the National HKH Committee, will monitor this by:

1. Requiring all Campus HKH committees review the implementation of the written Local Wellness Policy annually which includes promoting healthy eating through marketing materials, flyers and approved signage on campus
2. Collaborating with CNP and campus administration to develop materials that promote School Nutrition Program participation, as well as foods that meet smart snack standards.

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: The district will continually strive to increase and/or maintain high participation in the National School Lunch and School Breakfast Program.	
Action Steps:	Child Nutrition Department to share educational messages, posters, and themed announcements year-round and especially during National School Lunch Week and National School Breakfast Week.
Resources Needed:	Signage made available to all campuses from the Child Nutrition Department. Special promotional menu items if applicable for these weeks from Child Nutrition menu planning team.
School/Community Stakeholders:	Child Nutrition Department, APO, Principals
Measures of Success:	Breakfast Meal Participation equal to or greater than 50%. Lunch Meal Participation ≥ 75%
Objective 2: Nutritional Messages Clearly Visible and available to all stakeholders.	
Action Steps:	i. Cafeteria staff will display a menu board and featured meal options with creative names to entice student selection to healthy choices on or near the serving line. ii. CNP Staff will utilize marketing materials and signage that promote healthy nutrition messaging that includes Harvest in The Halls and Harvest of The Month marketing Posters and Child Nutrition Parent newsletter.
Resources Needed:	Approved Signage available to all campuses from the Child Nutrition Department. Nutritional information posters, social media posts, newsletters made available in print/electronically from Child Nutrition Department.
School/Community Stakeholders:	Child Nutrition Department, APO, Principals
Measures of Success:	District Wellness Survey Responses

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: Regularly post updated menus and/or nutrition information through an easily accessible format such as district website/social media, campus newsletter and/or family communication channels (e.g. Remind, Parent Weekly, etc.)	
Action Steps:	i. Child nutrition department to post updated Menus with nutritional and allergen information on the district website. ii. Child nutrition newsletters to be posted on website and/or social media.
Resources Needed:	Functioning website and active Social Media child nutrition account
School/Community Stakeholders:	Child Nutrition Department, Parents, Campus Administration
Measures of Success:	District Wellness Survey Responses. Social Media Engagement Data.

III. 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 implements a coordinated health program with a component addressing nutrition services and health education at the elementary and middle school levels.

IDEA aims to teach, encourage, and support healthy eating with nutrition education that:

1. Encourages the consumption of fruits, vegetables, whole grain products, low-fat and fat-free dairy, and low-sodium options; promotes healthy food preparation methods, limits added sugars and supports nutrition practices that enhance overall health and well-being.
2. Promotes a balanced approach to nutrition that ensures energy intake adequately supports the caloric demands of physical activity and daily needs in and outside of school.
3. Connects school meal programs with nutrition-related community services such food banks/food distribution centers.

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: The district will deliver evidenced based nutrition education.	
Action Steps:	i. Nutrition education handouts created by Nutrition Team ii. Distribution of Harvest of the Month flyers and hold promotional taste testing events. iii. Health curriculum development iv. Farm to School Activities with curriculum developed by the Farm team.
Resources Needed:	Central Office to support printing and distributing materials. Nutrition education handouts from Child Nutrition Department. Review and approval process in place.
School/Community Stakeholders:	CNP. Teachers, Farm Team, APO, Physical education department, students, parents, community members.
Measures of Success:	HKH Annual Survey Conducted By CNP, district Wellness Survey Responses

GOAL 2: Nutrition education will be a system-wide priority and will be integrated into curriculum and health education programming as appropriate.	
Objective 1: The District will offer evidence based educational nutrition programming at least once per semester that promotes student health and wellness as part of the broader curriculum. This includes but is not limited to special promotions (NSLW, NSBW), campus-based taste testing, farm visits, and school garden activities	
Action Steps:	i. Collaborate between curriculum areas and coordinated health teams (PE teacher, Health aide, Nurse, counselor, child nutrition department) on each campus to ensure Nutrition curriculum is taught to each grade level.
Resources Needed:	Nutrition based curriculum developed by creditable source. CHARLIE Cart materials
School/Community Stakeholders:	PE teacher, Health aide, Nurse, counselor, child nutrition department, Health & Wellness Department, Students, parents, community members
Measures of Success:	District Wellness Survey Responses, Lesson Plan Review to ensure Nutrition Education is included every semester. Documentation (including photos) at all nutrition related events.
GOAL 3: Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.	
Objective 1: Campuses will provide Nutrition Education Training annually to Staff through district Training	
Action Steps:	i. Campus staff responsible for nutrition education to be determined by campus administration with assistance from HKH committee. ii. Date set for Training before the First day of School.
Resources Needed:	Nutrition Curriculum and Training, Materials (Online or Classroom)
School/Community Stakeholders:	HKH committee, campus administrators, physical education teachers, health aids, other Nutrition Education Personnel
Measures of Success:	District wellness survey responses, Sign in Sheets and documentation within Campus Files

IV. 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 as follows:

1. All students in PE grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive on average 135 minutes/week of physical education for Academy students and 225 minutes/ 2 weeks for College Preparatory students.
2. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.
3. All students taking PE or similarly approved credit courses will be evaluated twice a year using
   National FitnessGram fitness assessment to evaluate performance in the Healthy Fitness Zone[3].

Space. To ensure that students participate in school physical education class, the campus will, to the extent possible, provide an environment that is safe, enjoyable, and developmentally appropriate for all students, while they are participating in the physical activity taking place during physical education.

Clothing. To ensure that students participate in physical activity during physical education class and that students' hygiene is maintained during the school day, students will, to the extent possible, be provided with a space to change clothing. This applies to the general population of students in Coll ege Prep/Grades 6th-12th. Academy students are not permitted to alter uniform/clothing, but where applicable, allow for alternating of shoes and time to maintain personal hygiene.

Health Education. To meet the coordinated health program component of the state's education requirement:

1. Schools will deliver integrated health education lessons as part of the annual scope and sequence that foster the adoption and maintenance of healthy habits
2. Schools will make health education a priority and shall integrate it into other areas of the curriculum as appropriate and where applicable to do so.
3. IDEA shall provide annual professional development so that teachers and other staff respo nsible for health education programming are proficiently trained to deliver the program.

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: All students in PE grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive on average 135 minutes/week of physical education for Academy students and 225 minutes/ 2 weeks for College Preparatory students.	
Action Steps:	i. PE curriculum submitted and approved by campus official detailing physical activity syllabus ii. Identify equipment needs yearly as well as personnel responsible for the upkeep and safety of equipment.

Resources Needed:	Curriculum from Physical Education Department
School/Community Stakeholders:	Physical Education Program staff and Educators, Health Aids, campus administrators
Measures of Success:	District Wellness survey responses, Master Schedule, Fitness Gram Assessments
GOAL 2: Physical education classes will regularly emphasize moderate to vigorous activity.	
Objective 1: Moderate/Vigorous activity will be provided regularly during the required 135 minutes/week of physical education for Academy students and 225 minutes/ 2 weeks for College Preparatory students.	
Action Steps:	i. PE Curriculum designed by physical education leadership to include moderate/vigorous activity then will be submitted and approved by Campus official detailing physical activity syllabus. ii. Identify equipment needs yearly as well as personnel responsible for the upkeep and safety of equipment.
Resources Needed:	Curriculum from Physical Education Department
School/Community Stakeholders:	Physical Education Program staff and Educators, Health Aids, campus administrators
Measures of Success:	District Wellness Survey Responses, Fitness Gram Assessments
GOAL 3: The district shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.	
Objective 1: Physical Education Staff to participate in quarterly training courses for collaboration assistance and guidance	
Action Steps:	i. Physical Education Admin personnel to plan and host mandatory quarterly meetings to include best practices, training plans, and assistance for campus Physical education team members.
Resources Needed:	Staff development training platform and/or virtual meeting space
School/Community Stakeholders:	Physical education teachers and administration
Measures of Success:	District Wellness Survey Responses
Objective 2: Encourage physical activity breaks as part of the broader curriculum when able.	
Action Steps:	i. Campus Leadership promotes the use of physical activity within the core subjects and provides professional development to teachers and administrators on strategies to incorporate movement into the curriculum. ii. Determine specific physical activities with input from Physical education staff and disseminate information to teachers at the start of the year (i.e. dance breaks, brain breaks, stretch breaks).
Resources Needed:	Educational resources, staff training meetings
School/Community Stakeholders:	Campus leadership teams, physical education teachers, Teaching staff
Measures of Success:	District developed Wellness survey responses, evidence of back-to-school training agendas that include this topic
GOAL 4: IDEA will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.	

Objective 1: District sponsored family events or other campus events will include and encourage physical activity.	
Action Steps:	Physical Education department will collaborate with HKH Committee or Campus staff sponsoring family events to make sure physical education and physical activity opportunities are offered.
Resources Needed:	Regular HKH Meetings, Event coordination with multiple internal departments involved, assessment and post evaluation of campus sponsored events to ensure physical activity opportunities are offered.
School/Community Stakeholders:	Campus leadership teams, physical education teachers, Marketing team, families, community members, students, and other non-profit organizations as appropriate.
Measures of Success:	Completion of district campus family events, event surveys, completion of Triennial Assessment surveys

Physical Activity Opportunities

IDEA Public Schools shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the amount of physical activity for all grades required by the Texas Education Code or Commissioner Rule[4].

Recess. Academy school students will have a form of supervised recess, preferably outdoors, during which schools will encourage moderate to vigorous physical activity verbally and through the provision of space, equipment, and choice play.

Physical Activity Opportunities Before and After School. All schools will offer extracurricular physical activity programs, such as athletics, non-competitive physical activity clubs and/or intramural programs. Every effort will be made by the school to provide ample opportunity before and after the school day for students to participate.

Physical Activity and Punishment**.** Campus administrators will not endorse or authorize campus personnel, especially teachers, to use physical activity or withhold opportunities for physical activity for grades K-8 including choice play, as a form of behavioral punishment.

Safe Routes to School**.** IDEA will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school.

Additional Physical Activity Opportunities. Teachers and staff are encouraged to integrate physical activity into the academic curriculum where appropriate. Additionally, IDEA will offer appropriate training and other activities annually to employees to promote enjoyable, lifelong physical activity and wellness for both IDEA employees and students; schools shall do the same.

Moreover, schools should encourage all students, parents, staff, and community members to use their recreational facilities (such as tracks, playgrounds, fields, etc.) that are available outside of school hours and as allowed by Board policy.

Communication with Parents. IDEA will support and encourage parents' efforts to provide a healthy di et and daily physical activity for their children.

- Schools will provide information about physical education and other school-based physical activity opportunities available before, during, and after the school day.
- Schools will share results of Fitness Gram twice a year, pre-test and post-test, with parents
- Schools will share their individual wellness policies that, at a minimum, meet the stand ards set out in this policy.

[3] https://tea.texas.gov/texas-schools/health-safety-discipline/physical-fitness-assessment-initiative

[4] https://tea.texas.gov/academics/subject-areas/health-and-physical-education/physical-education

V. 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 healthful eating and physical activity, and promote a consistent wellness message.

Mealtimes and Scheduling. To ensure that all children have meals with adequate and reasonable time to consume them:

- Schools will strive to provide students with an average time of 10 minutes to eat after sitting down with their food in front of them for breakfast and 20 minutes after sitting down with their food in front of them for lunch
- Schools will provide time for students to eat if they participate in activities such as tutoring or clubs during mealtimes
- School meals will not be withheld as punishment
- School meals are meant to encourage socialization among students and silence during meals should not be used as punishment
- Schools will provide students with access to hand washing stations and will advocate hand washing before they eat meals or snacks
- Schools will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk)

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: Schools will strive to provide students with an average time of 10 minutes to eat after sitting down with their food in front of them for breakfast and 20 minutes after sitting down with their food in front of them for lunch.	
Action Steps:	Communicate priority to campus administration and scheduling team to make sure this time is clearly accounted for in master schedule.
Resources Needed:	Average timing to receive meals and sit by Child Nutrition Staff Campus master Schedule
School/Community Stakeholders:	Campus administration, CNP Team
Measures of Success:	Campus master schedules Wellness policy survey results
GOAL 2: The district shall promote wellness for students and their families at suitable district and campus activities.	
Objective 1: District and campus sponsored events to all include Health and Nutrition themes for families.	
Action Steps:	i. All Events, including but not limited to 5K, Welcome to IDEA, Athletic Events, and Family campus celebrations to include a health/nutrition component.
Resources Needed:	HKH toolkit, Previous Event resources and ideas, planning committee meetings, post surveys for events
School/Community Stakeholders:	Parents, campus administration, Teachers, students

Measures of Success:	District Wellness Survey responses
Goal 3: District shall promote employee wellness activities and involvement at suitable school activities.	
Objective 1: Regularly provide quarterly staff wellness resources which are made available to all IDEA Employees	
Action Steps:	1. Human Resources team to develop and disseminate content pertinent to emotional, physical, and mental wellbeing of employees 2. Produce Staff Wellness Newsletter throughout the year and distribute to all employees 3. Regular communication about community events and/or IDEA sponsored events made available to all employees that promote wellness.
Resources Needed:	Platform on IDEA internal HUB that all employees have access to. Content and outline of Newsletter that is regularly updated with evidenced based information
School/Community Stakeholders:	Employees, Executive team, Prospective Employees, Community Members
Measures of Success:	Employee satisfaction surveys, wellness policy survey

VI. Policy and Plan Evaluation

Monitoring. In a collaborative effort, CNP, along with the National HKH Committee, will ensure compliance with established IDEA's nutrition and physical activity wellness policy. In each school, the campus designee or Principal will ensure compliance with those policies in their school and will report on the school's compliance to the National HKH Committee.

IDEA will develop a summary report every three years on compliance with IDEA's established wellness policies based on input from all IDEA schools. That report will be provided to the Board of Directors and distributed to school health councils, parent/teacher organizations, school principals, and school health services personnel.

Policy Review. IDEA shall comply with federal requirements for evaluating this policy and the wellness plan. 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. IDEA will use measures aligned with Alliance for a Healthier Generation's Healthy Schools Award to track schools' compliance and progress.

Public Notification

IDEA must annually inform and update the public about the content and implementation of the LWP and make the policy and any updates, along with the wellness plan and program assessments, available to the public on the IDEA Public Schools website.

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.
2. A copy of this wellness plan, with dated revisions.
3. Notice of any Board-adopted revisions to Local Wellness Policy.
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 documents are scheduled for discussion.
6. The district's triennial assessment; and
7. Any other relevant information.

Records Retention

Records regarding the district's wellness policy will be retained in accordance with law and the district's records management program.