

Life School Wellness Plan

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Life School Wellness Plan

Preamble

Life School (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.^{1,2,3,4,5,6,7} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.^{8,9,10} In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.^{11,12,13,14} Finally, there is evidence that adequate hydration is associated with better cognitive performance.^{15,16,17}

This plan outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this plan establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the plan and its established goals and objectives.

This plan applies to all students, staff and schools in the District. Specific measureable goals and outcomes are identified within each section below.

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I. Student Health Advisory Committee

Advisory Council Role and Membership

The District will convene a representative student health advisory committee (hereto referred to as the SHAC that meets at least **four** times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness plan (heretofore referred as “plan”).

The SHAC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents; representatives of the school nutrition program (e.g., School Nutrition Director; Food Services Management Company General Manager; Administrative Support for Finance); District Electives Coordinator, school health services staff [e.g., nurses]. To the extent possible, the SHAC will include representatives from each school building and reflect the diversity of the community.

Leadership

The Superintendent or designee(s) will convene the SHAC and facilitate development of and updates to the wellness plan, and will ensure each school’s compliance with the plan.

The designated official for oversight is the **Director of Student Services, Joy Shepherd 469-850-5433, joy.shepherd@lifeschools.net**

The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is(are):

Name	Title / Relationship to the School or District	Email address	Role on Advisory Council
Joy Shepherd	Director of Student Services	joy.shepherd@lifeschools.net	Council Leader
Lisa Charnoski	Administrative Support Academics	lisa.charnoski@lifeschools.net	Assists in the development, implementation, and evaluation.
Charolette Washington	District Lead Nurse	charolette.washington@lifeschools.net	Assists in the development, implementation, and evaluation.
Kim Rogers	Curriculum Coordinator	Kim.rogers@lifeschools.net	Assists in the development,

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			implementation, and evaluation.
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Rachael Ren	School Counselor	Rachael.ren@lifeschools.net	Assists in the development, implementation, and evaluation.
Kay Bateman	Director of State and Federal Programs	kay.bateman@lifeschools.net	Assists in the development, implementation, and evaluation.
Meagan Davis	Student		Assists in the development, implementation, and evaluation.
Zana Tuck	Student		Assists in the development, implementation, and evaluation.
Kelli DeNovellis	Parent		Assists in the development, implementation, and evaluation.
Tracy Rena Crawford	Parent		Assists in the development, implementation, and evaluation.
Dr. Kashaelyn Hollins-Henderson	Parent		Assists in the development, implementation, and evaluation.
Juanita Roby	Parent		Assists in the development, implementation, and evaluation.
Sherrese Van	Parent		Assists in the development, implementation, and evaluation.

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Joseph Hoffmaster	Sodexo Executive Chef	Joseph.hoffmaster@lifeschools.net	Assists in the development, implementation, and evaluation
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The Director of Student Services will maintain a list of school-level wellness plan contacts and can provide upon request.

II. Wellness Plan Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness plan. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. It is recommended that the school use the [Healthy Schools Program online tools](#) to complete a school-level assessment based on the Centers for Disease Control and Prevention’s School Health Index, create an action plan that fosters implementation and generate an annual progress report.

This wellness plan and the progress reports can be found at: <https://lifeschools.sodexomyway.com/>. and <https://www.lifeschool.net/compliance/student-health-advisory-council>

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness Plan at District’s Administrative Offices, Academics Department. Training Documentation maintained in this location will include but will not be limited to:

- The written wellness plan;
- Documentation demonstrating that the plan has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Plan; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness Plan;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Plan has been made available to the public.

Annual Notification of Plan

The District will actively inform families and the public each year of basic information about this Plan, including its content, any updates to the Plan and implementation status. The District will

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make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's events or activities related to wellness Plan implementation. Annually, the District will also publicize the name and contact information of the District official leading and coordinating the advisory council, as well as information on how the public can get involved with the school wellness advisory council.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness Plan to assess the implementation of the Plan and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness Plan;
- The extent to which the District's wellness Plan compares to the Alliance for a Healthier Generation's model wellness Plan; and
- A description of the progress made in attaining the goals of the District's wellness Plan.

The position/person responsible for managing the triennial assessment and contact information is **Director of Student Services, Joy Shepherd, 469-850-5433, joy.shepherd@lifeschools.net.**

The SHAC, in collaboration with individual schools, will monitor schools' compliance with this wellness Plan.

The District will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Plan

The SHAC will update or modify the wellness Plan based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness Plan will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach and Communications

The District is committed to being responsive to community input, which begins with awareness of the wellness Plan. The District will actively communicate ways in which representatives of SHAC and others can participate in the development, implementation and periodic review and update of the wellness Plan through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness Plan, as well as how to get involved and support the Plan. The District will ensure that communications are culturally and linguistically appropriate

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to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

The District will actively notify the public about the content of or any updates to the wellness Plan annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. Nutrition

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams' *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal program aims to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

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 within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
 - Sliced or cut fruit is available daily.
 - Daily fruit options are displayed in a location in the line of sight and reach of students.
 - All available vegetable options have been given creative or descriptive names.
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 - White milk is placed in front of other beverages in all coolers.
 - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).
 - Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
 - Student artwork is displayed in the service and/or dining areas.
 - Daily announcements are used to promote and market menu options.
- *Menus will be posted on the District website or individual school websites.*
- *Parents can access nutrient content and ingredients on the Food Service Management App "Nutrislice".*

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- *Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.*
- *School meals are administered by a team of child nutrition professionals.*
- *The District child nutrition program will accommodate students with special dietary needs.*
- *Students are served lunch at a reasonable and appropriate time of day.*
- *Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.*

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout every school campus* ("school campus" and "school day" are defined in the glossary). The District will make drinking water available where school meals are served during mealtimes.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.foodplanner.healthiergeneration.org.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. 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 options in cafeterias, vending machines, school stores and snack or food carts.

The following exceptions are allowable:

Accommodating Students with Special Needs: The requirements in this section do not apply to special needs students whose Individualized Education Program (IEP) plan indicates the use of a food and/or beverage item of any type for behavior modification (or other suitable need).

Competitions and Other Events: The requirements in this section do not apply to any location students travel to for competitions or other events if the school nutrition program (SNP) does not

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provide the students with meals as long as the competitive or event location is not an extended area of a school campus that operates NSLP or SBP.

Food and/or Beverages Brought from Home or Food Given to Students: The Competitive Food Nutrition Standards to not restrict (1) food and/or beverages that parents provide for their own children's lunches or snacks or (2) food and/or beverages that are given to students. This includes, but is not limited to, food and/or beverages provided for birthday parties or special events.

Food and/or Beverages Ordered and Paid for Off Campus: Parents may order and pay for food and/or beverages off campus that do not meet the competitive rules and have the food and/or beverages delivered to the students to consume on the school campus during the school day. All deliveries must be delivered to the school administrative office and students will be called to the office to pick it up.

School Nurses: The requirements in this section do not apply to school nurses or another school official permitted by local Plan to assist school nurses using a food and/or beverage item of any type during the course of providing health care to individual students.

Supporting Student's' Nutritional Needs Outside of the School Day: The food and/or beverage items sent home with these students are not intended to be consumed during the school day or on school campus. Therefore, these food packets are not subject to the Competitive Food Nutrition Standards.

Celebrations and Rewards

Class party plans are under the control of the school and must be approved by the principal. Parents are notified by the teacher or room parents of these events. Birthday Thursdays are celebrated once per month. Parents should not send flowers, balloons, or gifts to school. Invitations to private parties are not to be distributed at school.

The Food Service Department will provide the following resources to campuses to encourage healthy party choices:

[\(https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/\)](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/)

1. Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
2. Classroom snacks brought by parents. The District will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards.
3. Rewards and incentives. The District will provide teachers and other relevant school staff a [list of alternative ways to reward children](#).

Concession Stands or Other Events Where Food and/or beverages Are Sold During the School Day

Foods and/or beverages sold to students at concession stands or other events must meet the Competitive Food Nutrition Standards if the sale occurs during the school day on the school camps as defined in this section.

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Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*. The District will make available to parents and teachers a list of healthy fundraising ideas [examples from the [Alliance for a Healthier Generation](#) and the [USDA](#)].

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six (6) days per year per campus when food or beverage is sold as part of a District fundraiser.

The District will allow the following exempted fundraisers for the **2025-2026** school year:

Campus or Organization	Food/Beverage	Number of Days
Life School Cedar Hill	Food/Beverage	6
Life School Lancaster	Food/Beverage	6
Life School Mountain Creek	Food/Beverage	6
Life School Oak Cliff (K-6)	Food/Beverage	6 (if coordinated with 7-12), 3 if different dates
Life School Oak Cliff (7-12)	Food/Beverage	6 (if coordinated with K-6), 3 if different dates
Life School Red Oak	Food/Beverage	6
Life Middle School Waxahachie	Food/Beverage	6
Life High School Waxahachie	Food/Beverage	6

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

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- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available at <http://www.foodplanner.healthiergeneration.org/>.

Nutrition Education

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;

Essential Healthy Eating Topics in Health Education

The District will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Eating disorders
- Reducing sodium intake

Food and Beverage Marketing in Schools

Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards. This includes, but is not limited to, oral, written, and graphic statements that appear on vending machines, posters, menu boards, tray liners, beverage cups, coolers, trash cans, digital marketing, food service supplies and equipment, or other items. (ARM Section 19)

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The marketing standards do not apply to materials used for classroom educational purposes; for schools that do not operate NSLP and/or SBP; product marketing that occurs outside of the school day; incentive program coupons for products that are not intended to be served during the school day; and label redemption programs such as Box Tops for Education which are brought from home. (ARM Section 19)

Life School does not provide student accessible vending machines at any campus. Vending machines may be placed in a campus staff lounge with approval from Shawn Thomas, Director of Operations.

Where a vending machine owned by the property owner of a leased facility is present on campus, students are not permitted to use the vending machine at any time. Vending machines are not located in areas where reimbursable meals are served or consumed, and Life School enforces the prohibition against student use to ensure that students do not access or make purchases from vending machines at any time.

IV. Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection).

Successful teachers and coaches create positive learning environments without using physical activity as punishment. Managing and motivating children and youths involve developing an effective preventive-management: no one, simple solution that works for all. Prevention is the key. The following list offers actions that are suitable alternatives to using physical activity as punishment (SHAPE America 2009):

- Include students in establishing expectations and outcomes early in the year, and review those expectations and outcomes frequently.
- Include students in meaningful discussions about goals and how to reach them.
- Be consistent with enforcing behavioral expectations within the learning environment.
- Practice and reward compliance with rules and outcomes.
- Offer positive feedback and catch students doing things right.
- Do not reinforce negative behavior by drawing attention to it.
- Hold students accountable for misbehavior.
- Develop efficient routines that keep students involved in learning tasks.
- Wait for students to be attentive before providing directions.

Teachers should exhaust every reasonable alternative before considering redirecting recess for academic or disciplinary purposes. A teacher frequently redirecting recess shall meet with campus administration to evaluate the effectiveness of this choice for the student(s) involved.

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To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the “*Essential Physical Activity Topics in Health Education*” subsection). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All Life School **elementary students** in each grade will receive physical education for at least 135 minutes’ moderate to rigorous physical activity per week throughout the school year.

All Life School **middle school students** will receive at least 30 minutes per day of structured moderate to rigorous physical activity.

All Life School **secondary students** (middle and high school) are required to take the equivalent of one academic year of physical education.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Fitness Gram Assessment Tool) and will use criterion-based reporting for each student.

- All physical education classes at Life School are taught by licensed teachers who are certified or endorsed to teach physical education.

Essential Physical Activity Topics in Health Education

The District will include in the health curriculum and/or physical education curriculum the following essential topics on physical activity: (when health education is taught or semesters when students are enrolled in health or physical education.)

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity

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- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

Recess (Elementary)

All elementary schools will offer at least **15-20 minutes of recess** on all days during the school year (*This plan may be waived on early dismissal or late arrival days*). If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play. (*Students will be allowed outside for recess except when outdoor temperature is above/below District-set temperature, inclusive of wind chill factors, during “code orange” or “code red” days, during storms with lightening or thunder, or at the discretion of the building administrator based on his/her best judgment of safety conditions.*)

In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. (*Each school will maintain and enforce its own indoor recess guidelines.*)

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Classroom Physical Activity Breaks (Elementary and Secondary)

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Teachers are encouraged to offer students **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

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The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

The campuses offer opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The campuses will encourage students to be physically active before and after school.

Active Transport

Life School is a charter school and active transport to and from school is not a viable option. We promote school traffic safety by:

1. Working with city engineers on traffic flow.
2. Parents/guardians must have a hang tag to pick up students assigned to them.

V. Other Activities that Promote Student Wellness

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum experts.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness plan, including but not limited to ensuring the involvement of the DWC.

All school-sponsored events will adhere to the wellness plan guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

Community Partnerships

Each campus will continue relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this wellness plan's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness plan and its goals. (Examples: Kinder-1st Dental Hygiene, Fire Safety, Health Fairs, etc.)

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Community Health Promotion and Family Engagement

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the “Community Involvement, Outreach, and Communications” subsection, the District will use electronic mechanisms, as well as non-electronic mechanisms, , to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Our FSMC team has brought out the lucky lunch program during National School Lunch Week to each elementary school, conducted a Healthy High School Challenge, fed parents a breakfast-to-go in the morning drop off line to promote National School Breakfast Week, students in elementary are able to compete in the “Future Chefs” competition.

Staff Wellness and Health Promotion

Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

Glossary:

School Campus – is defined as all areas of the property under the jurisdiction of the school that are accessible to students during the school day. Competitive Food Nutrition Standards apply to these places.

Combined Campuses

Combined campuses must follow the Competitive Food Nutrition Standards for the youngest age/grade group unless access to food and/or beverages is separated by age/grade group.

Locations Other Than the Cafeteria

If food and/or beverages are sold in any location where students have access, the food and/or beverages must meet the Competitive Food Nutrition Standards. This includes, but is not limited to, performing arts centers and sports facilities. This does not include any area restricted to adults or staff as long as students are not allowed to have access to the area.

Restricted Areas

If students are allowed access to an area that is labeled staff only, the area is considered to be accessible by students and is, therefore, subject to the Competitive Food Nutrition Standards.

School Day – the time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

LIFE SCHOOL WELLNESS PLAN

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Life School Plan was adapted from the "ALLIANCE FOR A HEALTHIER GENERATION MODEL WELLNESS POLICY" updated 9/2016 to Reflect the USDA Final Rule.