

Local Wellness Policy

Argyle ISD | November 16, 2022



What is it?

A Local Wellness Policy (LWP) is a written document of official policies that outlines district level goals to establish, evaluate, and maintain healthy school environments.

The LWP describes how the LEA will address local, state, and federal requirements for:

- nutrition education and promotion,
- physical activity,
- and school-based activities that promote student wellness.

TDA outlines all requirements for the Local Wellness Policy in Section 29 of the [Administrator's Reference Manual](#)

Once the Local Wellness Policy (LWP) is approved, the School Health Advisory Committee or equivalent representation develops a **Wellness Plan**.

The wellness plan generates a strategy that describes how the policies will be implemented into the school environment.

Every three years, the LEA must complete a **triennial assessment** to evaluate school compliance and progress towards attaining goals in the LWP. The results of the assessment must be shared with the public.

What have we done?

- Triennial Assessment completed 2021-2022 SY
- Conducted assessment for elementary schools for 2021-2022 SY & 2022-2023 SY- September 2022
- Conducting assessment for secondary schools for 2021-2022 SY & 2022-2023 SY- October 2022
 - MS still pending but assume it will be similar to HS
- Developed an action plan to meet the Wellness Plan

Action Plan Status

- Nutrition Promotion
 - Healthy-eating inspired artwork coming to all cafeterias.
 - Quarterly healthy eating posters planned for cafeterias.
- Nutrition Education
 - Student Nutrition started a “Nutrition Corner” on their website and also sharing nutrition education to their social media. Will be updated regularly.
- Physical Activity
 - No Updates- Will continue as SY 21-22
- School Based Activities
 - No Updates- Will continue as SY 21-22

Wellness policy, plan and assessment are being added to our website per wellness plan requirements.