

# Local Wellness Policy

Argyle ISD | September 21, 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](#)

# Wellness Plan & Assessment

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.

- Triennial Assessment completed 2021-2022 SY
- Conducted assessment for elementary schools for 2021-2022 SY- September 2022
- Conducting assessment for secondary schools for 2021-2022 SY- October 2022

# Assessment Results

It was concluded that we would continue with the Wellness Plan that was approved from 2017 as it was never fully implemented. We reviewed what we did in the 2021-2022 SY and determined goals for 2022-2023 SY

## 2021-2022 SY

- **Nutrition Promotion**
  - Nutrition was promoted to students in the physical education curriculum as Argyle ISD follows the TEKS.
  - Need to work on nutritional posters/ messages in the schools and to the community.
- **Nutrition Education**
  - Students received nutritional education in physical education and science as Argyle ISD follows the TEKS.
  - Need to work on a plan to reach larger district community
- **Physical Activity**
  - Schools planned activities during the school day in physical education and held special events promoting physical activity.
- **School Based Activities**
  - Students were provided ample time to eat breakfast and lunch

# Upcoming Goals

- Review the Middle School and High School's achievement of the Wellness plan during the 2021-2022 SY- October 2022
- Make and implement plans or goals to meet the Wellness Plan for the district for the 2022-2023 SY- October 2022
- Continue to make the Wellness Plan a priority.