

## WELLNESS PLAN

This document, referred to as the “wellness plan,” is intended to implement policy of the Texas Dept. of Agriculture, 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]

### PREAMBLE

Lumin Education, represented by members of the Wellness Committee, recognizes the link between nutrition education, the food served and consumed at school and school events, physical activity, and emotional health; and that wellness is affected by all of these. The committee also recognizes the connection between a healthy diet and a student’s ability to learn effectively and achieve high standards in school.

This committee, comprised of parents, staff members, representatives of the governing board, and the public, further recognizes that the sharing and enjoyment of food, and the participation in physical activities, are fundamental experiences for all people and are a primary way to nurture and celebrate our cultural diversity.

### WELLNESS POLICY

We are a diverse community and we recognize that there are many variations in the perception of “health.” The following information is meant to inform, provoke thinking and assessment about health and physical activity, and stimulate change in individuals and families, while respecting different traditions. We also recognize that emotional health is a vital component of wellness, and that overeating and other eating disorders have a strong correlation with emotional distress. Finally, the following are policies intended to guide the entire community toward better health, not rigid rules to be imposed at all times in all situations.

### STRATEGIES TO SOLICIT INVOLVEMENT

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the Wellness Policy. Lumin Education has chosen to create a Wellness Committee to review and consider evidence-based strategies and techniques in order to develop and implement nutrition guidelines and wellness goals as required by federal law. The Wellness Committee will permit the following persons to work on Lumin Education’s Wellness Policy and plan: parents, students, teachers, staff, Lumin Education’s food service vendor, physical education teachers/volunteers, the Child Nutrition Program Coordinator, Student Services, Board members, administrators, and members of the public. The Wellness Committee will solicit involvement and input of these other interested persons by:

- *Soliciting input from parents and teachers at PTO Meetings*
- *Continuing a wellness partnership with UT Southwestern*
- *Collaboration with the Department of Family and Community Medicine, Community Health Section*
- *Cooperation between the CNP Associate and the School Directors to share updates and provide public notifications*
- *Fostering a donor relationship with Ben E. Keith to receive fruit and vegetables for classroom snacks*

## IMPLEMENTATION

Each campus administrator (school director) is responsible for the implementation of the Texas Dept. of Agriculture and this wellness plan at his or her campus, including the submission of necessary information to the Wellness Committee for evaluation.

The CNP Associate is Lumin Education's official responsible for the overall implementation of the Texas Dept. of Agriculture, including the development of this wellness plan and any other appropriate administrative procedures, and ensuring that each campus complies with the policy and plan.

## EVALUATION

In accordance with law, Lumin Education will periodically measure and make available to the public an assessment of the implementation of Lumin Education's Wellness Policy, the extent to which each campus is compliant with the Wellness Policy, a description of the progress made in attaining the goals of the Wellness Policy, and the extent to which the Wellness Policy compares with any state- or federally designated model wellness policies. Absent federal regulations to the contrary, Lumin Education commits to the evaluation activities described below.

The Child Nutrition Coordinator, chair of the Wellness Committee, and representatives from the staff and parent body, shall review the year and present a brief report to the LEA Committee at the annual Charter Funds Meeting, or other appropriate designated time and forum at the conclusion of the school year. The report shall compare the actual practices and achievements of the school community with respect to the school's Wellness Policy. Recommendations for improvements in performance and/or changes in policy should be made at this time. Findings will be included in the school's Annual Report.

The Wellness Committee may use any of the following tools for that analysis:

- Overview of Fitness Gram Results

## PUBLIC NOTIFICATION

To comply with the legal requirement to inform and update the public about the content and implementation of the local Wellness Policy, Lumin Education will post wellness information on [LuminEducation.org](http://LuminEducation.org) to document information and activity related to the school Wellness Policy.

Lumin Education will also publish the wellness information in appropriate District or campus publications.

## RECORDS RETENTION

Records regarding Lumin Education's Wellness Policy will be retained in accordance with law and Lumin Education's records management program. Questions may be directed to the CNP Associate, Lumin Education's designated records management officer. Records must be retained for five years.

## GUIDELINES AND GOALS

The following provisions describe Lumin Education's nutrition guidelines and activities and objectives chosen by the Wellness Committee to implement the Board-adopted wellness goals in policy with the Texas Dept. of Agriculture.

## NUTRITION GUIDELINES

All Lumin Education campuses participate in the United States Department of Agriculture’s (USDA’s) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Federal law requires that Lumin Education establish nutrition guidelines for foods made available on each campus that are consistent with the federal standards and that promote student health and reduce childhood obesity.

Lumin Education’s nutrition guidelines are to ensure all foods and beverages sold, otherwise made available, or marketed to students during the school day adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

NUTRITION GUIDELINES
<p>Lumin Education has contracted with Twelve Oaks Catering to “vend in” our meals sold to children for the NSLP and SBP on all campuses.</p> <p>Twelve Oaks is in compliance with the USDA’s nutrition requirements for the NSLP and SBP.</p> <p>As it applies to meals “otherwise made available” - Lumin Education will comply with the State of Texas’ Lauren’s Law by” <i>allowing parents and grandparents to provide a food product of his or her choice to classmates of the person’s child or grandchild</i>” at a time and place designated by the administration or classroom teacher. In order promote student health and reduce childhood obesity, Lumin Education will suggest healthy food options for these events but will not restrict a parent or grandparent from bringing the food product of their choosing.</p>

## FOODS SOLD

Lumin Education will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day\*, Lumin Education will comply with the federal requirements for competitive foods. Competitive foods and beverages are not part of the regular meal programs and occur through sales such as a la carte options or vending machines.

Lumin Education will not provide a la carte options or vending machines on any campus.

\*TDA defines a “school day” as the period between midnight on the day and thirty minutes after school has ended.

## FUNDRAISER EXEMPTIONS

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the “Foods Sold” requirements for up to six days per year per campus when a food or beverage is sold as part of a Lumin Education fundraiser.

Lumin Education will allow the following exempted fundraisers for the 2019–20 school year:

CAMPUS OR ORGANIZATION	FOOD/BEVERAGE	NUMBER OF DAYS
Lumin Education	Valentines Day Bake Sale	1

## FOODS MADE AVAILABLE

There are currently no federal requirements for foods or beverages made available (given for free) to students during the school day\*. Lumin Education will comply with state law (Lauren’s Law), which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person’s child or grandchild on the occasion of the student’s birthday or to children at a school-designated function.

It is within the bounds of state law for Lumin Education to allow its administration or teachers to determine the time and place for the parent or grandparent to provide these food products. It is not mandated by state law that the food products be allowed on the date of the child’s birth.

In addition, Lumin Education has established the following local guidelines on foods and beverages made available to students:

\*TDA defines a “school day” as the period between midnight on the day and thirty minutes after school has ended.

### FOODS MADE AVAILABLE GUIDELINES

Food items with a high sugar content will not be served in the classroom.\*  
Food items with a high sodium content will not be served in the classroom.\*  
Snacks will be provided free of charge during the school day and after school in the ABC program. Snacks are generally protein, grain, fruit and/or vegetable or a combination of these food items.

Lumin Education suggests that healthier birthday foods be provided such as\*:

- Popcorn in baggies
- Fruit kebabs or a fruit tray
- Vegetable tray
- Blueberry Muffins/Lemon Poppy Seed Muffins/Pound Cake
- Trail Mix in little cups

During cultural celebrations families are encouraged to share the food of their culture while being mindful of lower sugar and lower sodium food items.

\*Lumin Education will comply with the State of Texas’ Lauren’s Law by” *allowing parents and grandparents to provide a food product of his or her choice to classmates of the person’s child or grandchild*” at a time and place designated by the administration or classroom teacher. In order promote student health and reduce childhood obesity, Lumin Education will suggest healthy food options for these events but will not restrict a parent or grandparent from bringing the food product of their choosing.

## MEASURING COMPLIANCE

Lumin Education will measure compliance with the nutrition guidelines by annual review through the campus needs assessment.

## NUTRITION PROMOTION

Federal law requires that Lumin Education establish goals for nutrition promotion in its Wellness Policy. Lumin Education’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 Lumin Education.

In accordance with the Texas Dept. of Agriculture, Lumin Education has established the following goal(s) for nutrition promotion.

<b>GOAL:</b> Schedule at least one staff meeting a year in which the primary agenda is Wellness.	
OBJECTIVE 1:	
<i>Action Steps</i>	<i>Methods for Measuring Implementation</i>
<b>Add a Wellness agenda item to the campus administrator’s calendar for the campus directors meetings.</b>	Baseline or benchmark data points: <b>Date for Wellness meeting has been set</b> Resources needed: <b>time available to meet</b> Obstacles: <b>time may be unavailable</b>

<b>GOAL:</b> Discuss in staff meetings the different perceptions of health and nutrition that people of various backgrounds might have, and plan educational discussions with parents and children with those differences in mind.	
OBJECTIVE 1:	
<i>Action Steps</i>	<i>Methods for Measuring Implementation</i>
<b>Ensure Wellness is part of the agenda for monthly campus directors meetings.</b>	Baseline or benchmark data points: <b>Dates for wellness perceptions discussion set on the calendar</b> Resources needed: <b>time available to meet</b> Obstacles: <b>time may be unavailable</b>
OBJECTIVE 2:	
<i>Action Steps</i>	<i>Methods for Measuring Implementation</i>
<b>Produce an actionable plan to host educational discussions for parents and children.</b>	Baseline or benchmark data points: <b>Action plan created and filed in this section of the Wellness Plan Records Binder</b> Resources needed: <b>Time available to meet</b> Obstacles: <b>Time may be unavailable</b>

<b>GOAL:</b> To our weekly information newsletter, Wednesday Notes, regularly add a Nutrition Feature, with information, recipes, etc.	
OBJECTIVE 1:	
<i>Action Steps</i>	<i>Methods for Measuring Implementation</i>
<b>CNP will send Wellness information to the school administrative assistants each week to be included in “Wednesday Notes” sent home to parents.</b>	Baseline or benchmark data points: <b>Information sent to admins FRI of each week</b> Resources needed: <b>Internet, Email, Microsoft Word or similar program</b> Obstacles: <b>lack of available time</b>

<b>GOAL:</b> Add a Wellness Committee to the Parent Organization at Lumin EDCS.	
OBJECTIVE 1:	
<i>Action Steps</i>	<i>Methods for Measuring Implementation</i>
<b>Enlist parent volunteers with the Parent Org. to focus on implementing the Wellness Plan at Lumin EDCS</b>	Baseline or benchmark data points: <b>1 or more parent volunteers are members of the Wellness Committee and regularly attend meetings</b> Resources needed: <b>Parent Volunteer(s), Wellness Plan, Wellness Committee and scheduled meetings</b> Obstacles: <b>Lack of parent involvement</b>

<b>GOAL:</b> As much as possible, offer nutrition and health information to parents in both English and Spanish.	
OBJECTIVE 1:	
<i>Action Steps</i>	<i>Methods for Measuring Implementation</i>
<b>Enlist English and Spanish speaking (dual literacy) staff and/or parent volunteers to translate English information to Spanish and vice versa.</b>	Baseline or benchmark data points: <b>1 or more volunteers are available to translate Wellness information in both English and Spanish</b> Resources needed: <b>Staff and/or Parent Volunteer(s), Wellness information</b> Obstacles: <b>Lack of dual literacy volunteer involvement</b>

**NUTRITION EDUCATION**

Federal law requires that Lumin Education establish goals for nutrition education in its Wellness Policy. State law also requires that Lumin Education implement a coordinated health program with a nutrition services and health education component at the elementary and middle school levels. [See EHAA]

In accordance with the Texas Dept. of Agriculture, Lumin Education has established the following goal(s) for nutrition education.

<b>GOAL:</b> In all classes: teachers will display MyPlate and use it on a regular basis to emphasize healthy food choices, and as a basis for activities and discussion.	
OBJECTIVE 1:	
<i>Action Steps</i>	<i>Methods for Measuring Implementation</i>
<b>Obtain and Display “MyPlate” posters in ALL classrooms.</b>	Baseline or benchmark data points: <b>Visual check of ALL Classrooms</b> Resources needed: <b>“MyPlate” Posters</b> Obstacles: <b>It is Montessori Theory and practice that classroom environments be beautiful and peaceful. Posters of any kind are discouraged as a distraction to a peaceful environment for learning.</b>

OBJECTIVE 2:	
<i>Action Steps</i>	<i>Methods for Measuring Implementation</i>
<b>Teachers will track these objectives in their record keeping system.</b>	Baseline or benchmark data points: <b>A lesson or lessons have been created that are able to be practically applied in a Montessori environment with the child's independence in mind.</b> Resources needed: <b>Lesson Template, MyPlate information</b> Obstacles: <b>Teacher Schedules may be full</b>

<b>GOAL:</b> Expand and further develop the school's gardens. Each class has a small plot from which the children can plan, plant, grow, tend, harvest, and eat foods from their own garden.	
OBJECTIVE 1:	
<i>Action Steps</i>	<i>Methods for Measuring Implementation</i>
<b>Enlist Parent Volunteers and/or the Parent Organization to come alongside the teachers and children to assist in maintaining the current classroom plots.</b>	Baseline or benchmark data points: <b>List and schedule of volunteers for each classroom included in this section of the Wellness Plan Records Binder</b> Resources needed: <b>Parent Volunteers</b> Obstacles: <b>Lack of Parent Involvement</b>
OBJECTIVE 2:	
<i>Action Steps</i>	<i>Methods for Measuring Implementation</i>
<b>Locate and prepare expanded garden plots – one for each campus.</b>	Baseline or benchmark data points: <b>New plots located and prepared – one on each campus</b> Resources needed: <b>easily accessible land, garden tools, garden soil, garden perimeter materials, volunteers</b> Obstacles: <b>Land or Resources may be unavailable</b>

<b>GOAL:</b> In staff meetings teachers will be encouraged to share specific activities that they have developed to increase nutritional information and awareness in their classes.	
OBJECTIVE 1:	
<i>Action Steps</i>	<i>Methods for Measuring Implementation</i>
<b>CNP Associate will coordinate with school directors at each campus to attend 2 or more meetings each year for 10 minutes of each meeting agenda.</b>	Baseline or benchmark data points: <b>Sign- up sheet signed for each meeting</b> Resources needed: <b>Available time</b> Obstacles: <b>lack of available time</b>

<b>GOAL:</b> Regularly pass on, through staff meetings and memos, helpful information sites, like myplate.gov, squaremeals.org, and ecoliteracy.org. These sites have information helpful to staff members personally and may have a children’s link or links with information and activities for children.	
<b>OBJECTIVE 1:</b>	
<i>Action Steps</i>	<i>Methods for Measuring Implementation</i>
<b>CNP Associate to send the information to the E-Pac coordinator.</b>	Baseline or benchmark data points: <b>E-Pac info sent to coordinator FRI. of each week</b> Resources needed: <b>Internet, Email, Microsoft Word or similar program</b> Obstacles: <b>lack of available time</b>

**PHYSICAL ACTIVITY**

Lumin Education will implement, in accordance with law, a coordinated health program with physical education and physical activity components and will offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC]

Federal law requires that Lumin Education establish goals for physical activity in its Wellness Policy.

In accordance with the Texas Dept. of Agriculture, Lumin Education has established the following goal(s) for physical activity.

<b>GOAL:</b> For elementary children, periodically incorporate “Exercise” as a component of homework.	
<b>OBJECTIVE 1:</b>	
<i>Action Steps</i>	<i>Methods for Measuring Implementation</i>
<b>Elementary teachers encourage physical activities while at home. Students may develop a family generated system to monitor.</b>	Baseline or benchmark data points: <b>Copies of writing from student experiences stored in this section of the Wellness Plan Binder, as available- not demanded from the teachers</b> Resources needed: <b>Time to create lists/flyers/sticker charts</b> Obstacles: <b>Time may be unavailable</b>

<b>GOAL:</b> Invite staff to discuss and then choose some activity, such as weekly yoga class after school that would add physical activity to the school week.	
<b>OBJECTIVE 1:</b>	
<i>Action Steps</i>	<i>Methods for Measuring Implementation</i>
<b>CNP Associate to include physical activity in agenda items at PTO meetings.</b>	Baseline or benchmark data points: <b>Dates for wellness activity discussion set on the calendar</b> <b>Sign-up sheet signed and recorded</b> Resources needed: <b>time available to meet, activities available</b> Obstacles: <b>Time and activities may be unavailable</b>



OBJECTIVE 2:	
<i>Action Steps</i>	<i>Methods for Measuring Implementation</i>
<b>Communications Associate to produce marketing to promote activities on each campus. CNP Associate to collaborate.</b>	Baseline or benchmark data points: <b>Marketing produced, posted and copies stored in this section of the Wellness Plan Records Binder</b> Resources needed: <b>Plan created, dates selected, marketing materials</b> Obstacles: <b>Time may be unavailable</b>

<b>GOAL:</b> Parents organize and promote field day for physical health.	
OBJECTIVE 1:	
<i>Action Steps</i>	<i>Methods for Measuring Implementation</i>
<b>Assign dates for a Field Day, at least once per year, at each campus.</b>	Baseline or benchmark data points: <b>Date for Field Day set on the calendar</b> Resources needed: <b>time available, location for the event</b> Obstacles: <b>Time may be unavailable, location may be too small</b>
OBJECTIVE 2:	
<i>Action Steps</i>	<i>Methods for Measuring Implementation</i>
<b>Enlist staff and parent volunteers at each campus to meet and organize this event.</b>	Baseline or benchmark data points: <b>List and schedule of volunteers for each campus included in this section of the Wellness Plan Records Binder</b> Resources needed: <b>Staff/Parent Volunteers, time to meet, resources for activities</b> Obstacles: <b>Lack of Parent Involvement</b>
OBJECTIVE 3:	
<i>Action Steps</i>	<i>Methods for Measuring Implementation</i>
<b>Produce marketing with Communications Associate to promote activities on each campus</b>	Baseline or benchmark data points: <b>Marketing produced, posted and copies stored in this section of the Wellness Plan Records Binder</b> Resources needed: <b>Plan created, dates selected, marketing materials</b> Obstacles: <b>Time may be unavailable</b>

<b>GOAL:</b> Promote Fitness Gram activities on a regular basis.	
<b>OBJECTIVE 1:</b>	
<i>Action Steps</i>	<i>Methods for Measuring Implementation</i>
<b>Produce marketing with Communications Associate to promote activities on each campus</b>	Baseline or benchmark data points: <b>Marketing produced, posted and copies stored in this section of the Wellness Plan Records Binder</b> Resources needed: <b>Plan created, dates selected, marketing materials</b> Obstacles: <b>Time may be unavailable</b>
<b>OBJECTIVE 2:</b>	
<i>Action Steps</i>	<i>Methods for Measuring Implementation</i>
<b>CNP Associate will collect two dates on the calendar of staff meetings to attend to enable teachers/assistants to fulfill this goal. First quarter (beginning of the school year) and third quarter (on return from winter break).</b>	Baseline or benchmark data points: <b>dates have been added to the CNP Assoc. calendar</b> Resources needed: <b>Available time</b> Obstacles: <b>lack of available time</b>

**SCHOOL-BASED ACTIVITIES**

Federal law requires that Lumin Education establish goals for other school-based activities in its Wellness Policy to promote student wellness.

In accordance with the Texas Dept. of Agriculture, Lumin Education has established the following goal(s) as part of its student Wellness Policy to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message.

<b>GOAL:</b> Change the focus of events from food alone to food and activity. For example, add games and physical activities to our fall and spring pot luck gatherings.	
<b>OBJECTIVE 1:</b>	
<i>Action Steps</i>	<i>Methods for Measuring Implementation</i>
<b>When potluck events are created and marketing is produced to promote the events, make food and activity an equal focus.</b>	Baseline or benchmark data points: <b>Marketing produced, posted and copies stored in this section of the Wellness Plan Records Binder</b> Resources needed: <b>Plan created, dates selected, marketing materials</b> Obstacles: <b>Lack of ideas</b>

<b>GOAL:</b> Continue to offer healthier food alternatives at school events. For example, at the fall and spring pot lucks, add lower fat, lower sodium turkey and soy dogs to the traditional hot dogs. Encourage families to bring salads and fresh fruit instead of desserts.	
<b>OBJECTIVE 1:</b>	
<i>Action Steps</i>	<i>Methods for Measuring Implementation</i>
<b>When events are created and marketing is produced to promote the events, add to the marketing suggestions for healthy sides and request that parents limit the amount of desserts they bring.</b>	Baseline or benchmark data points: <b>Marketing produced, posted and copies stored in this section of the Wellness Plan Records Binder</b> Resources needed: <b>marketing materials</b> Obstacles: <b>Lack of parent buy-in</b>
<b>OBJECTIVE 2:</b>	
<i>Action Steps</i>	<i>Methods for Measuring Implementation</i>
<b>Provide healthier options for events, create a menu to add to this binder for a record of implementation</b>	Baseline or benchmark data points: <b>Healthier foods purchased/donated for events, Menu created for foods provided through Lumin and added to this section of the Wellness Plan Records Binder</b> Resources needed: <b>Donations or funds for purchasing, volunteers to prepare food</b> Obstacles: <b>Funds may not be available for healthy options or donations may not be healthy</b>

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