

Hooks Independent School District

Local School Wellness Policy

I. Purpose

Hooks Independent School District (Hooks ISD) is committed to providing a school environment that promotes student health, well-being, and academic success. This Local School Wellness Policy (LSWP) is designed to align with the Hooks ISD Wellness Plan and to meet all requirements set forth by the U.S. Department of Agriculture (USDA), Texas Department of Agriculture (TDA), and Texas Education Agency (TEA).

II. Authority

This policy is adopted in accordance with the Healthy, Hunger-Free Kids Act of 2010 and USDA Final Rule (7 CFR Part 210 and 220), and follows guidance from TDA for Texas public schools.

III. Wellness Committee

Hooks ISD will maintain a District Wellness Committee that includes, at a minimum:

- District administration
- Child Nutrition Program (CNP) representative
- School health services staff
- Teachers
- Parents/guardians
- Community members (as available)

The committee will meet at least annually to review, update, and monitor implementation of the Wellness Policy and Wellness Plan.

IV. Nutrition Education

Hooks ISD will provide nutrition education that:

- Is evidence-based and age-appropriate
- Is integrated into classroom instruction and other school activities when possible
- Promotes lifelong healthy eating behaviors
- Reinforces USDA MyPlate guidelines

V. Physical Activity

Hooks ISD will ensure opportunities for physical activity that:

- Support physical education as required by TEA
- Encourage daily physical activity during and beyond the school day
- Include structured and unstructured opportunities (recess, classroom activity breaks, extracurricular activities)
- Do not use physical activity as punishment or withhold it as discipline

VI. Nutrition Standards for School Meals

All meals served through the Child Nutrition Programs will:

- Meet or exceed USDA and TDA nutrition standards
- Be planned by qualified nutrition professionals
- Include appropriate portion sizes and required meal components
- Accommodate students with special dietary needs as required by law

VII. Nutrition Standards for Competitive Foods

All foods and beverages sold or provided on campus during the school day outside of reimbursable meals will:

- Comply with USDA Smart Snacks in School standards
- Be monitored by campus administration and the Child Nutrition Department

VIII. Other School-Based Activities

Hooks ISD will support student wellness by:

- Encouraging celebrations and rewards that align with healthy practices
- Supporting staff wellness initiatives
- Promoting a safe and supportive school environment

IX. Implementation and Monitoring

Hooks ISD will:

- Designate one or more officials to ensure compliance with this policy
- Conduct assessments at least once every three years to measure implementation
- Make assessment results available to the public as required

X. Public Involvement and Communication

Hooks ISD will make this Local School Wellness Policy and the Wellness Plan available to the public. Updates, assessments, and committee contact information will be communicated through district-approved channels.

XI. Policy Review and Updates

This policy will be reviewed and updated at least every three years, or more frequently as needed, to ensure general alignment with the Hooks ISD Wellness Plan and continued compliance with USDA, TDA, and TEA requirements.

Wellness Policy to Wellness Plan Crosswalk (General Alignment)

USDA/TDA Required Area	Local Wellness Policy Section	Wellness Plan Alignment (General)
Wellness Committee & Public Involvement	Section III, Section X	Establishes a district wellness committee and provides for public notification and access to policy and plan information
Nutrition Education	Section IV	Promotes age-appropriate, evidence-based nutrition education consistent with district wellness goals
Physical Activity	Section V	Supports required physical education, activity opportunities, and non-punitive use of physical activity
School Meal Standards	Section VI	Aligns with USDA/TDA meal pattern requirements and qualified menu planning as outlined in the Wellness Plan
Competitive Foods (Smart Snacks)	Section VII	Ensures all foods sold outside reimbursable meals meet Smart Snacks standards
Other School-Based Wellness Activities	Section VIII	Encourages healthy celebrations, staff wellness, and supportive school environments
Implementation & Monitoring	Section IX	Identifies responsible officials and requires periodic assessment of policy implementation
Triennial Assessment & Policy Review	Section XI	Provides for review and updates at least every three years in alignment with federal and state rules

Hooks ISD Local School Wellness Policy and the district's Wellness Plan.