

ST. CECILIA SCHOOL

LOCAL WELLNESS POLICY & IMPLEMENTATION PLAN

Updated for School Year 2026–2027
NSLP / SBP Compliance Document

CE ID: 06558

Purpose and Authority

This Local Wellness Policy and Implementation Plan (LWP) establishes the framework used by St. Cecilia School to promote student health, well-being, and the ability to learn through healthy eating, nutrition education, physical activity, and a supportive school environment. It implements the school's wellness requirements and applies to students, staff, and school activities on the St. Cecilia campus. St. Cecilia participates in the USDA National School Lunch Program (NSLP) and, when applicable, the School Breakfast Program (SBP).

This document is intended to be reviewed annually and updated as needed. It will be maintained with the school's wellness-policy records and supporting implementation documentation.

1. Stakeholder Involvement

St. Cecilia will provide opportunities for meaningful participation by stakeholders in the development, implementation, review, and update of the Local Wellness Policy. The school will work with the Catholic Schools Office (CSO) and appropriate school leadership to solicit and document stakeholder input.

- Parents and guardians
- Students
- School food service personnel or food service provider representatives
- Physical education teachers and other teachers
- School health professionals, when available
- School administrators
- Governing board/Board representatives, as applicable
- Members of the school and local community

Methods for Soliciting Input

- Post or otherwise communicate the dates and times of meetings at which the wellness policy or implementation plan will be discussed.
- Provide a designated contact person and an invitation for stakeholders to submit comments or participate.
- Solicit input through parent/family communications, staff meetings, student input, surveys, and school/community wellness activities, as appropriate.
- Document stakeholder participation and recommendations and retain the documentation with the wellness-policy records.

2. Responsibility and Implementation

The St. Cecilia Principal or designee is responsible for overseeing implementation of this Local Wellness Policy. The school's NSLP/child nutrition administrator or designated wellness-policy coordinator will coordinate the nutrition-program portions of the plan, maintain supporting documentation, and assist with annual review and

triennial assessment. School personnel responsible for specific wellness activities will provide implementation information when requested.

Designated Wellness Policy Contact

Role	Responsible Person/Position	Documentation
Overall wellness-policy oversight	Principal or designee	Annual review; meeting/approval records
NSLP/SBP and nutrition components	NSLP/Child Nutrition Administrator or designee	Menus, Smart Snacks review, training, participation data
Wellness assessment	Principal/designee with NSLP administrator	Triennial assessment and public report
Records/public notification	School records-management designee	Website/public notices and retained records

3. Public Notification and Transparency

St. Cecilia will annually inform and update the public about the content and implementation of the Local Wellness Policy. The school will make the current policy, implementation plan, and applicable assessment results available to the public through the school website or another readily accessible method.

- Current Local Wellness Policy and implementation plan, including dated revisions
- Notice of applicable governing-board approval or revisions
- Information about opportunities for stakeholder participation
- Triennial assessment results when completed
- Any other relevant wellness-policy implementation information

The school will retain wellness-policy records and supporting documentation according to applicable law and the school's records-management procedures.

4. Nutrition Guidelines for School Meals and Competitive Foods

All reimbursable NSLP/SBP meals will comply with current USDA meal-pattern and nutrition requirements and applicable Texas Department of Agriculture (TDA) requirements. St. Cecilia will present meals in an appealing manner and in a clean, pleasant environment, provide a variety of fruits and vegetables, and make potable drinking water available.

Foods and beverages sold to students during the school day outside of reimbursable meals will comply with the current USDA Smart Snacks in School requirements and applicable TDA requirements. The school will use current USDA/TDA standards when reviewing a product rather than relying on an outdated printed nutrition standard.

Milk and Milk Alternatives

Milk served through NSLP/SBP and milk sold as a competitive food will comply with current USDA and TDA requirements, including current allowable milk types, age-specific requirements, portion sizes, and requirements for an unflavored milk option with reimbursable meals. Nutritionally equivalent non-dairy beverages will be offered when required.

Water

Students will have access to free potable drinking water during the school day, including during meal service. Students may carry personal water bottles in accordance with classroom, safety, and sanitation procedures.

5. Foods and Beverages Made Available to Students

Foods and beverages provided to students during the school day, including classroom snacks, celebrations, rewards, and school-sponsored activities, should support a healthy school environment. School personnel are encouraged to offer nutritious options and avoid using food as a reward whenever a non-food alternative is practical.

- Classroom and campus celebrations are encouraged to occur after the designated meal period when practical.
- Parents/guardians and staff will be encouraged to provide healthier food and beverage choices for school-sponsored events.
- Food allergies, medical conditions, and required meal accommodations will be handled according to applicable school and child-nutrition procedures.
- After-school snacks provided through a reimbursable program will meet the applicable USDA/TDA requirements.

6. Fundraisers

Food and beverage fundraisers conducted during the school day on campus will comply with current Smart Snacks requirements unless the school uses a permitted Texas fundraiser exemption. St. Cecilia will document any exempt fundraiser days and will comply with the current TDA limit and conditions.

The school will maintain a fundraiser log identifying the organization, date(s), product(s), and whether the fundraiser was Smart Snacks-compliant or used an applicable exemption. Exempted food/beverage fundraisers may not be sold in competition with school meals in the food-service area during meal service.

Because fundraiser limits and state requirements may change, the school will use the current TDA guidance for the applicable school year rather than carrying forward a prior-year number.

7. Food and Beverage Marketing

Food and beverage marketing on the school campus during the school day will be limited to foods and beverages that meet applicable USDA Smart Snacks standards when the item is being marketed for sale to students.

- Marketing includes oral, written, graphic, digital, or other promotional messages associated with foods or beverages sold to students.
- Examples may include posters, vending-machine graphics, menu boards, cups, coolers, equipment, signs, digital communications, and similar materials.
- New marketing materials obtained after the applicable compliance date will comply with Smart Snacks requirements.
- Existing noncompliant marketing materials will be phased out as they are replaced or removed.
- Classroom educational materials used for instructional purposes are not considered food/beverage marketing for purposes of this requirement.

8. Nutrition Promotion

St. Cecilia will promote healthy nutrition and participation in federal child nutrition programs through cafeteria, classroom, family, and school communications.

Objective	Action Steps	Measurement / Documentation
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Promote participation in NSLP/SBP	Provide information about school meal and supplemental nutrition programs to families.	Participation rates; copies of communications
Promote healthy choices	Use cafeteria signage, classroom messages, menus, and school communications to reinforce healthy choices.	Signage/materials; staff or family feedback
Support informed food choices	Provide nutrition information when available and appropriate.	Menus and nutrition information posted/communicated
Family/community wellness	Offer or participate in appropriate wellness events and activities.	Event records and participation information

9. Nutrition Education

Nutrition education will be incorporated into the school day as appropriate to grade level and curriculum. Instruction will support healthy eating behaviors, food literacy, and age-appropriate understanding of nutrition and physical health.

- Provide teachers with age-appropriate nutrition education materials.
- Integrate nutrition concepts into health, science, physical education, and other appropriate instruction.
- Review nutrition education resources periodically and update them to reflect current Dietary Guidelines and USDA guidance.
- Provide staff information or training when significant nutrition-program or nutrition-education requirements change.

10. Physical Activity and Physical Education

St. Cecilia will provide physical education and physical activity opportunities consistent with applicable Texas law and school requirements. Physical activity will be safe, developmentally appropriate, and inclusive.

- Maintain required physical education and recess/activity opportunities.
- Provide safe and developmentally appropriate opportunities for students who are not participating in competitive sports.
- Encourage before-school and after-school physical activity opportunities when feasible.
- Encourage staff to integrate movement and physical activity into appropriate academic activities.
- Provide information about school-sponsored and community physical activity opportunities.

Current implementation benchmark: the existing St. Cecilia plan documents approximately 30 minutes of physical education four days per week and 20 minutes of recess five days per week. The school will verify the current schedule annually rather than treating the historical schedule as a permanent requirement.

11. Staff Wellness

St. Cecilia will encourage employee wellness through communication about available preventive services, health screenings, wellness resources, and opportunities for physical activity. Participation in employee wellness activities will be voluntary.

- Communicate available preventive and wellness resources to employees.
- Encourage participation in school/community physical activity events when appropriate.
- Provide information about available wellness resources through email, staff meetings, or other appropriate communication.

12. School Meal Environment

St. Cecilia will provide sufficient time and an appropriate environment for students to eat school meals. The school will strive to provide lunch periods of at least 30 minutes, consistent with the school schedule and applicable requirements.

- Maintain clean, safe, and comfortable cafeteria/dining areas.
- Provide appropriate adult supervision during meal periods.
- Provide potable drinking water during meal service.
- Avoid scheduling unnecessary activities that substantially interfere with students' opportunity to eat.
- Coordinate meal schedules with administration and food service personnel.

13. Monitoring and Measuring Implementation

St. Cecilia will monitor implementation using available school and child-nutrition records. Monitoring may include meal participation data, menu and Smart Snacks reviews, schedules, training records, wellness activities, stakeholder feedback, and documentation of policy implementation.

Area	Evidence to Retain	Review Frequency
School meals	Menus, meal-pattern documentation, meal-service observations	Ongoing / annual review
Competitive foods	Smart Snacks/product review and applicable sales records	As products are introduced; annual review
Fundraisers	Fundraiser log and exemption documentation, if applicable	Each school year
Nutrition education	Curriculum/materials and staff training records	Annual review
Physical activity	Master schedules, PE/recess schedules, activity records	Annual review
Stakeholder engagement	Meeting notices, sign-in sheets, surveys, comments	Annual review
Public notification	Website/public notice records	Annual review
Triennial assessment	Completed assessment and public report	At least every 3 years

14. Annual Review and Triennial Assessment

St. Cecilia will review this Local Wellness Policy at least annually and make revisions as appropriate. At least once every three years, St. Cecilia will conduct and document a formal assessment of implementation.

The triennial assessment will address:

- The extent to which St. Cecilia is in compliance with the Local Wellness Policy.
- The extent to which the policy aligns with model, evidence-based local wellness policies.
- Progress made toward attaining the goals and objectives described in the policy and implementation plan.

The results of the triennial assessment will be made available to the public. The school will retain the assessment, supporting documentation, and evidence of public notification.

Assessment cycle

School Year	Action
2026–2027	Annual policy review; update implementation plan and documentation

2027–2028	Annual policy review; update as needed
2028–2029	Annual policy review and triennial assessment, unless the school establishes a different documented cycle

15. Records and Documentation for NSLP Review

St. Cecilia will retain documentation demonstrating implementation of the Local Wellness Policy and will make documentation available to TDA or other authorized reviewers when requested.

- Current board/governing-body approved Local Wellness Policy and dated revisions
- Annual review documentation
- Stakeholder participation and input documentation
- Public notification documentation
- Triennial assessment and public distribution documentation
- Menus and applicable nutrition/Smart Snacks documentation
- Fundraiser documentation
- Nutrition education and staff training documentation
- Physical activity/PE/recess schedule documentation
- Wellness activities and implementation evidence

16. Annual Review Certification

Item	Date	Responsible Person	Signature/Initials
Annual wellness-policy review			
Stakeholder input reviewed			
Public notification verified			
Implementation evidence reviewed			
Changes approved/communicated			

Important implementation note

This updated document intentionally replaces school-year-specific or outdated references with language tied to the current USDA/TDA requirements. Before final adoption, St. Cecilia should enter the current responsible person's name/title, confirm the current physical-activity schedule, confirm the school's fundraiser decision for the applicable school year, and document governing-body approval. The final policy should be reviewed against the current TDA Local Wellness Policy requirements before adoption.