



# Local Wellness Policies and the Role of School Health Advisory Councils (SHACs)

September 16, 2025



INSTITUTE FOR ADVANCING  
HEALTH THROUGH AGRICULTURE



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

**ACTION** FOR  
HEALTHY  
KIDS 



## **Healthy children in a healthy world.**

We advance health and healthy living for children and families through cutting-edge research, innovative community-based programs, and dissemination of evidence-based practices.

### **STRATEGIC PLAN GOALS**



# Center Resources



## WEBSITE

[msdcenter.org](http://msdcenter.org)



## WEBINARS

[go.uth.edu/webinars](http://go.uth.edu/webinars)



## NEWSLETTER

[bit.ly/MSDCenterNewsletter](http://bit.ly/MSDCenterNewsletter)



## EXPERT BLOGS

[go.uth.edu/CenterBlogs](http://go.uth.edu/CenterBlogs)



## SOCIAL MEDIA

[@msdcenter](https://twitter.com/msdcenter)



## RESEARCH AND RESOURCE STATIONS

[go.uth.edu/CenterResources](http://go.uth.edu/CenterResources)



## TX CHILD HEALTH STATUS REPORTS AND TOOLKITS

[go.uth.edu/TexasChildHealth](http://go.uth.edu/TexasChildHealth)



## TEXAS RESEARCH-TO-POLICY COLLABORATION PROJECT

[go.uth.edu/TXRPCProject](http://go.uth.edu/TXRPCProject)



# Today's Presenters



**Alice Kirk**

Senior Extension Specialist  
Child & School Health  
Texas A&M AgriLife Extension



**Michelle Smith**

School Health Operations  
Action for Healthy Kids



**Jacob Szeszulski**

Texas A&M AgriLife Research  
(Moderator)

## MyPlate FACES Grant

Texas A&M AgriLife Research and Extension

This product was funded by USDA.  
This institution is an equal opportunity employer.



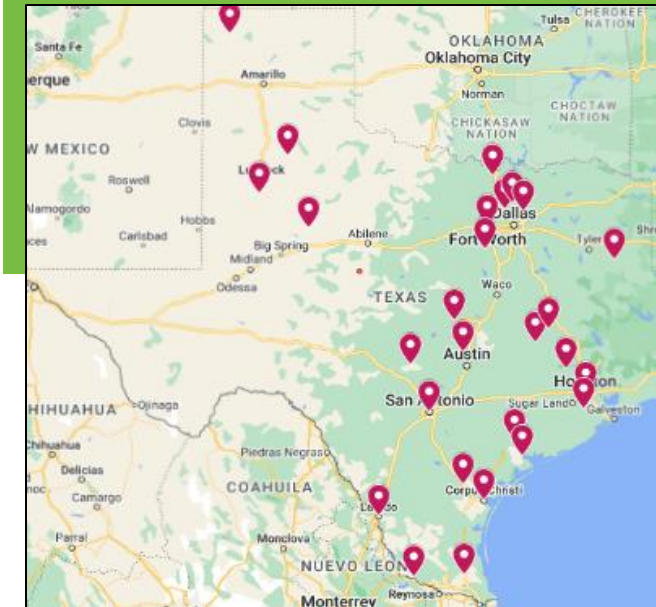
# Program Aims

**Overall:** Increase MyPlate awareness and education across Texas schools and communities

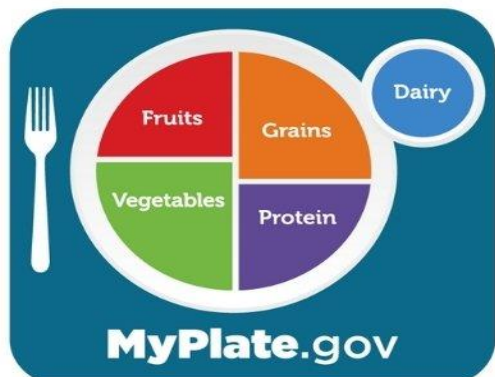
**A. MyPlate Educator** - Teach younger students about MyPlate

**B. MyPlate Influencer** - Create nutrition change in surrounding environment

- a) Support the development of healthy and flavorful school lunch recipes through **taste testing** events
- b) **Host agriculture events** (e.g., farm-to-school initiatives)
- c) Encourage involvement in **local wellness policy development and School Health Advisory Councils (SHACs)**



# BECOME A MYPLATE AMBASSADOR!



## Make Your Mark with MyPlate

The MyPlate Ambassadors program trains high school students to promote MyPlate education in Texas.



**Applications Due  
September 21st**



### Who can join?

All Texas high schoolers (grades 9-12)

### What will you do?

Promote healthy nutrition with MyPlate

### Duration of program

Fall 2025-Spring 2026

### Where will you serve?

Your community and local schools

### Why participate?

Become a nutrition leader

## ★ Contact

👤 Kendra Marstall

✉ kendra.marstall@ag.tamu.edu

☎ 972-952-9262

This product was funded by USDA.  
This institution is an equal opportunity employer.

TEXAS A&M  
AGRI LIFE  
EXTENSION



TEXAS A&M  
AGRI LIFE  
INSTITUTE FOR ADVANCING  
HEALTH THROUGH AGRICULTURE



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**



# Who is Action For Healthy Kids?

- » Action for Healthy Kids is a national nonprofit organization committed to the belief that healthy kids create a better world. We pursue this vision by mobilizing family-school partnerships to address the child health crisis and prepare kids to be healthy in body and mind.



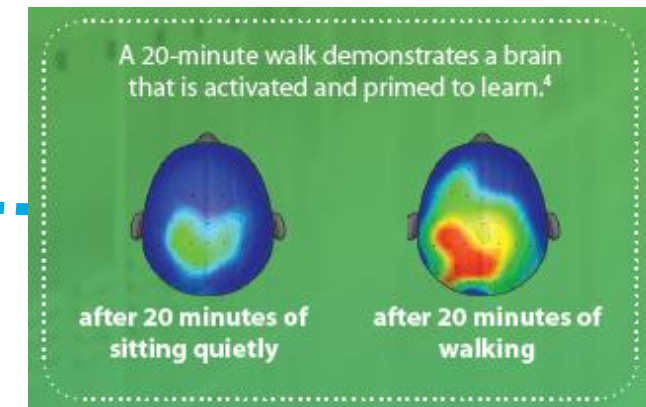
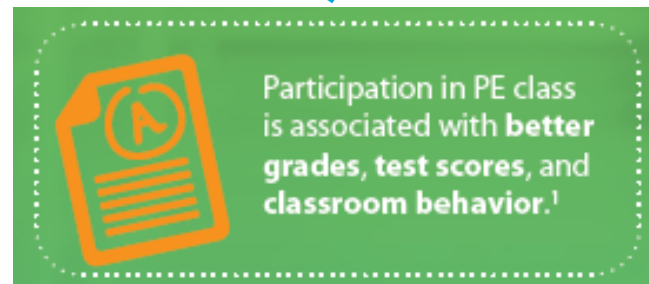
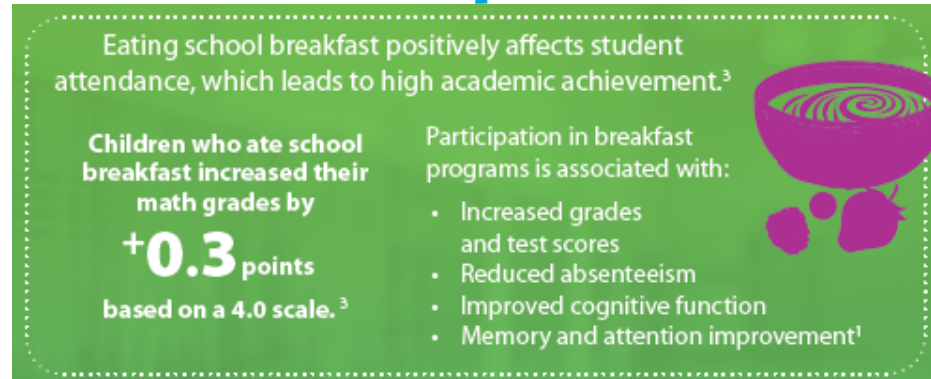


# Today's Learning Objectives

- Define and Explain the value of a School Health Advisory Council (SHAC)
- Gain knowledge on Reviewing Revising and Implementing Local Wellness Policies
- Identify where to find Resources around Wellness Policies and SHACs



# Healthy Kids = Better Learners!



# What is a SHAC?

"A **School Health Advisory Council (SHAC)** is a group appointed by the school district to serve at the district level. Members of the SHAC come from different areas of the community and from within the school district.

The majority of members must be parents who are not employed by the district. Texas law ([Texas Education Code, Title 2, Subtitle F, Chapter 28, Subchapter A, §28.004](#)) requires the establishment of a SHAC for every school district.



# Who Are Members?

- A majority are parents of students and not employed by the district
- School/District administrators
- District students
- School staff working in the eight components of coordinated school health (or WSCC model)
- The business community
  - School Board members
- Local domestic violence programs
- Health care professionals
- Law enforcement
- The clergy
- Senior citizens
- AgriLife Extension agents
- Nonprofit health organizations

# What Makes a Successful SHAC?

## Align your work with the WSCC Model

The Whole School, Whole Community, Whole Child (WSCC) Model "incorporates the components of a coordinated school health program around the tenets of a whole child approach to education and provides a framework to address the symbiotic relationship between learning and health."



# What does the Law Say?



T/F: Chair or Co-Chair must be a parent.

**True**

T/F: 10% of the SHAC must be parents who are not employed by the district.

**False**

T/F: SHAC must report to the School Board at least once annually.

**True**

T/F: SHACs must meet at least 4 times annually.

**True**

[Texas Education Code, Title 2, Subtitle E, Chapter 28, Subchapter A, §28.004](#)



# How do I Join My SHAC?

## FIND YOUR SHAC

[Texas School Report Cards |  
Texas Education Agency  
\(txschools.gov\)](https://txschools.gov/)

<https://txschools.gov/?view=schools&lng=en>



To find actual location, use QR code  
or put in address on link below:

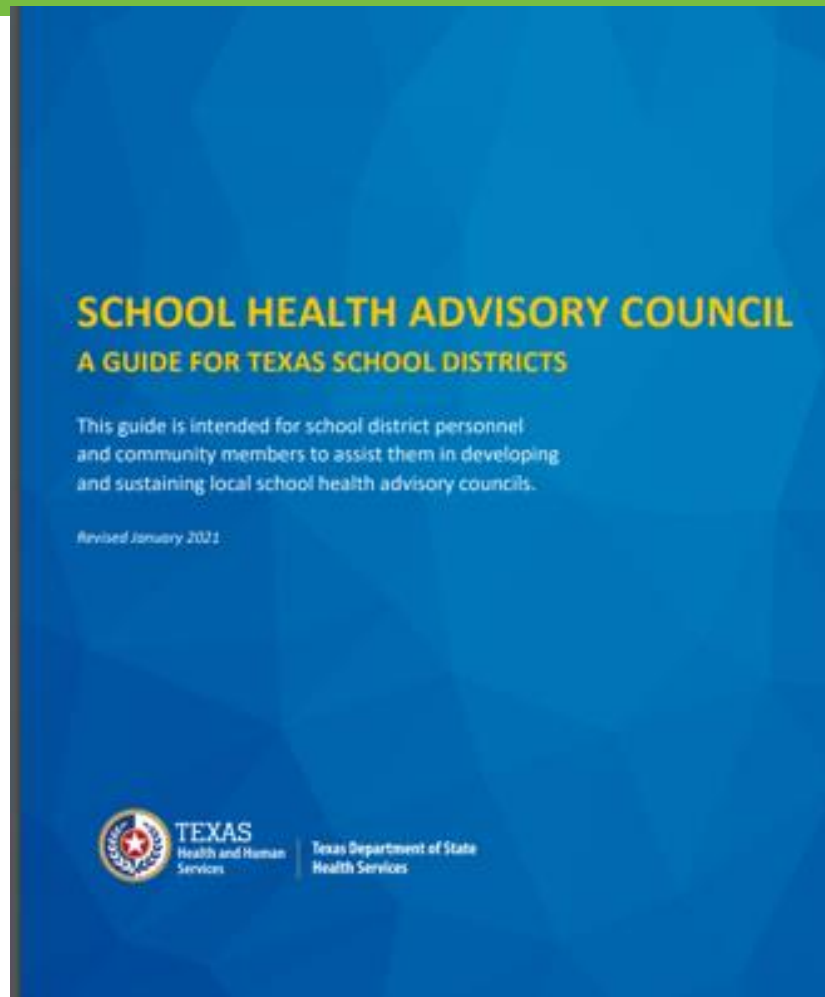
<https://www.findmyschool.us/>



# SHAC Resources

TEXAS  
Department  
of State  
Health  
Services


[SHAC Guide](#)




## Research and Recommendations developed by TSHAC


Research and Recommendations (R&R) documents are created to support school districts in implementing coordinated school health. R&Rs are developed by the TSHAC and revised as needed to help districts comply with legislative mandates and navigate prevailing health issues. Schools are permitted to utilize or modify the documents listed below to meet the needs of the individual school.

## Research and Recommendations

[Recess and Physical Activity: Impact on Student Health and Academics, Social, and Emotional Development](#)  - This R&R document was prepared to support local school districts in their efforts to comply with [S.B. 530](#), 80th Legislature, Regular Session, 2007.

The [Sample ISD Resolution: Recommendations on Recess for Elementary School Students \(9/2018\)](#)  is provided for use with local school health advisory councils (SHACs).

[Health Education for all Texas Students K-12 Grade](#)  - This document was prepared to provide resources to local school districts in their efforts to recommend a half credit of health education as a graduation requirement for all high school students.

The [Sample Resolution: Research and Recommendations on Health Education for All Texas Students K-12 Grade \(9/2019\)](#)  is provided for a SHAC to use in making this recommendation to their local school board.

[Physical Education](#)  - This R&R document was designed as a resource to help create and implement school district policies and administrative regulations.



[TEXAS School Health Advisory Committee](#)



INSTITUTE FOR ADVANCING  
HEALTH THROUGH AGRICULTURE



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



# SHAC Resources

Visit the Texas SHAC Network Website

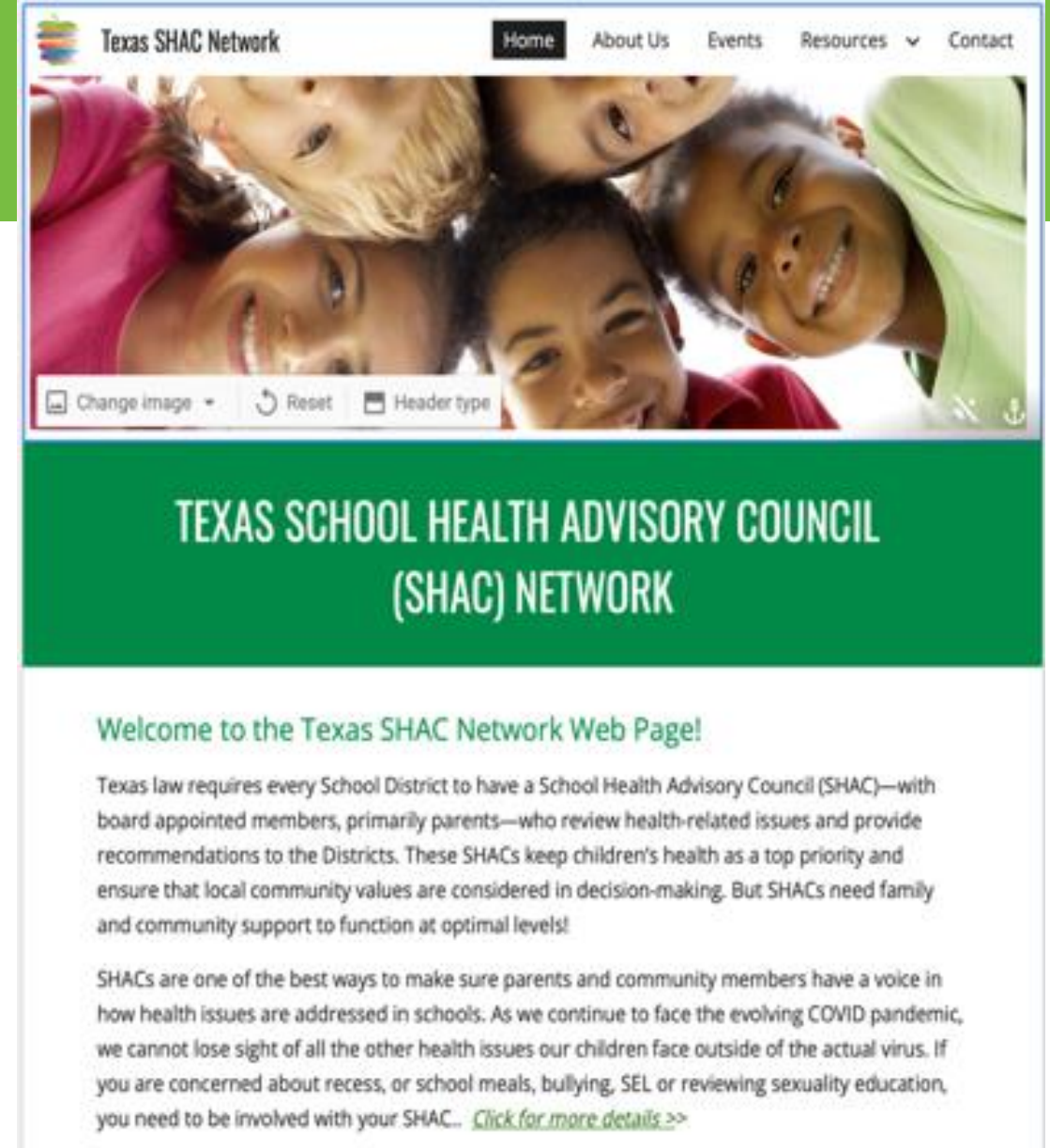
[www.txshacnetwork.com](http://www.txshacnetwork.com)

- State laws and TEA rules governing SHACs
- TASB information on new SHAC regulations and Health curriculum
  - National resources CDC/NASBE
  - Wellness Policy information
- Assessment Tools and Resources

**SHAC CHAT** – We are now hosting “Office Hours” monthly to answer questions on SHACs. Join us! Our next SHAC Chat will be **Wed., Oct. 8 at 11am and every month on 2<sup>nd</sup> Wed after.**

**Just join from the link below:**

<https://actionforhealthykids.zoom.us/j/3201543804>





# SHAC Resources

- Texas Education Agency, School Health  
<https://tea.texas.gov/texas-schools/health-safety-discipline/coordinated-school-health>
- Texas Education Agency FAQ on SHACs:  
<https://tea.texas.gov/academics/subject-areas/health-and-physical-education/shac-faq.pdf>
- Texas Department of Agriculture (TDA) Administrative Reference Manual (ARM) Section 29 Local Wellness Policy guidance.  
<https://squaremeals.org/Programs/National-School-Lunch-Program/Policy-ARM>
- TDA Local Wellness Policy guidance  
<https://squaremeals.org/Programs/National-School-Lunch-Program/Local-Wellness-Policy-Requirements>

# Join Us to Learn More... Sept. 30<sup>th</sup> at 11:00AM

## New Legislation that Can Impact your District

Join us to learn more about new laws passed during the 89th Legislative Session that affect your schools, your district and your SHAC! Presenters:

- **Kelsey Vanderbilt**, Staff Attorney with Texas Association of School Boards (**TASB**)
- **Michelle Smith**, Action for Healthy Kids (**AFHK**)

Will explore the new legislation around withholding physical activity/recess, cell phone usage and other topics, and implementation expectations! If you have questions about specific bills, you can include in the survey when you register to attend.

[Register Here](#)



INSTITUTE FOR ADVANCING  
HEALTH THROUGH AGRICULTURE



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER





Local School Wellness Policies  
(LSWP)

Local Wellness Policies (LWP)



# Local Wellness Policies

“At a minimum, LEAs must:

Permit participation by the general public and the school community (including parents, teachers, school health professionals, administrators, school food service, and school boards) in the wellness policy process.”

<https://www.fns.usda.gov/tn/wellness-policy>



# Why Do We Have LWPs?

“A local school wellness policy (“wellness policy”) is a written document that guides a local educational agency’s (LEA) or school district’s efforts to establish a school environment that promotes students’ **health**, **well-being**, and **ability to learn.**”

[www.schoolwellnesspolicies.org](http://www.schoolwellnesspolicies.org)

# Local Wellness Policies

The [2004 Child Nutrition and WIC Reauthorization Act](#) required districts to have a wellness policy that includes:

- Nutrition guidelines
- Goals for nutrition education, physical activity and other school-based activities
- A plan for measuring implementation

[www.fns.usda.gov/tn/local-school-wellness-policy](http://www.fns.usda.gov/tn/local-school-wellness-policy)





# Local Wellness Policies

## Healthy Hunger-Free Kids Act of 2010



- Required USDA to update national nutritional standards for all foods sold on campus throughout the school day including vending machines, a la carte lines in the cafeteria, snack carts, school stores and fundraisers.
- Restricts Marketing and advertising on school campus

***Competitive Foods = foods that “compete” with school meals for student dollars***

# Local Wellness Policies

The Final Rule added:

- Accountability provisions

The Final Rule impacted:

- Smart Snacks in School
- Local School Wellness Policy
- Community Eligibility Provision
- Administrative Review



[www.fns.usda.gov/tn/local-school-wellness-policy](http://www.fns.usda.gov/tn/local-school-wellness-policy)

# Local Wellness Policies – Final Rule

The [Healthy Hunger Free Kids Act final rule](#) strengthens the requirements for local school wellness policies and puts more emphasis on policy implementation, periodic review and updates.

- Required to identify the position title of the school/district official responsible for Local Wellness Policy (LWP) oversight
- Required reporting on policy content and implementation and updates to the policy must be made public
- Required periodic assessment and results are made available to the public
- Must permit certain groups to participate in LWP development, implementation and review
- Must include goals for nutrition promotion and education
- Marketing policies permit marketing foods consistent with Smart Snacks standards



# Considerations

» The USDA requirements for wellness policies focus primarily on nutrition with and physical activity.



- How can your district expand on this to include information on your comprehensive school physical activity plan?
- How can your district include all the components of the Whole Child model?

# Resources for Developing Wellness Policy

## » Checklist for Wellness Policies

- <http://www.squaremeals.org/Programs/NationalSchoolLunchProgram/NSLPAadministration&Forms.aspx>
- Search for Local Wellness Policy

## » Web Page with Resources

- <http://www.squaremeals.org/CommunityInvolvement/LocalWellnessPolicyResources.aspx>

**Local Wellness Policy (LWP) Checklist**  
*For Contracting Entities (CEs) Operating the National School Lunch Program (NSLP) and the School Breakfast Program (SBP)*

---

**I. Contracting Entity (CE) Information**

CE Name: \_\_\_\_\_ CE Identification Number (CE ID): \_\_\_\_\_

Schools Operating Under the Local Wellness Policy (LWP): \_\_\_\_\_

---

**II. Structure**

*Requirement: The CE must develop a LWP that applies to all NSLP and/or SBP schools that is approved by the board of trustees or governing board.*

*Local Decision: CEs may customize the policy for different schools based on student age, facility, or other circumstances as long as the resulting LWP meets requirements and does not conflict with federal and state regulations.*

*Check yes or no to indicate if the CE has met these requirements.*

Yes No

☐ ☐ **A. All Schools.** The CE has developed a LWP that applies to all schools participating in NSLP and/or SBP.

*If no is checked, explain why the CE's LWP does not apply to all schools participating in NSLP and/or SBP in the space below.*

\_\_\_\_\_

Yes No

☐ ☐ **B. Approval.** The CE's board of trustees or governing board has approved the LWP.

*If no is checked, explain why the board of trustees or governing board has not approved the LWP in the space below.*

\_\_\_\_\_

---

**III. Stakeholder Engagement**

*Requirement: The CE must engage stakeholders in developing and implementing its LWP. Engaged stakeholders must include, but are not limited to, the following stakeholder groups:*

- Administrators
- Community members
- Representatives of the board of trustees or governing body
- School nutrition staff
- Students

*Recommendation: The CE may engage other stakeholders in developing and implementing its LWP, including, but not limited to, physical education staff and school health professionals.*

*Check each stakeholder group that was involved in the development and implementation of the LWP.*

☐ **A.** Administrators, district and/or school

☐ **B.** Community members (local service organizations or other appropriate representatives)

☐ **C.** Parents

☐ **D.** Representatives of the board of trustees or governing body

# Resources for Developing Local Wellness Policy

- USDA Food and Nutrition Services - Local School Wellness Policies  
<https://www.fns.usda.gov/tn/wellness-policy>
- Whole School, Whole Community, Whole Child — CDC  
[www.cdc.gov/HealthyYouth/CSHP/](http://www.cdc.gov/HealthyYouth/CSHP/)
- RUDD Center – Well SAT 3.0 Wellness Policy Assessment tool  
<http://www.wellsat.org/default.aspx>
- CDC School Health Index (SHI) Assessment Tool for Schools  
<http://www.cdc.gov/healthyschools/shi/index.htm>





# What is an Implementation Plan?

**The implementation plan** generates a strategy that describes “HOW” the local school will implement the written policy.

The implementation plan should be updated to meet emerging needs and priorities of the community in addition to addressing local, state or federal requirements.

<https://www.fns.usda.gov/tn/wellness-policy/implementation-tools>

# Wellness Policy to Wellness Plan



## Translate a Local Wellness Policy to an Implementation Plan

Page one of this document outlines the components of a local wellness policy and a wellness implementation plan. Page two demonstrates how to engage school and community stakeholders to develop a detailed wellness implementation plan with targeted strategies that support a healthy school environment.

### WELLNESS POLICY

A local school wellness policy is a board adopted document that guides a local educational agency (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being and ability to learn by supporting healthy eating and physical activity.  
[www.fns.usda.gov/school-meals/local-school-wellness-policy](http://www.fns.usda.gov/school-meals/local-school-wellness-policy)

Every Texas Department of Agriculture Contracting Entity must establish and follow a local wellness policy (LWP). The LWP is intended to be a useful tool in establishing, evaluating, and maintaining a healthy school environment and promoting transparency to the public on key areas that affect each school's nutrition environment.

### WELLNESS IMPLEMENTATION PLAN

The implementation plan describes how the LEA will implement the written policy. The plan for implementation should be updated to meet emerging needs and priorities of the community in addition to addressing local, state, or federal requirements.

*Texas Department of Agriculture's Administrator's Reference Manual, ARM Section 19 - Other Operational Issues for the Local Wellness Policy Topic*

## WELLNESS IMPLEMENTATION PLAN

*Generates a strategy that describes "HOW" the wellness policy requirements will be implemented into the school environment to address the goals and objectives identified*



- ☐ Developed for the entire school district or unique to each individual school
- ☐ Includes descriptive objectives, action items, timelines and measures of success that explain the wellness policy's broad goals
- ☐ Customizable to each school's available resources and needs, allowing for creative implementation (*All activities must comply with state and federal regulations*)
- ☐ Approved by the respective school administration



Food and Nutrition Division  
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



This product was funded by USDA.  
This institution is an equal opportunity provider.

## WELLNESS POLICY

*Identifies "WHAT" the wellness policy requirements include at the school district level*



- ☐ Outlines broad goals for the entire school district to establish a school environment that promotes student health, well-being, and ability to learn by supporting healthy eating and physical activity
- ☐ Adopted by a school board as a requirement for schools participating in federally funded Child Nutrition Programs including the National School Lunch Program and/or the School Breakfast Program
- ☐ Reviewed every three years as part of the School Food Authority Administrative Review conducted by the Texas Department of Agriculture (TDA)

## Policy to Plan Guide

available at

[SquareMeals.org/LocalWellnessPolicy](http://SquareMeals.org/LocalWellnessPolicy)



INSTITUTE FOR ADVANCING  
HEALTH THROUGH AGRICULTURE



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



# Developing a Wellness Plan

## STUDENT WELFARE WELLNESS AND HEALTH SERVICES

## FFA (REGULATION)

### WELLNESS PLAN

This document, referred to as the "wellness plan"(the plan), is intended to implement policy FFA(LOCAL), 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]

### 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. The District has chosen to use the local school health advisory council (SHAC) to work on behalf of the District 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 SHAC will permit the following persons to work with the SHAC on the District's wellness policy and plan: parents, students, the District food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public. The SHAC will solicit involvement and input from these other interested persons by:

1. Posting on the District's website the dates and times of SHAC meetings at which the wellness policy and plan are scheduled to be discussed.
2. Listing in the student handbook the name and position of the person responsible for oversight of the District's wellness policy and plan along with an invitation to contact that person if the person is interested in participating in the development, implementation, and evaluation of the wellness policy and plan.

### IMPLEMENTATION

Each campus principal is responsible for the implementation of FFA(LOCAL) and this wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation.

The federal programs director is the District official responsible for the overall implementation of FFA(LOCAL), 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, the District will periodically measure and make available to the public an assessment on the implementation of the District'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

## Wellness Plan template

## STUDENT WELFARE WELLNESS AND HEALTH SERVICES

## FFA (REGULATION)

a la carte options or vending machines. For purposes of this plan, these requirements will be referred to as "Smart Snacks" standards or requirements. The following websites have information regarding meal and Smart Snacks requirements:

- <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
- <http://www.fns.usda.gov/healthierschoolstayoutils-schools-focusing-smart-snacks>
- <http://www.squaremeals.org/Publications/Handbooks.aspx>

*[If the District has stricter standards/guidelines that are not prohibited by the federal meal program requirements or Smart Snacks standards, such as a prohibition on the sale of diet sodas or on the preparation of food by deep fat frying, include those restrictions here.]*

### EXCEPTION— FUNDRAISERS

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six days per year per campus when a food or beverage is sold as part of a District fundraiser. [See CQ(LEGAL)]

*[Determine whether exemptions will be allowed for fundraisers involving food that is not Smart Snacks compliant.]*

The District will allow the following exempted fundraisers for the 20\_\_ school year:

Campus or Organization	Food/Beverage	Number of Days

### OR

The District will not allow exempted fundraisers; all fundraisers will include non-food items, foods that meet the Smart Snacks standards, or foods that are not intended to be consumed at school.



# Are You Ready?

## Developing strategies for implementing local wellness policies

- Reach out to your SHAC to review and update your wellness policies
- [Visit Texas Dept. of Agriculture for resources and a checklist](#)
- [Access Templates and Sample Policies through TASB](#)
- Consider using [WellSAT](#) or other assessment tool to review current wellness policies
- [Visit Action for Healthy Kids](#) for more information and ideas
- Join the [Texas SHAC Network](#)





# Ask Questions

- Who was involved in writing your wellness policy?
- Where do I find the most current LWP?
- Who is overseeing implementation of the LWP?
- Are recommended activities tracked at the district level?
- When was the last time it was evaluated?
- How are teachers and parents informed about the LWP and its guidelines?
- Are LWP implementation activities included in the School Improvement Plan?



# Questions?



# Contact Us!

## Michelle Smith

School Health Operations

Action for Healthy Kids

Email: [msmith@actionforhealthykids.org](mailto:msmith@actionforhealthykids.org)

## Jacob Szeszulski, PhD

Assistant Professor

Texas A&M AgriLife Extension

[Jacob.Szeszulski@agnet.tamu.edu](mailto:Jacob.Szeszulski@agnet.tamu.edu)

## Alice Kirk, MPH

Senior Extension Specialist-  
Child & School Health

Texas A&M AgriLife Extension

Email: [alice.kirk@ag.tamu.edu](mailto:alice.kirk@ag.tamu.edu)

## Texas Department of Agriculture

[Nutrition@TexasAgriculture.gov](mailto:Nutrition@TexasAgriculture.gov)

# Please Complete Evaluation Survey

» This brief survey will help us with future workshops. Thank you!





# Thank you for attending!

**Scan the QR code below to view more webinars  
and register for upcoming ones!**

