Local Wellness Policy

Legacy Preparatory Charter Academy CE ID 04303

Local Wellness Policy July 2026 revised and updated

The wellness policy is in place to cover both Of our Mesquite Campuses.

Structure

All schools in our district are participating in the NSLP and SBP

School board approval was received on date listed below. This must be reviewed annually, and triennial assessment will be due before Sept of 2026.

Date: August 2026

Purpose and Goal:

LPCA will comply with all federal, State and local requirements. LPCA will make Child Nutrition Programs accessible to all LPCA students.

LPCA will provide and promote interdisciplinary nutrition education.

LPCA will encourage students to have meaningful physical activity during and after school.

LPCA will ensure that all school-based activities are consistent with the local wellness policy.

All food and beverages made available to students on campus are compliant with the USDA/TDA rules for NSLP SBP school nutrition.

LPCA will make sure that food is not used as a reward and that physical activity will not be taken away as a punishment.

A. Nutrition Education and Promotion

Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies.
Nutrition education will involve sharing information with families to positively impact our students and the health of the community.

The staff responsible for nutrition education will be adequately prepared and participate in professional development activities to effectively deliver an accurate nutrition educational program as planned.

B. Physical Activity

Physical education courses will be in the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.

Policies ensure that certified physical education instructors teach all physical education classes.

Policies ensure that physical education classes have a student/teacher ratio similar to other classes.

LPCA will provide a daily recess period for grades PK-5 and it is not allowed to be used as a punishment or a reward.

Physical education includes the instruction of individualized activities competitive and noncompetitive team sports to encourage lifelong physical activity.

Adequate equipment is available for all students to participate in physical education.

Physical activity facilities on school grounds will be safe.

The school provides a physical and social environment that encourages safe and enjoyable activities for all students, including those that are not athletically gifted.

C. Nutritional Guidelines for All Foods on Campus

All foods made available on campus will comply with USDA/TDA school nutrition guidelines.

Food providers will be sensitive to the school environment in displaying their logos and trademarks on school grounds.

Soft drinks are strongly discouraged from being brought in a home packed lunch.

Energy drinks are forbidden.

D. Eating environment

Lunch Periods are scheduled as close to the middle of the day as possible.

Cafeterias include enough serving area so that the students don't have to spend too much time waiting in line.

Dining areas are attractive and have enough seating for all students.

Drinking water is available for students.

Food is not used as a reward or a punishment, unless it is detailed in a student's IEP (Individualized learning plan)

A minimum of 30 minutes (uninterrupted) will be scheduled to allow students to eat, relax and socialize.

School will encourage socializing among students and between students and adults.

Adults will properly supervise dining rooms.

E. Child Nutrition Operations

The child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of students.
If subsidy of the child nutrition fund is needed it will not come from the sale of foods that have minimal nutritional value or that compete with program meals.

The child nutrition program will ensure that all students have affordable access to the varied and numerous foods they need to be healthy and learn.

All foodservice personnel shall have adequate preservice training in foodservice operations.

Students are encouraged to start each day with a healthy breakfast.

F. Marketing

LPCA will market its foodservice program to our students and families by uploading our menu to the school website. LPCA will use available tools such national school lunch and breakfast weeks to engage our students in fun nutritional education.
Signage and other nutritional promotional items will be hung and displayed.

Stakeholder engagement

The following people were participants in the creation of this local wellness policy:

Arlinda Bailey	Child Nutrition Coordinator
Buddy Davis	Director of Facilities
Cynthia Ferguson	School Health Professional
Louisa Navarro	School Nutrition Staff
Valerie Luera	School Employee
Gilberto Sanchez	Parent
Janeth Gomez	Parent