

Lavina School Wellness Policy & Goals

1) Setting Nutrition Education Goals

- a) Nutrition education will be offered in our cafeteria and in elementary classrooms consistent with the Dietary Guidelines for Americans and the USDA's Choose My Plate program.
- b) We will work towards consistent messaging in school, classroom, cafeteria, home, community, and media.
- c) Nutrition education will be integrated into the health education class.
- d) Nutrition education will be taught by qualified staff in the Health Enhancement and Family and Consumers Science classes, which are both required for graduation.
- e) Nutrition Education will be delivered by qualified staff.
- f) Encourage student engagement through mentoring activities, such as the student worker program.
- g) Promote nutrition education through a variety of means that may include the following: school menus, newsletter articles, class projects, and school activities.
- h) Offer school staff training annually on wellness strategies.
- i) Offer school staff opportunities to participate in physical activity and nutrition programs.

2) Setting Physical Activity Goals

- a) Students will have a minimum of 150 minutes per school week for elementary students and 225 minutes per school week for high school students..
- b) Students are provided opportunities for physical activity through recess periods, physical education class and interscholastic sports programs.
- c) Elementary students will have a minimum of 20 minutes of supervised recess per day.
- d) Withholding entire recess periods as a consequence for poor academic performance or inappropriate behavior will be prohibited.
- e) Activity breaks during class periods are encouraged.

3) Establish nutrition standards for all foods available on campus during the school day.

- a) Follow USDA Smart Snack rule for food and beverages sold in the school during the school day.
- b) Encourage staff to promote health choices for food and beverages served at parties and celebrations during the school day and avoid empty calories.
- c) Follow the patterns and nutrition standards established by the US Department of Agriculture for reimbursable school meals.
- d) Strive to provide healthy food and beverage choices at concession stands and

school sponsored events.

4) Goals for Other School-Based activities designed to promote student wellness

- a) Provide a clean, safe, enjoyable meal environment for students.
- b) Provide adequate time for students to enjoy eating healthy foods with friends, scheduled as near the middle of the day as possible.
- c) Provide enough space and serving areas to ensure student access to meals with a minimum wait time.
- d) Limit the denial of recess or PE as a form of discipline and prohibit the cancellation of recess or PE to make up instructional time.
- e) Avoid using food as an incentive in classrooms.
- f) Provide students access to physical activity facilities outside school hours.

5) Program Oversight and Public Involvement

- a) Develop a plan to measure the implementation of the school wellness policy.
- b) The superintendent will maintain responsibility for program operation, integrity and compliance.
- c) Periodically assess the program and policy, sharing outcomes with the public at least once every three years.

Food and Beverage Marketing and Advertising

*The Lavina School District will ensure that all foods and beverages marketed or advertised to students on campus during the school day meet or exceed the USDA **Smart Snacks in School** nutrition standards. This includes, but is not limited to, advertising through signage, vending machines, scoreboards, school publications, fundraising materials, and other promotional efforts. Marketing of foods and beverages that do not meet Smart Snacks standards is prohibited during the school day.*

Updated April 1, 2026