

Lavina Public School

"Home of the Bearcats"

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 taught by qualified staff in the Health Enhancement and Family and Consumers Science classes, which are both required for graduation.
- d) Nutrition Education will be delivered by qualified staff.
- e) Encourage student engagement through mentoring activities, such as the student worker program.
- f) Promote nutrition education through a variety of means that may include the following: school menus, newsletter articles, class projects, and school activities.
- g) Offer school staff training annually on wellness strategies.
- h) 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 classes, 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 of poor academic performance or inappropriate behavior will be discouraged.
- e) Activity breaks during class periods are encouraged.

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

- a) Follow the USDA Smart Snack rule for food and beverages sold in the school during the school day. <https://bit.ly/3EmPSuF>
- b) Encourage staff to promote healthy 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.

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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) Discourage the denial of recess or PE as a form of discipline and limit 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.

