

Lake Local School District  
Student Wellness Plan



### **Student Wellness Committee Members:**

Kevin Tobin	Superintendent
Jeff Breit	Business Manager
Angel Harbaugh	Curriculum Director
Lisa Shannon	Director of Special Education
Catherine Hoover	District School Nurse
Joe Trego	LMHS Health Teacher
Dan Sears	LMHS Physical Education Teacher
Jenny Noall	Lake Elementary Teacher
Elizabeth Windham	LMHS Student
Jenny Anderson	Board of Education & Parent
Michelle Fisher	Lake YMCA Community Partner

The Lake Local School District is committed to the optimal physical and academic development of every student. The district believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we must create positive, safe and health promoting learning environments at every level, in every setting, throughout the school year. The district will align health and wellness efforts with other school improvement endeavors to ensure the optimal health and academic success of all students.

The Student Wellness Plan outlines the district's approach to ensuring that the school environment provides opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. The Student Wellness Plan applies to all students, staff and schools in the district. The Student Wellness Plan establishes goals and procedures to ensure that:

- Students in the district have access to healthy foods throughout the school day-both reimbursable school meals and other foods available through the school campus in accordance with Federal and State nutrition standards;
- Students receive quality nutrition that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active during and after school;
- Students engage in nutrition and physical activity promotion and other activities that promote student wellness;

## **Wellness Program:**

### 1. District Wellness Committee:

- The district will convene a district wellness committee that meets four times per year to establish goals for and oversee school health and safety policies and programs, including the development, implementation and periodic review and update of the district wellness program.
- The district wellness committee will include representatives from the school and district level. The committee will include the superintendent; parents; representatives of the school nutrition program; physical and health education teachers and school health professionals; students; and school board members.

### 2. Student Wellness Program Implementation Plan:

- The district will develop and maintain a plan for implementation to manage and coordinate the execution of the wellness program. The plan will include specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness.

### 3. Student Wellness Program Progress Reports:

- The district will develop and publish an annual report to share basic information about the wellness program and report the progress of the schools within the district in meeting wellness goals. The report will include, but is not limited to:
  1. The website address for the wellness policy and/or how the public can receive a copy of the wellness program;
  2. The documentation of the district's progress in meeting the wellness program goals;
  3. The documentation of the most recent assessments of implementation;
  4. The documentation of efforts to review and update the Student Wellness Plan.

### 4. Student Wellness Program Policy Updates:

- The District Wellness Committee will update the Student Wellness Plan based upon the results of the triennial assessment; district priorities; community needs; implementation progress; emerging scientific information; and new Federal or State guidance or standards are issued.

### 5. Notification to the Public:

- The district will post updates and revisions to the wellness policy on the district website: <https://www.lakelocal.org/departments/food-service>

## **Nutrition:**

### 1. School Meals:

- All schools within the district will participate in the National School Lunch Program {NSLP} and School Breakfast Program {SBP} and will provide meals that meet the nutrition standards for school meals by including:
  1. Fruits and vegetables, including a variety of fruits and vegetables that meet the required vegetable subgroup;
  2. Grains {whole grain-rich};
  3. Meats and meat alternatives;
  4. Fat-free and low-fat milk;
  5. Access to free drinking water;
  6. School meals will be accessible to all students, and the district will accommodate special dietary needs and food allergies as required by federal regulations;
  7. School meals will be administered by a team of qualified nutrition professionals who meet or exceed the hiring and annual continuing education/training requirements of the USDA Professional Standards for Child Nutrition Professionals;
  8. The district will make every effort to ensure, to maximum extent practicable, that the method of payment does not identify a student as eligible for free or reduced-price meals.

### 2. Water:

- Free, safe, unflavored drinking water will be available to all students where school meals are served during the school day and during the extended school day. In addition, students will be allowed to bring and carry water bottles filled with only water with them through the day. Water cups/jugs will be available in the cafeteria if a drinking fountain is not present. All water sources and containers will be maintained regularly to ensure adherence to health and safety standards.

### 3. Competitive Foods and Beverages Food Sale Standards:

- The district will ensure that all foods and beverages sold to students on the school campus during the school day support healthy eating, including those provided outside the school meal programs. All foods and beverages sold outside of the school meal programs, during the school day will, at minimum, meet the USDA Smart Snacks nutrition Standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include but are not limited to a la carte, vending machines, school stores and snack or food carts.

A summary of the standards and information are available at:

<https://www.fns.usda.gov/cn/tools-schools-focusing-smart-snacks>

### 4. Celebrations and Rewards:

- The district recommends that all food provided on the school campus will meet the USDA Smart Snacks in School nutrition standards including:
  1. Celebrations and parties: The district will encourage parents and teachers to provide healthy treats.
  2. Classroom snacks brought by parents: The district will encourage parents and teacher to provide healthy classroom snacks; and
  3. Rewards and incentives: The district will encourage parents, teachers, and other relevant school staff to provide alternate rewards and incentives to students.

### **Nutrition Education:**

The district will teach, model, encourage and support healthy eating and physical activity among students. Schools will provide nutrition and physical activity education integrated into other subjects, as part of health education and/or offer stand alone classes at each grade level.

The district will ensure that:

- Nutrition and physical activity education are taught using evidence based curricula that are aligned with the National Health Education Standards and address the essential healthy eating and physical activity topics;
- The curricula used are consistent with the CDC's Characteristics of an Effective Health Education Curriculum;
- The curricula used are designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Nutrition and physical activity education are integrated into classroom subjects such as math, science, language arts, social studies and art and are also included as part of health education classes and elective subjects;
- Nutrition and physical education include developmentally appropriate, culturally relevant, and participatory activities.

### **Nutrition Promotion:**

The district will promote healthy food and beverage choices for all students across the district as well as encourage participation in school meal programs. This promotion will occur through:

- School announcements, newsletters, and website postings;
- Displaying posters promoting good nutrition, such as My Plate, in school cafeterias where possible;
- Promoting nutrition and wellness through special events and activities throughout the school year.

### **Physical Activity:**

Children and adolescents are encouraged to participate in 60 minutes of physical activity every day per National Benchmarks. A percentage of student's physical activity can be provided through a

comprehensive, school based physical activity program that includes these components: Physical education, recess, classroom based physical activity, and out of school time activities. Schools will ensure that these varied opportunities are in addition to, not as a substitute for, physical education.

The district will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The district will conduct necessary inspections and repairs.

### **Classroom Physical Activity:**

Classroom physical activity is defined as any physical activity done in the classroom. Classroom physical activity can take place at any time and occur in one or several brief periods of time during the school day.

Classroom physical activity should be offered in addition to physical education and recess and at all school levels.

Classroom physical activity can benefit students by:

- Improving their concentration and ability to stay on-task in the classroom;
- Reducing disruptive behavior, such as fidgeting, in the classroom;
- Improving their motivation and engagement in the learning process;
- Helping to improve their academic performance;
- Increasing their amount of daily physical activity.

### **Daily Recess:**

Recess is a scheduled time that provides an essential break from demanding cognitive tasks. Recess provides time to move, play, problem solve and socialize. Increased attention span and academic performance can result after recess and recess helps children to learn social skills that may not be achieved in a structured classroom environment.

The district will ensure that all elementary schools will offer at least 20 minutes of recess on all days during the school year which will complement, not substitute for, physical education class and will:

- Provide schools and students with adequate spaces, facilities, equipment and supplies for recess;
- Ensure that spaces and facilities for recess meet recommended safety standards;
- Provide strategic inclusion and oversight of opportunities for students with special needs or disabilities to participate;
- Assess the accessibility of playgrounds and outdoor play areas and make changes to improve access;
- Provide equipment to allow for inclusion of students with disabilities into activities.

### **Other Activities that Promote Student Wellness:**

In regard to other activities that promote student wellness:

- The district will promote and encourage the integration of wellness activities across the entire school setting.
- The district will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well being, optimal development, and strong educational outcomes.
- The district will support student clubs and organizations created for the purpose of increasing student wellness.

### **Health Education: {Recommended not Required}**

The district will provide students with Health Education, using an age appropriate, sequential Health Curriculum that is consistent with National and State standards for Health Education. The Health Education curriculum will:

- Is taught by qualified and trained professionals;
- The health education learning standards and curriculum are regularly evaluated and revised;
- Schools utilize a planned, sequential and comprehensive health education curriculum that is culturally and developmentally appropriate, and addresses a clear set of behavior outcomes that promote healthy eating and physical activity behaviors.

### **Physical Education: {Recommended not Required}**

The district will provide students with Physical Education, using an age appropriate, sequential Physical Education Curriculum that is consistent with National and State standards for Physical Education. The Physical Education curriculum will:

- Encourage all students, regardless of athletic ability, to lead an active lifestyle that continues into adulthood and helps them achieve and maintain a health enhancing level of fitness.
- Promote and encourage opportunities for physical activity for all students throughout the school day.
- Provide all students equal opportunity to participate in physical education classes. The district will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.
- Recess will complement, not substitute, physical education class.

