



POLICY 338

I. PURPOSE

- A. The purpose of this policy is to ensure that Lakes International Language Academy (the “School”) promotes and protects the health, well-being, and academic success of students by supporting healthy eating habits, physical activity, and wellness-focused initiatives in alignment with federal and state regulations.

II. GENERAL STATEMENT OF POLICY

- A. The School Board recognizes that health and nutrition education, along with regular physical activity, are vital components of student development and academic success.
- B. The school environment will foster and support students’ physical and emotional well-being by promoting access to nutritious meals, physical activity opportunities, and a wellness-oriented culture.
- C. The School encourages collaboration among students, parents, staff, administrators, and the community in developing, implementing, and reviewing wellness policies.
- D. Children require access to healthy foods and opportunities to engage in physical activity in order to grow, learn, and thrive.
- E. All students in grades PreK–12 will have the opportunity, support, and encouragement to be physically active on a regular basis including a minimum of 20 minutes of daily recess for elementary students and opportunities for movement breaks at the secondary level.
- F. Qualified food service personnel will provide students with affordable, appealing, and nutritious meals that reflect the dietary needs and cultural diversity of the student body in a clean, safe, and welcoming setting.

III. GUIDELINES

- A. Foods and Beverages
 - 1. All foods and beverages available on campus during the school day—including in vending machines, concessions, and a la carte lines—will meet or exceed the USDA Dietary Guidelines for Americans and Smart Snacks in School standards.
 - 2. The school day is defined as beginning at midnight before and extending 30 minutes after the final bell.
 - 3. Fundraisers held during the school day must comply with Smart Snacks standards, unless exempted under state-approved infrequent fundraiser guidelines.
 - 4. Potable water will be freely available to students at no cost during meal services and throughout the school day, both via fountains and reusable water bottles.

5. Only healthy snacks will be offered during after-school programs.
6. The school food service company is encouraged to source fruits and vegetables locally when feasible.
7. Caffeinated beverages are discouraged for sale or consumption by students, except potentially in high school, where sales should be limited.
8. To promote a positive school environment and healthy habits, we will encourage teachers, staff and families to offer non-food rewards and celebrations..

B. School Food Service Program and Personnel

1. The School will operate meal programs under USDA National School Lunch and School Breakfast Program guidelines. Reimbursable school meals must not be more restrictive than the guidance provided by the Secretary of Agriculture.
2. Food service personnel, whether in-house or contracted, shall adhere to all federal, state, and local food safety and security guidelines.
3. The School shall not deny students a reimbursable meal regardless of ability to pay or outstanding meal balances.
4. FRAM (Free and Reduced-price Meals) status must be kept confidential at all stages—notification, eligibility determination, and at the point of service. Point of Service will be cashless with students issued a unique identification number to enter or scan.
5. Parents/guardians will be informed that FRAM applications are available online via the school's website and should be completed before the first day of school.
6. Food service staff will meet required annual training hours:
 - a) Directors: 12 hours
 - b) Managers: 10 hours
 - c) Staff: 6 hours
7. Ongoing professional development will be provided in partnership with the Food Management Service Company.

C. Nutrition Education and Promotion

1. Nutrition education will:
 - a) Be part of a comprehensive health curriculum, incorporating agriculture and the food system.
 - b) Be integrated into other subjects when appropriate.
 - c) Be culturally relevant, developmentally appropriate, and engaging (e.g., taste testing, field trips).
2. Students will be encouraged to make healthy food and beverage choices throughout the school day, including in vending, fundraisers, and school stores.
3. Marketing efforts will promote participation in school nutrition programs using positive messaging and strategies such as signage and taste tests.

4. The use of food and beverages as rewards will be discouraged (unless noted in IEPs or BIPs). Food will not be withheld as punishment.

D. Physical Activity

1. Physical education will:
 - a) Be guided by a written K–12 curriculum aligned with state or national standards.
 - b) Be taught by licensed physical education teachers.
 - c) Include:
 - (1) Elementary: At least 2–3 sessions/week
 - (2) Middle: At least 2–3 sessions/week
 - (3) High: Based on graduation requirements
 - d) Provide exemptions only for medical, religious, or state-approved academic/vocational reasons.
 - e) Allow substitutions only for programs like JROTC or athletic sports where state-approved.
 - f) Offer teachers opportunities for professional development.
2. Teachers will incorporate movement into lessons and provide activity breaks when appropriate.
3. Recess:
 - a) All elementary students will receive at least 20 minutes of active recess daily separate from Physical Education.
 - b) Recess and other physical activities will not be withheld for disciplinary or academic reasons.
4. Physical activity will not be used as a punishment; extra recess may be used as a positive reward.
5. Schools will promote active transportation options such as walking and biking, and may participate in Safe Routes to School programs.

E. Communications with Parents

1. The School supports parents in fostering a healthy lifestyle at home.
2. Parents are encouraged to send nutritious lunches and snacks.
3. The School will share information on community and school-based physical activity opportunities.
4. Parents will be informed of school meal programs and FRAM eligibility resources.

- a) Menus with nutritional information will be posted online and accessible through the school website.

IV. WELLNESS LEADERSHIP AND COMMUNITY INVOLVEMENT

A. Wellness Committee

1. Membership may include:
 - a) Parents
 - b) Students
 - c) School food authority representatives
 - d) PE teachers
 - e) Health professionals
 - f) School Board members
 - g) Administrators
2. Meeting frequency will be determined by the committee and posted in the school community update newsletters to promote membership by the above mentioned participants. A link to the Wellness Policy will be included in the communication at least annually.

B. Wellness Coordinator

1. The Executive Director will designate a Wellness Coordinator to oversee policy implementation and compliance.
2. Principals or designated officials will ensure compliance at each school site and report to the Coordinator as needed.

C. Public Involvement

1. The Wellness Coordinator will facilitate community involvement and transparency in policy development and revisions.
2. Meetings for public input will be posted in school newsletter communications and open to all interested parties.
3. A copy of the The Wellness Policy will be posted on the school website.

V. IMPLEMENTATION AND MONITORING

- A. The School Board will ensure district-wide implementation of the policy after approval.
- B. The School's food service provider will maintain compliance and report annually to the Executive Director.
- C. Annual public updates on wellness policy content and implementation will be provided.

- D. Triennial Assessment: Every three years, the School will assess (using tools such as Wellsat Practice or School Health Index) and report:
1. Policy compliance
 2. Comparisons to model policies
 3. Progress toward wellness goals
- E. Recordkeeping
1. The School will maintain:
 - a) Written wellness policy
 - b) Documentation of community involvement and public availability
 - c) Records of triennial assessments and stakeholder involvement

VI. STAFF WELLNESS

- A. The School encourages staff wellness through initiatives such as the Swellness and Sunshine Committees.
- B. Staff are encouraged to model healthy eating and active lifestyles and participate in wellness events and community health initiatives.

VII. COMMUNITY ENGAGEMENT

- A. The School supports joint-use agreements to share facilities for physical activity with the community and utilize community resources for school programs.

REVISION HISTORY

Date	Status		Date	Status		Date	Status
07/10/06	Adopted		02/09/16	Amended		02/11/20	Amended
02/13/24	Amended		10/08/24	Amended		12/09/25	Amended