

Lakeview School District

Wellness Policy Checklist (Policy 533)

Purpose

- Promote student wellness
 - Prevent childhood obesity
 - Ensure foods/beverages follow state & federal standards
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Nutrition Education & Promotion

- Teach students skills for healthy eating
 - Include nutrition lessons in health class and other subjects
 - Provide fun activities (taste tests, contests, field trips)
 - Encourage healthy snack/drink choices
 - Promote healthy options in vending, fundraisers, and a la carte
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Physical Activity

PE & Classroom Activity

- Provide PE for all K–12 students
- PE taught by certified teachers
- Students spend at least 50% of PE in active movement
- Do NOT use PE as punishment
 - Include activity breaks during class

Recess

- Minimum 20 minutes of supervised recess (elementary)
- Outdoor recess preferred
 - No more than 50% of recess used for catch-up work

Additional Activity

- Encourage walking/biking to school
- Provide a safe route for walking/biking
 - Offer supervised before-school activities

Communication with Parents

- Encourage parents to pack healthy lunches/snacks
- Share information on PE and activity opportunities
- Send free/reduced meal applications yearly
 - Post applications on district website

School Meals

- Meals follow USDA standards
- Provide clean and pleasant eating spaces
- Provide drinking water
- Respect cultural and religious food needs
- Use cashless system to avoid stigma
 - Provide hand washing or sanitizer before meals

Meal Timing

- Give students 10–15 minutes to eat
- Serve lunch between 10:50 a.m. and 1:15 p.m.
 - Schedule recess BEFORE lunch (elementary, when possible)

Food Service Program

- District designates a person to manage nutrition standards
 - Nutrition staff complete required USDA training

Competitive Foods (Snacks Sold at School)

- All foods sold meet USDA Smart Snacks standards
- Applies to vending, school stores, a la carte, fundraisers
 - Before/after care programs follow nutrition rules

Other Foods Provided

Celebrations & Parties

- Limit food-based celebrations
- Encourage healthy choices
 - Notify Food Services if parties occur during lunch

Snacks from Home

- Provide parents with Smart Snack–approved lists

Field Trips

- Offer sack lunches meeting nutrition guidelines

Rewards

- Use non-food rewards whenever possible

Fundraising

- Encourage non-food or healthy food fundraisers

Food & Beverage Marketing

- Only market foods that meet Smart Snack standards

Wellness Leadership

- District wellness coordinator is designated
- Principals ensure compliance in each school
- Hold quarterly wellness meetings
 - Post meeting dates on district website

Monitoring & Reporting

- Post wellness policy online
- Provide annual public updates
- Complete triennial (3-year) assessment
- Post assessment results on district website
- Keep required documentation and records