Lake Washington School District
Wellness Policy Assessment
April 2026

Ensure that district health and physical fitness curriculum is aligned to State's Essential Academic Learning Requirements and to Grade Level Expectations.

- Health and physical fitness curriculum are aligned to state standards and grade level expectations
- Health and physical fitness curriculum include an emphasis on the importance of proper nutrition and physical activity
- Curriculum is designed to promote student wellness

Ensure that the offerings of the School Lunch and Breakfast Program comply with federal guidelines.

- The Nutrition Services department ensures that the lunch and breakfast offerings comply with federal guidelines.
- Serve meals that include a variety of foods that are low in fat, saturated fat and trans-fat; that include a variety of vegetables, fruits, and whole-grain products and that use sugars and sodium in moderation.
- Ensures free drinking water is available during meal periods
- Enhance and promote an individual student's ability to make nutritious choices from menu offerings.
- Continue to develop, test, and implement effective healthy menu options, which balance cost, participation, nutrition, and food safety.
- Continue to develop, test, and implement culturally appropriate menu options, which balance cost, participation, nutrition, and food safety.
- Provide nutrition information on school meals and a la carte items.
- Offer schools educational materials and on-site nutrition activities
- Ensure the proper steps are taken to protect the privacy of students who qualify for free and reduced meals
- Provides annual training for food and nutrition staff in accordance with USDA Professional Standards

Ensure that sale of foods during the school day comply with federal guidelines

- The Nutrition Services department ensures that the lunch and breakfast offerings comply with federal guidelines. Vending machines only sell products that that comply with federal (smart snacks) guidelines. In addition, the student stores are responsible for only selling from the list of approved Smart Snacks and foods that are maintained by the Nutrition Services department. Schools are reminded annually that fundraisers conducted during the day that involve food must comply with federal guidelines

Develop guidelines for foods provided (not sold) to students through classroom parties / school events, rewards, and / or incentives.

- Foods provided to student through school sponsored parties, events, rewards, and / or incentives shall comply with the restrictions for food sales, except that occasional school sponsored class parties and celebrations or school-wide events shall be exempt from the above

guidelines, however, providing healthful options is strongly encouraged. No more than three such exceptions shall take place in a given school year.

- Parents are encouraged to bring healthy treats for students when providing these from home. School staffs, parent organizations, and families will be asked to consider nutrition when food products are given to students in classroom settings for celebrations, rewards or as a
- fund-raising incentives. Healthy food or non-food choices should be considered an alternative. If snack foods are provided, students of any parent not wishing their child to receive a food reward or incentive should be provided a suitable alternative.

To assist the Lake Washington School District in evaluating our policy and meeting federal requirements, a by school audit checklist was utilized to help determine compliance with those requirements.

Promote partnerships with parents and parent groups to support lifelong nutrition, physical fitness and wellness

- Annual Future Chef Competition for 4th and 5th graders
- Highlight 'Taste of Washington' on Menu
- National Nutrition Week – unique fruits & vegetables on offering bars
- A to Z Salad Bar
- Taste Sampling of new products
- Vote & Be Heard to introduce new foods
- Support of PTSA events
- School level focus groups including students, staff, and parents
- Daytime and evening school sponsored BBQ's offered at various locations
- Support of LWSD's Pantry Packs program

Provide information and materials that promote healthy eating habits and appropriate physical activity

- Nutrition posters/flyers are posted in cafeterias and service areas
- Nutrition Services programs promoted to parents through PeachJar on a regular basis.
- Rotational signage series for all grade levels: Fresh Pick / ChooseMyPlate.gov / Nutrition Analysis Posters. Examples: Elem - 'My Mondays', Middle Schools – 'Performance Zone', High Schools – 'Mindful'
- Welcome back newsletters

Promote appropriate physical activity for students by ensuring aerobic physical activity is part of physical education classes; providing elementary school students with daily, supervised recess periods; providing cocurricular physical activity and intramural programs; and promoting the use of school facilities for physical activity programs offered by outside organizations.

- PE classes include aerobic physical activities.
- Elementary students receive daily supervised recess periods
- Schools partner with PTSA to offer after school running clubs, fun runs, jump-rope a-thons, other walk a-thons, field day, etc. to promote physical activities.
- Students and families are encouraged to walk to and from school.
- Secondary schools offer extra-curricular intramural and sports programs
- Through the district's building use policies, district facilities can be utilized for community youth and adult sports programs