

Lanett City Schools

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Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006, all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

Lanett City Schools Wellness Policy

The Lanett City School Board believes that children and youth who begin each day as healthy individuals can learn more and learn better and are more likely to complete their formal education. The Board also believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.

Lanett City's Child Nutrition Program is committed to:

- Comply with federal, state and local requirements
- Programs that are accessible to all children
- Provide and promote sequential and interdisciplinary nutrition education
- School-based activities that are consistent with local wellness policy goals
- Physical activity, outside of physical education, that is meaningful to students' lives
- All school-based activities are consistent with local wellness policy goals
- All foods and beverages made available on campus (including vending, concessions, a la carte, student stores, parties, and fundraising) during the school day are consistent with the current Dietary Guidelines for Americans and State Guidelines.
- All foods made available on campus adhere to food safety and security guidelines.
- The school environment is safe, comfortable, pleasing and allows ample time and space for eating meals. Food and/or physical activity is not used as a reward or punishment.

LANETT CITY SCHOOLS WELLNESS POLICY GUIDELINES

Nutrition Education

- Integrate nutrition education into other areas of the curriculum
- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community
- Students will be encouraged to start each day with a healthy breakfast
- Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible.

Physical Activity

- Physical activity will be integrated across curricular and throughout the school day.
- Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.
- The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.

Other School Based Activities

- Local Wellness Policy goals are considered in planning all school-based activities (such as school events, field trips, dances and assemblies).
- Support for the health of all students is demonstrated by health screenings, disseminating information of health clinics, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
- School organized local wellness committees comprised of families, teachers, administrators, and students. This committee is to plan, implement and improve nutrition and physical activity in the school environment.
- Lanett City Schools shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff and community.

Nutrition Guidelines for All Foods on Campus

- All foods made available on campus will comply with the current USDA Dietary Guidelines for Americans:
 - Vending machines
 - A la carte
 - Beverage contracts
 - Fundraisers
 - Concession stands
 - Student stores
 - School parties/celebrations
- Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary, middle and high school.
- Classroom snacks feature healthy choices

Eating Environment

- Dining areas are attractive and have enough space for seating all students.
- Food is not used as a reward or a punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP).

Child Nutrition Operations

- Nutrition services policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require.
- The Child Nutrition Program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- The school will strive to increase participation in the available federal Child Nutrition Program (e.g. school lunch and school breakfast).
- The school will pay special attention to portion sizes and assist students in selecting the appropriate amount of food.
- Cafeterias will provide greater access to fresh fruits and vegetables.