


3.1.19	SCHOOL WELLNESS FOR LAKEMARY SCHOOL	Effective: 02/27/15 Revised: Reviewed/Approved by Bd. Of Dir.: 02/15  Gianna Garigietti, M.Ed., LCPC, President
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Philosophy

This policy is designed to promote the understanding, application and personal adoption of wellness concepts with respect to nutrition and physical activity. These standards focus on creating and promoting healthier choices as students mature, in preparation for their adult life.

Nutrition: Food & Drink Offerings

School Meals – General Atmosphere

1. All school meals comply with USDA regulations and state policies.
2. Barriers to student participation in the Child Nutrition Programs are eliminated:
 - a. Students have at least 10 minutes to eat breakfast and at least 15 minutes to eat lunch.
This does not include time spent walking to/from class or waiting in line.
3. The dining area is clean, orderly and inviting.
4. Adequate seating is available to accommodate all students served during each meal period.
5. Adequate supervision is provided in the dining area.
6. Students are allowed to converse with one another, at age-appropriate, reasonable levels, while they eat their meals.
7. The lunch hour is closed.

School Meals – Breakfast

1. At least 50% of pre-packaged cereals offered contain 35% or less of weight from total sugar (or less than 9 g. per 100 calories), and 1 g. or more of fiber per serving.
2. Foods containing whole grains are offered at least 3 days a week.
3. Fresh, canned, dried or frozen fruit or vegetables are offered daily.
4. Low-fat (1% or ½%) and/or skim (nonfat) milk are offered daily.

School Meals – Lunch

1. An entrée choice with total fat of 16 g. or less per serving is offered at least 1-2 days a week.
2. At least 3 choices of fruits and/or vegetables are offered daily.
3. A food item containing whole grain is offered at least 3 days a week.
4. Low-fat (1% or ½%) and/or skim (nonfat) milk are offered daily.
5. Salad dressings contain 12 g. or less of fat per ounce.
6. Desserts with more than 5 g. of fat per serving are offered no more than twice a week.

School Snacks – Morning and Afternoon

1. AM Snacks, classrooms that are signed up to receive a morning snack we will provide one serving of fruit and one 8oz 1% or skim milk.

Policy Reference: None

Procedure reference: Child & Adolescent Program Handbook
Parent & Family Handbook

Application: All services

2. PM Snacks, we will provide all 12 of the classrooms a prepackage (Smart Snack) and 1, 4 oz 100% juice.

Availability:

1. Meals and/or parts of a meal are not withheld or denied as a disciplinary action.
2. Substitutions are provided for students with medical disabilities, allergies and intolerances identified by a licensed physician.
3. Students have access to free drinking water throughout the school day.
4. Information on Free/Reduced pay meals is provided to parents/guardians of day students in every admission packet sent, at student enrollment every June and upon request by parents/guardians of day students.

Food and Drink Vending Machines:

1. No vending machines are available to students at any time.
2. All snack and beverage items in school stores will comply with the USDA smart snacks in school standards.

Nutrition Education

1. My Plate guidelines, reading nutrition labels and recognizing expiration dates are to be integrated within the required K-12 curriculum.
2. Families will be provided with information monthly per email and website that encourages physical activity and providing nutritious meals for their family.

Physical Activity

1. All students will have physical education classes 3 times a week for 30 minutes.
2. Each class will have 20 minutes of scheduled activity daily, not to include the time it takes to walk to and from the activity.
3. Teachers are encouraged to integrate physical activity and movement breaks for students in their classroom. Teachers will be provided suggestions of ways to accomplish this.
4. Physical activity will not be used or withheld as punishment.

Tobacco-Free Campus

1. The harmful effects of tobacco use will be incorporated into the K-12 curriculum at each grade level.
2. No smoking will be allowed inside school buildings.
3. No smoking by students at anytime

Lakemary Wellness Committee

1. Members are representatives from the school health office, food service, administration, students and faculty.
2. Meet at least every 6 months.
3. Evaluate effectiveness and recommend changes in the Lakemary Wellness Guidelines.
4. Promote wellness for students and staff.

Policy Reference: None

Procedure reference: Child & Adolescent Program Handbook
Parent & Family Handbook

Application: All services