

Lexington Public School Wellness Policy

The Lexington Public School District recognizes the relationship between academic and student health and wellness. This policy reflects the District's commitment to removing health-related barriers to learning by establishing health policy, health promotion and health education. The District values school-based activities designed to provide students with a school environment that supports and promotes wellness, healthy eating and active lifestyle. The board recognizes the District role as part of the larger community, to model actively practice the promotion of family health, physical activity, and good nutrition.

School Meals

The District will make nutritious foods available on campus during the school day to promote student and staff health. At a minimum, the District Child Nutrition Program will serve reimbursable meals that meet United States Department of Agriculture (USDA's) requirements as well as follow principles of the Dietary Guidelines for Americans.

- The Child Nutrition Program will serve the following: food in high fiber, free of added trans-fat, low in added fats, sugar, and sodium, respectful of cultural diversity and served in appropriate portion sizes consistent with the USDA standards for Traditional Base.
- The Child Nutrition Program will participate in My Plate Guidelines.
- Child Nutrition Programs are accessible to all children. Students will be encouraged to start each day with a healthy breakfast.
- Meals served through the Child Nutrition will: Be appealing and attractive to children of various ages and diverse backgrounds, be served in a clean, safe, and pleasant setting.
- Child Nutrition staff will be engaged in wellness activities and educational opportunities that support healthy eating behavior. Staff will follow food safety guidelines from HACCP.
- Annual training is provided to Child Nutrition Staff on basic nutrition, nutrition education, safe food preparation and nutrition standards for preparing healthy meals.
- School meals may not be used as a reward or punishment.
- Training and support are provided to enable Child Nutrition Staff to become full partners in providing excellent food to our students.
- Safe, unflavored, cool drinking water will be provided at no charge throughout the school day. Only low or non-fat varieties of milk will be allowed. Juice will be 100% juice with no added caloric sweeteners.
- Students will be allowed adequate time to consume meals, at least 10 minutes for breakfast and 20 minutes for lunch from the time they are seated.

Nutrition Education

The goal of nutrition education is to facilitate the adoption of healthy eating and other health-promoting nutrition-related behaviors. Nutrition education occurs in the classroom as well as in the larger school community.

- Nutrition education will be provided in all grades and will be integrated into core curriculum. In the classroom, it is included in the scope and sequence in core subjects, such as math, science, language arts, social sciences, and elective subjects.
- Nutrition education will teach students the knowledge and skills necessary to adopt healthy eating and regular physical activity as part of their lifestyle.
- Nutrition education is coordinated with child nutrition services to reinforce messages on healthy eating. The school cafeteria environment allows students to apply critical thinking skill taught in classroom.
- Nutrition resources that include learning opportunities which enhance health will be made available for staff.
- Nutrition education and healthy eating behaviors are promoted to families and the community through communications with parents, educational workshops, homework material, screening services, and health-related exhibitions fair.
- Nutrition education of My Plate Program will be used in all training of staff and in classrooms.
- HACCP education will be provided for all cafeteria staff.

Physical Activity

The Lexington Public School District recognizes the importance of physical activity and physical education in promoting health and academic achievement, and is an important part of a student's comprehensive, well-rounded education program that will positively impact life-long health and well-being. The District supports quality Physical activity through the school day.

- Students will be given opportunities for physical activity during the school day by integrating physical activity into the academic curriculum.
- Teachers and other school personnel will not use the physical activity as a punishment or withhold opportunities for physical activity (withholding PE) as a punishment.
- Teachers and other school personnel are encouraged to use physical activity opportunities as rewards such as extra recess.
- Students participating in Physical Education will be moderately to vigorously active for more than 50% of PE class time.
- Availability of proper equipment and facilities that meet safety standards are required.
- Elementary students will meet or exceed the Physical Education requirements mandated by the State Department of Education.
- Only medical waivers/exemptions from participation in physical education will be accepted.

- Parents will be encouraged to support physical activity such as organized activities (competitive and non-competitive sports) outside the school day.
- The District will provide opportunities for participation in broad range of competitive and noncompetitive physical activities for students of all abilities that help to develop the skills needed to participate in lifetime physical activities.
- Training for teachers on integrating physical activity into the curriculum will be provided.

Access to Facilities for Physical Activity after School Hours

District policy allows Shared Use Agreements opening school grounds and/or buildings to students, their families and the community for access to physical activity outside the school day.

Competitive Foods

School fundraising activities that include the sale of healthy foods, beverages and non-food items is a public demonstration of the school's commitment to promoting healthy behaviors among students, families and the communities at large, while helping clubs, groups or organizations meet their financial needs. Healthy food and beverage criteria are outlined within this policy under Nutrition Guidelines and Standards for Other Foods and Beverages Outside of School Meal Programs and will be applied to fundraising items.

Safe and Healthy Fit Advisory Committee

District Superintendent or Designee will ensure the formation of Safe and Healthy Fit Advisory Committee at school site and confirm compliance of the wellness policy based on input campus wide.

Staff Wellness

The District values the health and well-being of staff members and students. In order to be role models for students, District staff will be expected to display healthful eating and physical activity choices to the students.

Community/Family Involvement

The district recognizes that parents and guardians have a primary fundamental role in promoting and protecting their children's health and well-being. The district supports parents' efforts to provide a healthy diet and daily physical activity for their children. The district encourages parents to provide healthy lunches and snacks and to refrain from including beverages and foods that do not meet good nutrition standards for foods and beverages.

Implementation and Evaluation

An assessment of the District's Wellness Policy will be completed every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, a wellness committee will review nutrition and physical activity policies; provision of the environment that

supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The District will seek input from stakeholders on the development and seek recommendations based on: new techniques, proven strategies, and guidelines which reflect emerging scientific knowledge relevant to the health of students and staff.

24/7 Tobacco Free

The District understands the concern of parents, educators, students, and community members regarding the adverse effects of tobacco and second hand smoke. We want to provide a safe and healthy environment for our students, staff, and community and set the proper example for our students. Therefore, tobacco in any form will not be used by anyone, anywhere, any time (including non-school hours and days) on school grounds, property, vehicles and during any school sponsored functions held off campus.

This policy is intended to improve the health and safety of all individuals using the schools.

“Tobacco” is defined as cigarettes, cigars, pipe tobacco, snuff, chewing tobacco, e-cigarettes and all other kinds and forms of tobacco prepared in such manner to be suitable for chewing. Smoking or both, and include, e-cigarettes/vaping or any or any other product packaged for smoking or the simulation of smoking.

This regulation applies to employees of the school district, student, and visitor. This regulation also applies to all public school functions (ballgames, concerts, etc.) and any outside agency using the district’s facilities, including stadiums. This regulation is in effect 24 hours per day, seven days a week.

Enforcement

The success of this regulation will depend upon the thoughtfulness, consideration and cooperation of tobacco users and non-users. All individuals on school premises share in the responsibility for adhering to and enforcing this regulation. All students will receive instruction on avoiding tobacco use. Ultimately, each administrator will take appropriate steps to enforce the regulation.

Adoption Date:

Clerk of the Board:

11/13/17
Annette Woods