**School Wellness Policy**

3313.814, 3313.816 and 3313.817

**July 1, 2011**

**Reviewed August**

The Lighthouse Community School Wellness Team has established the following wellness policy, as required by law for the Lighthouse Community School, effective July 1, 2011

The School Wellness Team consists of the following members:

School Administrator Student Support Specialist

Assistant Principal Student

Lunch and Breakfast Coord.

The School Wellness Team has developed a policy that addresses the key elements of school wellness as determined by the School Health Index supplied by the Center for Disease Control and the School Nutrition Association.

School Wellness is an increasingly important aspect of schools today. Lighthouse Community School recognizes the relationship between health and academic performance. The School Wellness Team also recognizes the need to address child obesity and to offer nutritious meals and snacks to promote student health and well being. The School Wellness Team assures that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture. The School Wellness Team understands the importance of regular physical activity for staff and students. The school environment must be safe and accessible for all interested parties but also conducive to learning.

The School Wellness Team utilized the School Health Index self-assessment modules and the planning for improvement process to develop the following areas of school wellness:

Health Education School Nutrition Services

School Counseling & Social Services Healthy School Environment

School-Site Health Promotion Family & Community Involvement

Physical Education

Year

of Implementation

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Goals | 2017  2018 | 2018  2019 | 2019  2020 | Implementation |
| Module 1: Maintain a safe school environment by conducting building safety checks at least twice yearly. | 1 | 1 | 1 | Maintenance Department |
| Module 1: Maintain a safe school environment by conducting an inspection for health related problems | 1 | 1 | 1 | Health Department |
| Module 2: Provide Health Education Professional Development opportunities for teachers | 1 | 1 | 1 | School Administrators |
| Module 2: Gather student input on nutritional food preferences regarding the school’s food service program | 2 | 2 | 2 | Health Teacher  Food Service Worker |
| Module 3: Teacher’s provide opportunities for student activity within the classroom | 1 | 1 | 1 | Teachers |
| Module 4: Implement a breakfast program accessible each day for all students | 1 | 1 | 1 | School administration  Food Service Supervisor |
| Module 4: Promote Healthy and nutritional eating by displaying posters in the cafeteria and kitchen areas | 1 | 1 | 1 | School and Food Service Supervisors |
| Module 4: Limit the amount of fried foods served in the cafeteria. | 1 | 1 | 1 | Food Service Supervisor |
| Module 4: Provide Professional development opportunities for food service staff | 1 | 1 | 1 | School and Food Service Supervisors |
| Module 5: Provide Educational information and opportunities for students, staff and the community on a variety of health related topics | 1 | 1 | 1 | School administrator, Health teacher |
| Module 5: Analyze student body size/obesity by conducting height, weight and BMI checks for grades 7-9 in the fall and spring each year | 2 | 3 | 3 | Health teacher, Food Service Supervisor |
| Module 6: Offer smoking prevention education beginning at the fall for all grades | 3 | 3 | 3 | Health Teacher |
| Module 6: Collaborate with staff and community resources/agencies on student health related issues | 1 | 1 | 1 | School Administrator  Health Teacher |
| Module 6: Improve school atmosphere by providing positive messages daily to all students. | 1 | 1 | 1 | Teachers  School Administrators |
| Module 7: Improve staff awareness on community and local fitness and wellness programs | 1 | 1 | 1 | School Administrator |
| Module 7: Collaborate with county health department, local hospitals and other agencies to sponsor/host health screenings/awareness opportunities for community, students and staff members | 1 | 1 | 1 | School administrator  Health Teacher |
| Module7: Provide parents and community members with more health/wellness related information to promote a healthy school environment | 2 | 2 | 2 | School Administrator  Health Teacher |

Evaluation Procedures

The Lighthouse Community School Wellness Team will meet at least once annually to evaluate the effectiveness of the policy and make any necessary revisions. The invitation for feedback extends to community, students, faculty and administrators. All input will be considered in the evaluation of the goals and the team will determine if the goal needs to be modified, deleted or added. The team will evaluate each goal for the 2017-2018 year.

1. Fully in Place
2. Partially in place
3. Under development
4. Not in place

**Sales of Food and Beverages**

Lighthouse Community School supports the National School Lunch and Breakfast Program. Each day the school is in session the lunchroom, will serve the students foods and beverages approved under United States Department of Agriculture guidelines during scheduled breakfast and lunch periods.

Prior to the school day, during the school day, and after the end of the school day, no foods or beverages shall be sold to students at any location, including vending machines and school stores, within the building nor anywhere else on school campus.