

**Lighthouse Community School  
School Wellness Policy  
July 1, 2011  
Reviewed August 8, 2016**

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	2014	2015	2016	Implementation
	2015	2016	2017	
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	2	2	2	Health Teacher Food Service

program				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 2016-2017 year.

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