

**BOARD POLICIES OF THE LAKE MILLS COMMUNITY SCHOOL DISTRICT
SERIES 500**

Code No. 507.13

WELLNESS POLICY

The board promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The school district supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students. Improved health optimizes student performance potential.

The school district provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school district goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition, regular physical activity, and other wellness indicators.

The school district supports and promotes proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the school district nutrition standards and in compliance with state and federal law. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality.

The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced meals. Toward this end, the school district may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of meals to all student; and/or use nontraditional methods for serving meals, such as "grab-and-go" or classroom breakfast.

The school district will develop a local wellness policy committee comprised of representatives of the board, parents, leaders in food/exercise authority and employees, community members, and other wellness professionals. The administration will report annually to the board regarding the effectiveness of this policy.

Specific Wellness Goals:

The LMCS district will provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices.

The LMCS district will provide physical education that:

- Is for all students in grades K-12 for the entire school year unless parents request opting out so their child is able to take other courses that otherwise will not fit into their schedules;
- Emphasizes real-world applications so that students have the skills necessary to develop a lifelong personal wellness plan.

The LMCS district will provide drug abuse prevention education that:

- Promotes and supports the LMCS essential learning of healthy contribution;
- Connects with a comprehensive community based program to decrease drug abuse in the communities that make up the LMCS district.

The nutrition guidelines for all foods available on the LMCS campus will focus on promoting student health, reducing childhood obesity, and developing the skills needed for healthy contribution both now and in the future. The board will monitor and evaluate this policy by monitoring compliance with established school district-wide nutrition and physical activity wellness policies. Food service staff will ensure compliance with nutrition policies within food service areas and will report on this matter to the superintendent.

Legal Reference: Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 et seq. (2005)
Child Nutrition Act of 1966, 42 U.S. C. 1771 et seq.

Cross Reference: 504.6 Student Activity Program
 710 School Food Services

Approved July 10, 2006
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