

**LISBON PUBLIC SCHOOL DISTRICT**

# **WELLNESS POLICY**

**UPDATED SEPTEMBER, 2023**





## Mission Statement

Lisbon Public Schools recognizes the important role of the district to promote a healthy school environment. The school district provides nutrition education, physical education and other school based activities to promote wellness for all students. It is the intent of these programs to educate students on a healthy/wellness lifestyle that they can use after in their lives after graduation.

## Nutrition Goals

The primary goal of nutrition education is to positively influence students' eating behaviors. The following statements provide policy guidelines for the nutrition education efforts of the district:

- Students at each grade level will receive consistent nutrition education that teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education will be offered in the cafeteria as well as in the classrooms, with coordination between the nutrition services staff and teachers.
- Nutrition education will be communicated in consistent nutrition messages throughout the schools, classrooms and cafeterias and promote to parents, the community and the media.
- District health education curriculum standards and guidelines will include both nutrition and physical education.
- Schools will link nutrition education activities with the coordinated school health program.
- Schools will conduct nutrition education activities and promotions that involve parents, students, and the community.
- Building proper nutritional habits through education from various physical education and health classes.
- Use of evidence based nutrition lessons and goals in classes.

# Physical Education Goals

The primary goal for schools' physical activity components are to provide opportunities for every student to develop the knowledge and skills for specific physical activities; to maintain physical fitness to ensure regular participation and to teach the short and long term benefits of a physically active and healthful lifestyle. The following guidelines are established:

Students will be given opportunities for physical activity during the school day through physical education classes, daily recess periods for elementary students, and the integration of physical activities into the school day.

- Students will be given the opportunities for physical activity through a range of before and/or after school programs which may include intramurals, interscholastic athletics and physical activity clubs.
- Schools will provide professional development to enable teachers and other school staff to promote enjoyable, lifelong physical activity among students.
- Schools will provide professional development to enable teachers and other school staff to promote enjoyable, lifelong physical activity among students.
- Schools will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events. Teachers and other school personnel will not use physical activity (e.g., running, laps, and pushups) as a punishment. Teachers and other school personnel will not withhold opportunities for physical activity (e.g., recess, physical education) as punishment.
- The district is encouraged to promote the use of school facilities outside of school hours for physical activity programs offered by community-based organizations.
- Use of evidence based physical educational goals and standards
- Professional development: Yearly ND SHAPE; Health Moves Minds Program through shape America.
- Use of the term wellness in the goals set for physical education; Term is use more frequently in conjunction of physical activity as knowledge for the 8 areas of wellness.

# School Meal Guidelines

Nutrition Services offers healthy, nutritious meals, snacks and beverages in compliance with the most updated USDA guidelines and Dietary Guidelines for Americans. This includes all foods and beverages sold or served to students, including those available outside of the school meal programs. The goal is to create a total school environment that is conducive to healthy eating and being physically active.

## Meals served through the Nation School Lunch and Breakfast Program will:

- Be appealing and attractive to students
- Be served in a clean, enjoyable environment
- The school district will ensure an adequate time for students to enjoy eating healthy foods
- The school district will schedule lunch time as near the middle of the school day as possible
- Offer a variety of fresh fruits, vegetables, and whole grain products daily
- Serve only low-fat (1%), fat-free milk or flavored milk
- Student access to water throughout the school day will be facilitated through drinking fountains and the use of other available options.

The school district will encourage students to participate in the school meals program and protect the identity of the students who eat free and reduced price meals

## Competitive Foods and other foods and beverages sold to students will:

- Foods and beverages sold individually will comply with the most updated USDA guidelines (i.e., foods sold or served outside of reimbursable school meals, such as through vending machines, ala carte, fundraisers, school stores, celebrations, school functions, catering, etc.)
- The school day is considered from midnight until 30 minutes after the last bell
- Schools principals have the option to allow three, one-day fundraisers per building each school year that do not have to comply with USDA guidelines
- Schools will encourage snacks that make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.
- Schools are encouraged to consider celebration activities other than food. This includes foods or snack items brought from home.
- School-sponsored events outside of the school day (i.e., athletic events or performances) will be encouraged to sell or serve healthy foods and beverages
- Schools will use marketing activities that promote healthful behaviors including: vending machine covers promoting healthy options

# Implementation of the Wellness Policy

The school recognizes the importance of communicating with parents and will support parents' efforts to provide a healthy diet and daily physical activity for their children. Shared information will support and include nutrition education, physical activity and physical education through the school website, newsletters, or other take-home materials and special events.

The school board designates building principals at each school with the operational responsibility for ensuring that each school fulfills this policy. Principals will report to the district wellness committee on the school's compliance.

The district wellness committee will submit a summary report annually on the district-wide compliance based on input from schools within the district. That report will be provided to the school board.

Monitoring will be reported annually to help review policy compliance, assess progress, and determine areas in need of improvement and/or revisions.

# Lisbon Public Schools Wellness Policy Evaluation Form

Lisbon High School  Lisbon Middle School  Lisbon Elementary School

Principal: \_\_\_\_\_ Date: \_\_\_\_\_

The school will conduct an annual review of the Wellness Policy to measure the buildings consistency with the policy throughout the school district. The review will be completed by the principal with input from students, teachers, and staff and will serve as the basic compliance assessment. Assessments will be reviewed by the Superintendent and the district Wellness Committee.

## Nutrition Education Goals

1.) Students in your building receive nutritional education that teaches the skills necessary to adopt healthy eating habits?

Yes  No

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2.) Students receive consistent nutritional message throughout the school?

Yes  No

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3.) District health education curriculum standards and guidelines include both nutrition and physical education?

Yes  No

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# Lisbon Public Schools Wellness Policy Evaluation Form Cont.

## Physical Fitness Goals

1.) Students are given the opportunity for physical activity during the school day in addition to physical education classes, (i.e., recess, classroom activities, etc.)

Yes  No

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2.) Students are given the opportunity for physical activity through a range of before and/or after school programs?

Yes  No

Comments: \_\_\_\_\_  
\_\_\_\_\_

## Nutrition Goals

1.) USDA guidelines set for food and beverages in the food service program are being followed:

Yes  No

Comments: \_\_\_\_\_  
\_\_\_\_\_

2.) Guidelines set for food and beverages sold to students outside of the food service program are being followed:

Yes  No

Comments: \_\_\_\_\_  
\_\_\_\_\_

## Lisbon Public Schools Wellness Policy Evaluation Form Cont.

### Other School Based Activities

1.) The school provides a clean and safe environment?

Yes  No

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2.) Students have access to free drinking water throughout the school day?

Yes  No

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3.) The school district encourages all students to participate in the school breakfast and lunch programs?

Yes  No

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4.) The school district protects the identity of students who eat free and reduced price meals?

Yes  No

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5.) The school district ensures adequate time for students to eat lunch?

Yes  No

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_