As required by law, the Board of Education establishes the following wellness policy for the Lakeview Local School District as part of a comprehensive wellness initiative.

The Board recognizes that good nutrition and regular physical activity affect the health and wellbeing of the District’s students. Furthermore, research suggests that there is a positive correlation between a student’s health and wellbeing and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools’ meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop in student’s healthy behaviors and habits with regard to eating and exercise. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

A. With regard to nutrition education, the District shall adopt the following goals:
   1. Nutrition education shall include enjoyable, developmentally appropriate and Culturally relevant participatory activities.
   2. Nutrition education shall be integrated into other subject areas of the curriculum when appropriate.
   3. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.
   4. Nutrition education shall extend beyond the school by engaging and involving Families and community agencies and organizations when applicable.
   5. The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.
   6. Nutrition education shall reinforce a lifelong balance by emphasizing the link between caloric intake (proper food portions) and exercise in ways that are age appropriate.
   7. The district shall provide information to parents that is designed to encourage them to reinforce at home the information taught in the classroom.

B. With regard to physical activity, the District shall adopt the following goals:
   1. All students in grades K - 12, including those with disabilities, special health care needs, and in alternative educational settings (to the extent consistent with the students’ IEPs), shall receive instruction in physical education.
   2. The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health enhancing physical activity.
   3. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
   4. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
   5. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
C. With regard to other school based activities designed to promote student wellness, the District shall adopt the following goals:

1. The food service program will provide all students affordable access to the varied and nutritious food they need to be healthy and to learn well.
2. Schools in our district utilize electronic identification and payment systems, therefore eliminating identification of students eligible to receive free and/or reduced meals.
3. All foods available to students in the dining area during school food service hours shall comply with the current USDA Dietary Guidelines for Americans, including foods available to students a la carte or from vending machines.
4. Students, parents, and other community members shall have access to, and be encouraged to use, the school’s indoor and outdoor physical activity facilities after the normal school day.
5. An organized wellness program shall be available to all staff.

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Policy reviewed yearly in November.

Please email us at adam.hale@neomin.org with any comments.