

Lincoln Parish School Wellness Plan 2017-2018 Fact Sheet

School Wellness Recap

- Federal mandate
- Passed by legislature in 2015; effective June 30, 2017
- Promoting healthy nutrition and exercise to increase student academic learning
- District has a plan; each school has a plan

Components of the School Wellness Plan

- District Wellness Committee (DWC)
- School Wellness committee (SWC)
- Promoting healthy nutrition
- Promoting physical activity
- Other activities to promote school wellness

District Wellness Committee

- Meets at least 4 times per year to establish goals for and oversee school health and safety policies and programs
- School policy coordinators at each school will be responsible for implementation and school evaluation of choosing healthy meals and snacks, as well as ensuring compliance of district and school policy

Wellness Policy Implementation, Accountability, and Community Engagement

- Develop and implement the plan
- Retain records to document compliance
- Inform families and public of implementation status
- Evaluate compliance in all schools every 3 years
- Update school and district wellness plan every 3 years
- Promote awareness of choosing healthy nutrition and exercise

Nutrition

- School meals promote and provide healthy choices
- Food service staff are trained in USDA Professional Standards for Nutrition
- Water is available in cafeterias – encouraging hydration
- Competitive Foods and Beverages – commitment of foods and beverages supporting healthy eating habits
- Celebrations and Rewards – smart snacks, rewards, and incentives
- Fundraising – use non-food fundraisers when possible
- Nutrition Promotion – embed nutrition into classes
- Health Education – include topics on healthy eating
- Food and Beverage Marketing in Schools – teach how to make healthy choices, and foods and beverages in vending machines should meet USDA Smart Snacks in school standards

Physical Activities

- Promote 60 minutes of physical activity each day (before, during, & after school)
- Physical Education – use curriculum to promote healthy habits
- Elementary students have at least 60-90 minutes weekly of physical activity
- Secondary students will take the equivalent of 1 academic year of physical education
- Health Education – required in all grades (choose minimum of 12 topics on page 10)
- Recess – 20 minutes daily; do not use as punishment
- Outdoor Recess – offer when weather permits
- Classroom Physical Activity Breaks – encourages 3-5 minutes of daily breaks throughout the day
- Active Academics – incorporate movement into core instruction
- Before and After School Activities – encourage students to be as active as possible
- Active Transport – encourage students to walk or bike during their free time

Other Activities that Promote Student Wellness

- Community Partnerships which encourage healthy eating and exercise
- Community Health Promotion & Family Engagement – promote family and healthy options
- Staff Wellness and Health Promotion – provides wellness resources
- Professional Learning – help district staff understand connections between academics and wellness