

WELLNESS POLICY
Lennox School District Policy

Code 606.1

To comply with the Child Nutrition and WIC Reauthorization Act of 2004, PL 108-265, the Lennox School District has developed policy 606.1 and the corresponding Administrative Guidelines.

To support its mission, the District will provide an environment that promotes maximum student potential. Nutrition and overall wellness influences a child's development, health and well-being, and potential for learning. To give students the opportunity to fully participate in the educational process, students must attend school with minds and bodies ready to take advantage of their learning environment. In accordance with PL 108-265, the Lennox School District will progress in four wellness component areas:

Nutrition Education Component

At each grade level, nutrition education will be offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote their health. Nutrition education will be incorporated into the school day as often as possible. The primary goal of nutrition education is to influence students' lifelong eating habits.

Physical Activity Component

All students in grades K-12 will have opportunities to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active and healthful lifestyle.

Other School-Based Activities Component

The Lennox School District will promote an overall "healthy school environment" that will provide consistent wellness messages; is conducive to healthy eating and physical activity; and contributes to forming healthy life long habits.

Nutrition Standards Component

Foods of good nutritional content including fruits, vegetables, low-fat dairy foods, and low-fat grain products will be available wherever and whenever food is sold or otherwise offered at school. Examples may include a la carte, snacks, vending machines, fund raising activities, parties, celebrations, and school sponsored events. The United States Dietary Guidelines for Americans and the Standards for Food and Beverages set forth in the policy guidelines will be followed when choosing foods.

This district-wide policy encourages all members of the school community to assist in creating a healthy school environment. Decisions made in all school programming need to be consistent with this Wellness Policy and corresponding Administrative Guidelines. Please refer to Administrative Guideline 604.5 for further understanding of individual goals established for each wellness component.

The Lennox School District will engage students, parents, school personnel, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing this Wellness Policy and corresponding Administrative Guidelines.

APPROVED: 12/8/2014