

## WELLNESS POLICY ASSESSMENT & REVISION SY 2020-2021

The purpose of this document is to assess each goal contained within the LCS Wellness Policy and determine any areas where deficiencies are noted. This document will be used by the Wellness Committee to revise and update the Wellness Policy as needed. It will be kept on file at the Central Office.

Goals	
Nutrition Education	<p>The Child Nutrition Program posts a newsletter on the district website incorporating various nutrition topics. Breakfast in the Classroom implemented SY 2020-21 @ WO Lance Elementary, which has resulted in increased participation. Lanett Jr High/High School offers 2 breakfast entree choices to encourage more participation. "Try days" offered to taste test new menu items and receive feedback from students/staff.</p> <p>Nutrition Education posters are displayed in both cafeteria settings.</p> <p>Nutrition education information is also displayed on the district website under the child nutrition tab.</p> <p>At Lanett Jr. High, students are taught about nutrition in an elective health class, which lasts one semester. All students are made aware of healthy eating during their PE classes.</p> <p>SPED students at WO Lance are taught healthy eating habits through Life Skills curriculum. Pre-K classes are given nutrition education through "Healthy Habits" curriculum.</p> <p>Lanett High offers a Family &amp; Consumer Sciences elective class that covers topics including: Foods &amp; Nutrition, Sports Nutrition, &amp; Chemistry of Foods</p>
Physical Activity	<p>All students have a PE class daily where they are actively engaged in physical activities. Students participate in annual physical fitness tests, which are administered twice/year.</p> <p>Students are encouraged to move and get up out of their seats throughout the school day to help them stay active.</p>

	<p>All students are required to take the equivalent of 1 academic year of P.E. Various sports teams are available to students to try out for/participate in.</p>
Other School Based Activities	<p>Professional Development on an at least annual basis provided by various groups such as The Circle of Care, The Dairy Alliance, and the Extension Office. Local physicians and health administrators consult with the school district regarding various health related topics. Field trips are taken to local area farms. Health fair is held at least one time annually at all schools within the district-physical &amp; social emotional health assessed during these. Vision and hearing screenings are available to all students. Scoliosis screenings are administered yearly. Flu shots are also available.</p> <p>Guest Speakers have to come to classes to talk about topics such as farm to table and benefits of fruits and vegetables in a healthy diet.</p>
Nutrition Guidelines for All Foods on Campus	<p>No vending machines are on campus in student areas and all items sold in school stores or as a la carte meet USDA Smart Snack Standards.</p> <p>Meals offered in the School Breakfast and National School Lunch Programs are required to meet specific USDA nutrient standards.</p>
Eating Environment	<p>Dining areas provide enough space for all breakfast and lunch waves to eat in the cafeteria.</p> <p>LJHS does have pizza parties to reward students for honor roll and perfect attendance. Food is never used or withheld as a punishment.</p> <p>WO Lance does on occasion use food as an incentive or reward for behavior or new skill learned.</p>
Child Nutrition Operations	<p>Child Nutrition Program (CNP) policies follow state and federal regulations.</p> <p>LCS implemented the Community Eligibility Provision (CEP) Program beginning SY 2020-21 which provides free breakfast and</p>

	<p>lunch district wide.</p> <p>Portion sizes determined by the menu planner per nutrition standards and training done by CNP staff on how to serve and plate meals.</p> <p>CNP receives fresh produce items through USDA and also obtains them for meal service through our contract with local produce vendor.</p> <p>Lanett Jr &amp; High Schools were offering fresh salads as lunch entree choice daily pre-COVID 19.</p>
<b>CONCLUSION</b>	<p>Most goals within the Lanett City Schools Wellness Policy are currently being met. Areas where improvements or changes are needed will be assessed by the Wellness Committee and and updated as needed.</p> <p>The WellSAT 3.0 tool was used to assess strengths and comprehensiveness. Policy will require updating in order to align better with the Alliance for a Healthier Generation's Model Policy. Policy updates will be made by the Wellness Committee and then presented to the Board for approval. All assessment tools used will be kept on file at the Central Office.</p>

Lanett Jr. High School  
Lanett High School  
W.O. Lance Elementary  
District wide

5-3-2021

Sign In Sheet

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