

# WELLNESS POLICY ASSESSMENT AND MEASUREMENT School Year 2023-2024

This assessment tool and survey will be used to measure compliance with objectives and goals stated in the Wellness Plan for Lawrence County Schools. For each objective stated, please select the choice that best describes the level of compliance. If the objective/goal does not apply to your school mark N/A in the comment section. Comments are encouraged to help in the development and update of the Wellness Plan for Lawrence County Schools.

GOAL OR OBJECTIVE	In Compliance	In the Process of Becoming Compliant	Not Compliant	Comments
<b>NUTRITION EDUCATION GOALS</b>				
<ul style="list-style-type: none"> <li>· Teachers in Grades PK - 12 will integrate nutrition education into the curriculum to help students understand the relationship of nutrition to healthful living. (See state curriculum guidelines for specific objectives for each grade level.) The state-approved Michigan Model and Take 10 Curriculum will be used to help meet this goal.</li> </ul>	<b>X</b>			
<ul style="list-style-type: none"> <li>· Lifetime Wellness and other teachers in Grades 9-12 will integrate nutrition education into the curriculum to help students determine the effects of nutritional choices that contribute to an improved quality of life. (See state curriculum guidelines for specific objectives.)</li> </ul>	<b>X</b>			
<ul style="list-style-type: none"> <li>· A list of nutrition education resources will be provided to Lawrence County teachers by the Lawrence County School Nutrition Program Director, Coordinated School Health, Lawrence County UT Extension, and the Lawrence County Health Department Health Educator.</li> </ul>	<b>X</b>			
<ul style="list-style-type: none"> <li>· Nutrition education programs and/or lessons will be presented by Coordinated School Health, Lawrence County UT Extension, and Lawrence County Health Department to students in grades PK-12 during the school year.</li> </ul>	<b>X</b>			
<ul style="list-style-type: none"> <li>· Nutrition education will be evident in the cafeteria and/or lunchroom setting by bulletin boards, posters, and menus that promote fruits and vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.</li> </ul>	<b>X</b>			

· Students will be encouraged to start each day with a healthy breakfast.	X			
· All schools will be USDA Team Nutrition Schools.		X		
<b>PHYSICAL ACTIVITY GOALS</b>				
Students in Kindergarten – Grade 12 will engage in physical activity per the state requirement.	X			
Physical Education will not be taken away from students as punishment.	X			
All high school students will take Lifetime Wellness which will include both physical activity and health and wellness instruction.	X			
Lawrence County Schools will offer extracurricular physical activity programs to all students.	X			
All Physical Education instructors will receive in-service training. P.E. aides will be under supervision of a certified Physical Education teacher.	X			LCSS does not have PE aides
<b>NUTRITION STANDARDS GOALS</b>				
Meals served through the National School Lunch and Breakfast Program will:				
-be appealing and attractive to children;	X			
-be served in clean and pleasant surroundings;	X			
-meet, at a minimum, nutrition requirements established by local, state and federal regulations;	X			
-offer a variety of fruits and vegetables daily, including at least one fresh fruit or vegetable daily;	X			

-serve a variety of milk, including fat-free, low fat, flavored, and unflavored on a daily basis;	X			
-ensure all grains offered contain 50% whole grain or greater.	X			
Schools will engage students and parents, through taste-tests of new entrees and/or surveys, in selecting foods sold through the school nutrition program in order to identify acceptable new, healthful, and appealing food choices.	X			At this time parents have not helped with taste testing
Foods or beverages will not be used as rewards on campus during the school day. This includes from midnight of the school day and a 30-minute period after the school day ends.			X	We have a limited number of rewards used from Food and Beverages
Schools will not withhold food or beverages as a punishment.	X			
The nutrition standards and guidelines in the Healthy Hunger Free Kids Act (HHFA) followed by all schools for all foods and beverages sold or served to students.		X		
All foods sold outside of a reimbursable meal will comply with the Smart Snack Standards.			X	
Individual food items that are a part of that day's reimbursable school lunch or breakfast program may be sold on that day and the following day as an a la' carte item.	X			
Foods and beverages offered for sale or served to students at all Lawrence County Schools through the School Nutrition Program shall meet the Smart Snack guidelines as part of the Healthy Hungry Free Kids Act.	X			
Meals through the National School Lunch and Breakfast Program will be available to all students in all schools.	X			
<b>OTHER SCHOOL-BASED ACTIVITIES</b>				
School Health Teams will be set up at each school in Lawrence County.	X			
The county-wide Health Advisory Council will include representatives from the community and school system in Lawrence County.	X			
Lawrence County School representatives will continue to work with the Extension Service with the TNCEP program meet and monitor wellness needs of the school system.	X			

Cafeteria Atmosphere:				
-School dining areas will have sufficient space for students to sit and consume meals.	X			
-School dining areas will be clean, safe, and pleasant environments that reflect the value of the social aspects of eating.	X			
-Enough serving areas will be available to ensure student access to school meals with a minimum of wait time.		X		
-Meal times will be scheduled near the middle of the day.	X			
-Students will be given adequate time to enjoy healthy meals with friends.	X			

Members of the public are invited to review the current Lawrence County School System Wellness Policy and Guidelines and participate in the assessment, implementation and update of our local school wellness policy. Persons interested in participating may contact Jenny Golden at [jennifer.golden@lcss.us](mailto:jennifer.golden@lcss.us) or Kindlyn Simpson at [kindlyn.simpson@lcss.us](mailto:kindlyn.simpson@lcss.us)