

Wellness Plan Strategic Goals
Wellness Committee Chair: Robin Larson
Reviewed and Updated by Wellness Chair of 2018-2019: Robin Larson
March 2nd, 2019

LCS Wellness Plan Strategic Goals 2016-2019:

To revise and implement our current wellness plan to involve students, faculty and families, encouraging a healthy and well lifestyle.

LCS's Wellness Policy states the purpose to be assuring a school environment that promotes and protects students' health, wellbeing and ability to learn by supporting healthy eating and physical activity.

LCS will continue to follow its current policy at is in place and in addition will implement the following over the course of the next 3 years completing in 2019.

Students:

1. Lunch menus will offer 100% whole grains
2. LCS will offer 2 oz. of protein, 1-2 oz. of grain, $\frac{3}{4}$ c. vegetables, $\frac{1}{2}$ c. fruit, and 8 oz. of milk, as the state of MN requires.
3. LCS will offer reduced fat milks to their students at snack and lunch time, white milk will be 1% or less and chocolate milk will be skim.
4. LCS students will be offered a choice of at least one vegetable or fruit as one of their 3 components to comprise a healthy meal.
5. LCS students will receive education in the area of Health on a weekly basis, taught by a Health teacher.
6. LCS students will receive daily physical education, also taught by a licensed Physical Education instructor.
7. LCS students will be able to have their own water bottle at their desk to encourage water consumption.

Faculty:

1. LCS staff will work to role model healthy and well lifestyle choices.
 - a. LCS staff is encouraged to bring reusable water bottles to school.
 - b. LCS staff will reduce the amount of sugared snacks and candies given to students as rewards; instead using sugar-free or peppermint candies

- c. LCS staff will encourage active goals for all to participate in (i.e. walking 10,000 steps daily, etc.)
 - d. LCS staff will plan celebrations/parties that also limit the amount of snacks and sugar being consumed by students. Offering healthier treats or alternative activities to “food parties.”
 - e. Edvisions, our Human Resources provider, gives us monthly healthy snacks for teachers and staff.
2. LCS will offer wellness activities to its staff to increase the opportunity of healthy living.
 3. LCS staff will continue to look for additional funding to support wellness activities and healthful living for our students/staff and families.

Family:

1. LCS offers outdoor exercise equipment for families to use in the front yard of the school.
2. LCS will encourage the use of our gym for participating activities and community members/groups.
3. In 2016, 2017, 2018 & 2019 LCS encouraged healthy snacks for birthdays and parties.