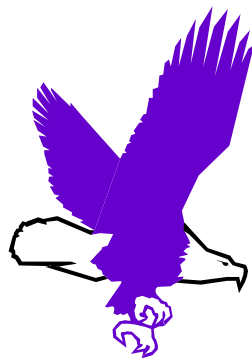


LANESVILLE COMMUNITY SCHOOL

WELLNESS PROGRAM
2019-2020



LANESVILLE COMMUNITY SCHOOL

WELLNESS PROGRAM

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LANESVILLE COMMUNITY SCHOOL WELLNESS PROGRAM

COMMITMENT

Lanesville Community School (LCS) is committed to establishing, maintaining and continually improving a healthy learning environment for students.

Our commitment will promote the development of lifelong healthy habits.

GOALS

It is the goal of Lanesville Community School to promote the students' physical, emotional, and social well-being through a coordinated and comprehensive school health and safety program. This program offers:

- Healthy physical and psychological environment,
- School nurse services,
- Nutritious school meals,
- Health education,
- Physical education and activity.
- Help educate students on healthy choices outside the school environment

It is the intent of this program to enable students to become independent and self-directed learners by taking initiative to meet their own health and nutritional needs as is developmentally and individually appropriate.

WELLNESS COMMITTEE

The Wellness Committee will be comprised of the:

School Principals
School Nurse
Food Services Director
Physical Education Teachers
PTSO members

The committee will monitor the program to ensure compliance with federal laws and collaborate to identify program improvements/modifications

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WELLNESS PROGRAM COMPONENTS

The key components of the Wellness Program are

Food & Nutrition
Physical Activity & Exercise
Health & Safety

Food & Nutrition

The LCS cafeteria plays a very important role in the promotion of good nutrition and a healthier lifestyle for our students and staff. The following are initiatives that have been implemented to promote the healthy lifestyle:

FOOD PREPARATION

- Bake all food items on regular meal program
- Reduce the amount of salt and butter/fats used in seasoning
- Follow the guidelines set forth by the health department to guarantee the facility and the food served is safe
- Comply with all state and county health codes and display health department certificate/comments for public viewing.

MENU CHOICES

- Variety of whole grain cereals and cereal bars for NSBP
- Variety of fresh fruits for both breakfast and lunch
- Salads as well as various fresh/raw vegetables. For example, carrots, broccoli, cucumbers, peppers, tomatoes and cauliflower.
- Variety of cooked vegetables with staff encouragement to try them at least once to see if they like it.
- Samples to students if they are not familiar with the food.
- Fat free and 1% milk is available with school breakfast/lunch program. Milk can be purchased as an ala carte item.

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- Water is also available for any student during breakfast or lunch. Water is not used as a milk substitute.
- 100% fruit juice as a side item
- Options for students with special dietary needs
- Cookies/treats offered for special occasions (holidays, etc.) only and follows the parameters of the smart snack program.
- LCSC will also be implementing the National School Breakfast Program for the first time this school year.

PROMOTION/MAINTENANCE

- Display posters and other visuals in cafeteria to encourage healthy eating and lifestyle
- Provide the carb/calorie count to school nurse for students with diabetic issues.

CONTINUING EDUCATION/FUTURE ACTIVITIES

- Display the nutrients provided by different food groups which educate our students on healthy eating.
- Student awareness posters, displays, and other visuals to teach the advantages of eating the different food groups.
- On-going research to find healthier ways to prepare the food
- Collaborate with school officials and wellness committee to continually promote a healthy lifestyle and smart food choices.
- Communicating with students and families through the school website and newsletters.

PHYSICAL ACTIVITY & EXERCISE

Physical activities to meet the needs of elementary and Junior/Senior High students are provided as part of the daily curriculum as well as through extra-curricular programs.

DAILY CURRICULUM

- Elementary Fitness Program
 - Includes discussion of what muscle groups are being affected
 - Includes health related discussions
- Jr./Sr. High School Fitness Program

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- Updated Fitness room that includes:
 - Stationary bikes
 - Treadmills
 - Elliptical machines
 - Variety of free weights
 - Variety of weight machines
- Physical Education Classes (Grades K-6 twice a week for 40 minutes)
- Physical Education Classes (Grades 7 -9/Grade 10-12 elective)
- Scheduled recess (K-6) daily

Extra-Curricular Programs.

- Special programs that promote physical activity and good nutrition, i.e. Professor Popcorn – 4-H presentation, Dance, Music, and Theatre presentations
- Sports Teams 5th and 6th grade
 - Tennis
 - Track
 - Basketball
 - Cheer
 - Cross country
- Sports Teams - Grades 7-12
 - Tennis
 - Track
 - Cross country
 - Basketball
 - Cheer
 - Soccer
 - Swim team
 - Fishing team

CONTINUING EDUCATION/FUTURE ACTIVITIES

- Investigate the potential for off-site participation in life-time activities such as bowling, skiing, water safety, golf, etc.
- Greater emphasis on developing “school wide” physical activity programs.

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HEALTH & SAFETY

The health and safety of students and staff are key components of the wellness program. A full time school nurse is available for student and staff health issues.

HEALTH

- Classroom science curriculum that promotes positive health habits (K-6 grades)
- Health food pyramid education.
- Waterless hand sanitizer is available to all classrooms and cafeteria.
- Medicines are kept in a cool, dark, locked cabinet.
- School nurse provides classroom (grades K-6) good hygiene practices and training.
- Programs available for smoking, drug/alcohol abuse as well as puberty.
- Annual vision & hearing screenings.
- Medical action plans ordered by physicians are maintained to promote care for those students with specific medical conditions.
- Shot and medical records are kept up to date along with medication forms used for school dispensed medicines.
- Three (3) automatic defibrillators are in place at the Jr/Sr High School, Elementary School and athletic field.
- Physical, Occupational, and Speech therapists are available for students.

Staff members are offered:

- ❖ Hepatitis B vaccine
- ❖ Universal Precautions Training
- ❖ Influenza clinic (family included)
- ❖ CPR/AED training

SAFETY

- The school is now using the Raptor Visitor System in an integrated set of technology solutions designed to protect students, faculty, and staff. Each and every visitor will be screened against the registered sex offender data bases in all fifty states. This program will also ensure accurate and reliable records are kept on every visitor to the school.

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- A crisis plan has been implemented.
- Outside doors are locked with a security system in place.
- All visitors must be identified and door unlocked remotely. Visitors are then required to sign in at office and wear a badge while in the school.
- A background and DCS check is conducted on all volunteers prior to working with students.
- Local police patrol the campus on a routine basis to monitor school as well as teenage drivers/school zone speeding/seatbelt usage, etc.
- Community based programs for students – i.e. Counsel House provides child abuse prevention education for grades K-6
- Resource officer on duty during the school day.

CONTINUING EDUCATION/FUTURE ACTIVITIES

- Teach CPR to high school students
- As appropriate, provide educational material to parents for health issues such as influenza, head lice, scabies, MRSA, etc.
- Expand hygiene education: for example, proper ways to sneeze, when to stay home for sickness, sharing of personal items, etc.
- Staff training for use of Epi-pens and signs of anaphylaxis and food allergies,
- Continued promotion of following nutrition guidelines.
- All staff required to take Blood borne Pathogen Course