

**LINCOLN-SUDBURY REGIONAL SCHOOL DISTRICT
WELLNESS POLICY - GUIDELINES, GOALS AND PROCEDURES**

Nutrition Guidelines:

Lincoln-Sudbury Regional High School Lunch/Breakfast Program offers the following:

Reimbursable School Lunch/Breakfast pursuant to the National School Lunch Program
Sandwich Bar
Salad Bar
Grill Offerings
Soup Bar
Snack Bar
Vending Machines (Snack and Beverage)

Reimbursable lunch/breakfast meals shall not be less restrictive than USDA guidelines
Menu planning shall strive to reduce high-fat and high-sugar foods
Work towards providing nutritional analysis
Work towards a schedule that allows ample time for students' lunch period
Work towards providing "grab and go" breakfast and lunch foods
Cafeteria environment shall be pleasant, inviting and educational
Disallow exclusive soda contracts
Review vending machine offerings periodically
Sell caffeinated, carbonated beverages in accordance with appropriate laws and review all beverages sold.

Food Sales Not Overseen by the Food Service Program:

Review foods and beverages sold as part of a school-sponsored fundraising activity, as well as food served at parties, celebrations and meetings during the school day

Goals for physical education activities and other school-based wellness activities:

Lincoln-Sudbury Regional High School provides a wealth of opportunities for students to engage in physical activity.

Required and elective Wellness courses allow students to meet this objective through the curriculum.

The L-S Fitness Center is available to students before and after school, and during the activity blocks.

Intramural activities and activity-based clubs are offered throughout the year, and open to all. L-S has a large and diverse interscholastic athletic program, with over sixty different teams. The program includes traditional team sports, individual sports, and lifetime activities.

The extended campus model at L-S provides students with opportunities to choose activities during their free time.

Goals for nutrition education:

Nutrition education is integrated into the core curricula, e.g., Science, Wellness, World Languages.

Students are provided an opportunity to receive an in depth nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.

The school's food service program is reviewing programs that will provide nutritional data on the food sold in the cafeteria.

The Wellness Council will begin to examine nutritional messages students receive within the school environment.

Review possible links with the Sudbury and Lincoln Middle Schools in the areas of nutrition education activities

Adopted 3/20/2012

LINCOLN-SUDBURY REGIONAL SCHOOL DISTRICT WELLNESS POLICY

The Lincoln-Sudbury Regional School District is committed to promoting a healthy school environment by supporting good nutrition, physical activity and other school-based wellness activities as part of its learning environment.

The District seeks to:

Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors

Support and promote proper dietary habits contributing to students' health

Provide opportunities for students to engage in physical activity

The District shall establish a Wellness Council that consists of at least one: parent, student, nurse, school food service representative, School Committee member, school administrator, member of the public and other community members as appropriate.

Subject to review by the School Committee, the Wellness Council shall develop specific guidelines, goals and appropriate administrative procedures as part of this Wellness Policy to ensure compliance with applicable laws. A copy of these guidelines, goals and procedures will be attached to the Wellness Policy.

In addition, the Wellness Council shall be responsible for measuring implementation of the Wellness Policy. The Superintendent/Principal or his/her designee is charged with operational responsibility for ensuring that the District meets the requirements of its wellness policy.

Adopted 3/20/2012

Local School Wellness Policy

Last Published: 09/08/2015

A local school wellness policy is a written document of official policies that guide a local educational agency (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

The Local School Wellness Policy requirement was established by the Child Nutrition and WIC Reauthorization Act of 2004, and further strengthened by the Healthy, Hunger-Free Kids Act of 2010. It requires each local LEA participating in the National School Lunch Program and/or School Breakfast Program to develop a local school wellness policy that promotes the health of students and addresses the growing problem of childhood obesity. The responsibility for developing a local school wellness policy is placed at the local level so the unique needs of each school under the jurisdiction of the LEA can be addressed.

<http://www.fns.usda.gov/school-meals/local-school-wellness-policy>

Background

Congress recognizes that schools play a critical role in promoting student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical inactivity. In 2004, Congress passed the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act (Sec. 204 of [Public Law 108-265](#)). This act required by law that all LEAs participating in the National School Lunch Program or other child nutrition programs create local school wellness policies by School Year 2006. The legislation places the responsibility of developing a wellness policy at the local level so the individual needs of each LEA can be addressed.

In 2010, Congress passed the [Healthy, Hunger-Free Kids Act of 2010](#) (Sec. 204 of [Public Law 111-296](#)), and added new provisions for local school wellness policies related to implementation, evaluation, and publicly reporting on progress of local school wellness policies.

On February 26, 2014, the [proposed rule](#) for wellness policies was published in the Federal Register. The public comment period closed on April 28, 2014.

Implementation Timeline

- As of School Year 2006-2007, all districts were required to establish a local school wellness policy.
- For School Year 2015-2016, LEAs are encouraged to continue reviewing and assessing their local wellness policies and implementing the new requirements. State agencies will be selecting between two options for the Administrative

Review, and LEAs will be held accountable for local school wellness policy implementation, assessment, and public updates.

This portion of our site will continue to be updated to reflect the requirements of the 2010 law.

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