

**Local Wellness Policy  
Review and Assessment  
May 2017**

The Wellness Committee met May 3, 2017 to review implementation of the wellness policy.

Committee members in attendance:

Jennifer Meckley: Director of Human Resources

Chrissy Shanks: Associate Principal LHS

Rob Hess-Superintendent

Deb Fell-Carlson-Community Member

Angie Gorman-Nutrition Director

Also invited, but not present: principals from each building, Amy Dechellis, Ashlei Hand, Carole Robinson, Kim Grousbeck and Wyatt King.

**Policy Requirements:**

Our local Wellness Policy being presented to the school board will contain all of the required components when adopted:

- Specific goals for nutrition promotion and education, physical activity and other school based activities that promote wellness
- Standards and nutrition guidelines for all foods and beverages sold to students on the school campus
- Standards for all foods and beverages provided, but not sold to students (classroom parties, snacks brought by parents and other foods given as incentives)
- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet Smart Snacks nutrition standards
- Description of public involvement, public updates, policy leadership and evaluation plan

**Areas of the policy to be addressed:**

- The policy states recess detention should not be used as a punishment. Most schools use this practice as part of their behavior management program.
- The policy states students K-12 should have physical movement and activity as part of their day. Only once credit of PE is required at the high school level.
- The policy states non-food incentives should be used. If food incentives are used, they should follow Smart Snack standards. Schools do not always follow this practice.

- According to the policy, nutrition education should be included in grades K-12. The committee is unsure of whether nutrition education occurs at every grade level.
- The policy states students should be encouraged to use the NSLP and SPB, but schools are scheduling reward parties with food incentives during lunch.

**Next Steps:**

- May 8<sup>th</sup>-Meet with Live Longer Lebanon Steering Committee to discuss ways they can support the wellness policy.
- May 16<sup>th</sup>-Present Wellness Policy at LCSD Administrator's Meeting
- Develop plan for areas above
- Form building level Wellness Committees
- Schedule the next district level meeting

For information on the Wellness Policy or to inquire about how you can become involved, please contact:

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