



## THE **LAWSON** ACADEMY **Wellness Policy**

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

**Mission Statement:** The mission of The Lawson Academy is to promote a healthy lifestyle for students, parents and staff which will lead to lifelong maintenance of healthy habits. This mission will be accomplished by the development and implementation of our district wellness policy which will incorporate nutrition education and standards, physical activity and any other school related activities.

### **Nutrition Education Goals**

- #1 Schools will educate, encourage and support healthy eating by all students of all ages.
- #2 Schools will comply with the current USDA Dietary Guidelines for Americans,

### **Nutrition Guidelines**

Goal #1 Schools will comply with the current USDA Dietary Guidelines for Americans and the Texas Public Schools Nutrition Policy.

The TEXAS PUBLIC SCHOOL NUTRITION POLICY HAS ALREADY  
PROVIDED A VERY SOLID BASE TO SETTING STANDARDS

Guidelines:

- Schools will promote fruits, vegetables, whole grains, low fat & fat free dairy, healthy food preparation and health enhancing nutrition practices.
- Nutrition Education will be part of not only health education classes, but also classroom instruction in subjects such as Math, Science, Language Arts, Social Studies and elective subjects.
- The school cafeteria serves as a “Learning Lab” to all students to apply critical thinking skills taught in the classroom.
- Nutrition Education will involve sharing information with families and the broader community to positively impact students and the health of the community.

- School will promote enjoyable, developmentally and culturally appropriate participatory activities.
- Schools will offer nutrition education at each grade level as a part of a sequential, comprehensive, standards based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.

The Lawson Academy is committed to using nutritious, freshly prepared meals served with real ingredients and none of the bad stuff. We're committed to nourishing students with healthy and affordable breakfast, lunch, and snacks that provide students the brainpower they need to excel through their day. Because they deserve better than junk.

Goal #2 Schools will comply with the current USDA Dietary Guidelines for Americans, Texas Public School Nutrition Policy as well as adhere to the following restrictions.

**\*A SCHOOL MAY OPT TO BE MORE RESTRICTIVE**

**A la carte**

- ▶ Food providers will be sensitive to the school environment (logos on campus).
- ▶ SHAC determines competitive food selections.
- ▶ Nutrition information for products offered is readily available near the point of purchase.

**Fund raisers**

- ▶ Food and beverages sold at fundraisers include healthy choices and provide age appropriate selections for all school levels.

**Vending machines**

- ▶ Nutrition information for products offered is readily available near the point of purchase

**Class parties**

- ▶ Food and beverages sold at fundraisers include healthy choices and provide age appropriate selections for all school levels.

**Others**

- ▶ Promotional activities to encourage physical activity, academic achievement in compliance with local guidelines.
- ▶ Promotional activities connected to healthy lifestyles.

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## **Physical Education Goals**

#1 Schools will provide opportunities for students to maintain physical fitness.

#2 Schools will adopt or exceed the state standards for physical activity.

## **Other School Related Activities**

#1 Schools will create a total school environment that is conducive to being physically active.

## **Physical Activity Guidelines**

Goal #1 Schools will provide opportunities for students to regularly participate in physical activity and maintain physical fitness.

Guidelines:

- Children should have several opportunities for physical activity lasting 15 minutes or more approximately every two hours, especially during the daytime hours.
- Schools will implement physical activities from adopted curriculums.
- Schools will encourage classroom teachers to provide short activity breaks between lessons or classes.
- Schools will provide daily recess period prior to lunch.

Goal #2 Schools will adopt or exceed the state standards for physical activity.

Guidelines

- Policies ensure that state physical education classes have student teacher ratio similar to others.
- Policies ensure state-certified physical education instructors.
- Time allotted consistent with research and standards, 30 minutes per day or 135 minutes per week, kindergarten thru sixth grade.
- Schools will provide opportunities for activity through physical education classes, recess and integration in curriculum.

## **Other School Based Activities Guidelines**

Goal #1 Schools will create a total school environment that is conducive to being physically active.

Guidelines:

- After-school programs will encourage physical activity and promote healthy habits.
- Schools will not deny student participation in recess or other physical activity as a form of discipline or classroom make-up time.
- Schools will schedule recess for elementary schools before lunch so that children will come to lunch less distracted and ready to eat.
- Each school's weekly newsletter will provide information about healthy eating and the benefits of physical activity.