

WELLNESS

The Lake Central School Corporation is committed to ensuring high level job performance and healthy role models for students by supporting and facilitating the physical and mental health and well-being of all employees.

Furthermore, the Corporation is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of this Corporation that:

- A. The School Corporation will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing Corporation-wide nutrition and physical activity policies.
- B. All students in grades K-9 will have opportunities, support, and encouragement to be physically active on a regular basis. Students in grades 7-12 will have opportunities to engage in organized sport activities.
- C. Food and beverages sold and served at school during the school breakfast and lunch programs shall meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- D. Students will be provided access to a variety of affordable, nutritious, and appealing foods that meet their health and nutritional needs in a clean, safe and pleasant student dining area.
- E. All schools in the Corporation will participate in available Federal school meal programs (i.e. the School Breakfast Program, the National School Lunch Program).
- F. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.
- G. The Corporation will provide employees and their families with programs and resources that help to support their well-being.