



# WELLNESS POLICY

## HEALTHY STUDENTS LEARN BETTER!

Lexington County School District one is committed to a healthy lifestyle for our students. Our Wellness Policy focuses on the whole student by assisting in the development and education of their physical, emotional, intellectual, social, and nutritional health and wellbeing. Students who eat right and get consistent exercise feel better physically and emotionally, are not sick as often, and are able to learn better.

To review the district's wellness policy in its entirety, please visit the district website: <https://schools.lexington1.net/fsn>

### NATIONAL SCHOOL LUNCH AND BREAKFAST PROGRAMS

All schools within the district participate in USDA child nutrition programs through the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Lexington School District One is committed to offering meals that are:

- Accessible to all students
- Appealing and attractive to children
- Served in clean and pleasant settings
- Meeting or exceeding the current nutritional requirements established by local, state, and federal regulations



The district will promote healthy food and beverage choices by encouraging participation in the school meal programs as well as offering healthier choices in vending machines around the school.

### BREAKFAST IN THE CLASSROOM

The approach is simple. Children eat together in the classroom, usually during homeroom, at the start of the school day, or after the morning bell. They enjoy nutritionally well-balanced foods that are delivered directly to the classroom!

BIC makes breakfast available to ALL children and is typically enjoyed while the teacher takes attendance, collects homework or teaches a short lesson plan so that no instructional time is lost!

The result? Less hunger and improved academic performance, health, and behavior.



## LINQ Connect

ONLINE PORTAL

2023 BACK to SCHOOL LINQ

### Manage Your Student's Meal Account with Ease

- Make Payments
  - Apply for Meal Benefits
  - View Menus *(Coming Soon!)*
  - Download the APP
- [www.linqconnect.com](http://www.linqconnect.com)



### HEALTHY SCHOOL CELEBRATIONS!

Rewarding children in the classroom does not need to involve candy and other foods that can undermine children's diets and health and reinforce unhealthy eating habits.

#### Celebrations

Celebrating with students is an important part of a school's culture with birthday parties, holiday celebrations, and school wide events and can be accomplished with non-edible treats and prizes!

#### Recognition

Alternative rewards can be used to provide positive reinforcement for children's behavior and academic performance. Certificates, stickers, or a shout out during announcements would be a great way to recognize their achievements!

#### Responsibility

Children love to be given extra responsibilities that indicate their maturity such as taking messages to the office, raising or lowering the flags, leading the class to recess or lunch, or assisting in another classroom.

#### Privileges

Privileges give children something to strive for and as such should be deemed appropriate as rewards for good behavior. Some examples would be free admission to athletic/arts events, a "Free Homework" pass, or even extra recess.

### SUMMER FOOD SERVICE PROGRAM



Offers meals to all children, 18 years and younger, at no cost during summer months!

Visit our website for more information: <https://schools.lexington1.net/fsn>

### HOW CAN PARENTS GET INVOLVED?

Wellness begins at home!

- Encourage physical activity.
- Talk with your child about healthy food choices.
- Choose school lunch.
- Select a non-edible option when sending treats for celebrations or purchase them directly from your school cafeteria to ensure they meet Smart Snack standards and allergens can be monitored.
- Serve on the Lexington School District One Wellness Committee



### WELLNESS COMMITTEE

The Lexington School District One Wellness Committee aims to build a culture of health, well being and the ability to learn by supporting each student physically, emotionally, intellectually, socially, and nutritionally. The Wellness Committee works collaboratively with community resources, parents and school staff to educate, encourage healthy choices, and implement wellness initiatives such as:

- Assist in the successful promotion, launching and participation of physical activity and nutrition initiatives.
- Educate parents and guardians on the relationship between student health and academic performance and address the need for consistent health messages between the home and school environment.
- To increase the participation of exercise and physical health in Lexington School District One.
- To increase the awareness of mental, physical, and nutritional health in our community.

If you are interested in being involved with wellness activities in Lexington One, we are looking for parents to join the district Wellness Committee. For more information, please call the Lexington School District One Office of Food Service and Nutrition: (803) 821-1170

This institution is an equal opportunity provider.

### HEALTHY FUNDRAISING IN SCHOOLS

#### Fundraising Event Ideas:

- Bike-a-Thon
- Bowling Night
- Car Wash
- School Dances
- Garage Sales
- Fun Runs
- Walk-a-Thons

#### Items You Can Sell:

- Books
- Bumper Stickers
- Calendars
- Coffee Mugs
- Gift Baskets
- Gift Wrap
- House Decorations

#### Why should schools promote healthy fundraising?

- Healthy kids learn better.
- Schools have a responsibility to encourage healthy eating habits.
- Students get the wrong message when unhealthy foods are sold "For a Good Cause"
- Supports mandated local school wellness policies.

