

Lakewood School District

Wellness Policy Assessment 2017/18

Dec 2017

Members of the committee all reviewed the current policy, went over the 16/17 assessment and then were tasked with the responsibility of stating what has improved since the last review and what part of the policy could be more effective if:

Jan 2018

Things that have improved since the last review were:

Not allowing birthday party/treats at LES from home has improved nutrition and control of sweets being given to children. There is now a birthday celebration once a month in the lunchroom for all students with a birthday in the current month.

Fewer outside snacks are coming into the children at school.

K-8 students are getting an average of 90 minutes a week of PE now, which is a 10-20 minute improvement.

Awareness that all foods sold to students have to adhere to the school policy or smart snack guidelines are being followed more than they use to be.

Food bags are given to students to take home on the weekends from the Marysville food bank.

The policy would be more effective if:

All elementary students had PE twice a week. Currently only ½ get PE twice a week.

Foods from food banks should have to follow the guidelines or not be opened at school. It is felt the food bags are not following guidelines as it is donated food but that the benefits far out way the concerns. Not letting the students open the bags until they were at home would eliminate this concern.

The line of the policy that reads students are encouraged to walk or bike to school does not apply to our district as there is no sidewalks or safe roads with bike lanes for students to use.

All schools had the same policies rather than each principal deciding how to implement the policy.