

2017-18 Lexington Public Schools Wellness Policy Assessment

Examining Your Local Wellness Policy (LWP)	Fully in place	Partially in place	Under development	Not in place	Comments (strengths, weaknesses, etc.	Action Steps Needed
1. Is our current School Wellness Policy Committee in compliance with state and federal requirements?	YES				This is achieved through SHAC meetings, which includes robust attendance and participation from town, school, and community.	
2. Do we understand the process for policy development and adoption in our district? If not, how can we get specific information on the process?	YES				School Committee Policy Subcommittee	
3. Does our LWP include guidelines for all foods available on each school campus that promote student health and reduce childhood obesity? Are these in compliance with state and federal regulations?	YES				All foods on campus are in compliance with the National School Lunch Policy (NSLP) and John Stalker insitute ala-carte guidelines. We work with athletic department to promote health eating with athletes.	
4. Does our LWP include a plan for the periodic assessment of implementation?	YES				Lexington participates in a comprehensive, bi-annual Youth Risk Behavior Survey that informs planning and assessment of the wellness policy. LPS Middle School and High School YRBS Results for health and Nutrition (Ie: physical activity, diet/eating habits, sleep, body image, weight and screen time) were all within normal to better than normal ranges. The SHAC is set to review this policy implementation annually on one of its agendas.	
5. Does our LWP include a plan for informing and updating the public (including parents, students and others in the community) about the content and implementatrion of the LWP?	YES				The public is updated through the activities of the SHAC, its agendas, and the District's Wellness Policy posted through the District's food service website, the vendor's food service website and mobile App, and the School Committeee's policy site, and School Committee Policy Subcommittee. The Food Service Management Company regularly caters events throughout the District promoting school health and wellness. Participate in Kindergarten orientation, back to school night, parent academy to promote school wellness.	Iblock and WIN programming around culinary arts, food prep that would promote school health and wellness. Offer a session at Parent Academy that promotes school wellness ie: culinary arts, food prep and life skills. Review the possibility of offering after school workshops for elementary and middle school students. Increased promotion of website and mobile app through bi-annual school council meetings, flyers and social media.
6. What is our current policy objective for nutrition education? What are its strengths? Weaknesses?						<p>"The Lexington Public Schools K-12 Physical Education and Health Education Department is based on national and state PE and health standards. Our mission is to promote lifelong learning through physical activity, exercise, & social emotional learning. We provide cognitive information, behavioral skills and affective experiences that enable students to face a range of life situations, choices and consequences. Through our comprehensive and quality program, our students will develop into individuals who value and maintain physically active lifestyles and demonstrate positive cognitive, social and emotional health and well-being. This curriculum is designed to develop a variety of skills including health and physical literacy; thereby, fostering confidence and enhancing self-esteem of each student. Activities and skills are modified when necessary to ensure all students are successful." The district has a comprehensive Wellness Program for all employees. Recognizing the well documented benefits of early prevention/intervention LPS is currently reviewing the district's capacity to reinstate elementary health.</p>

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7. What is our current policy objective for physical activity? What are its strengths? Weaknesses?						Strengths are that we have a comprehensive k-12 Physical Education program aligned with state requirements and promote PE outside of the scheduled time such as recess, before school sports and opening up all three fitness centers after school for all students .
8. What is our current policy objective for nutrition promotion, if any? If none, what nutrition promotion objective might we include?						Building on the use of social media for the promotion of the nutrition program for the district. Providing increased availability of unique fruits and vegetables adding to the diversity of what is offered for district food services. Active presence at district events such as kindergarten orientation, back to school nights, parent academy, Lexington PE and Wellness Peer Educator trainings.