

# [2022-23] Wellness Policy Report

## Lighthouse Community Public Schools



### We met these goals:

1. Students had access to healthy meals options throughout the the day
2. Students received quality nutrition and physical education throughout the school year
3. School provided promotion and other activities that promote student wellness



### We are still working on these:

1. It is encouraged and promoted for staff members of LCPS to adopt healthy eating and exercise habits both within and outside of the classroom.
2. The community is engaged in supporting the work of LCPS in creating continuity between Charter School and other settings for students and staff to practice lifelong healthy habits.

#### Healthy Snack List-

[https://docs.google.com/document/d/1xEAjR5rmOYzpMeUD-WFee0bBgzJfp8n\\_kDqGKAaZE4/edit?usp=sharing](https://docs.google.com/document/d/1xEAjR5rmOYzpMeUD-WFee0bBgzJfp8n_kDqGKAaZE4/edit?usp=sharing)

#### Smart Snacks at School-

[https://drive.google.com/file/d/14629hdDQ-qhRreCiNt1GgT\\_qMJUo9eIV/view?usp=sharing](https://drive.google.com/file/d/14629hdDQ-qhRreCiNt1GgT_qMJUo9eIV/view?usp=sharing)

#### LCPS Wellness Policy-

<https://lighthousecharter.org/wp-content/uploads/2021/10/LCPS-Student-Wellness-Policy.docx.pdf>

### Yearly Activities SY23-24

#### Family & Student Engagement

- 1 event per quarter
- Increase student physical activity
- Healthy Potluck & Game Night
- Health Fair ( Spring)

#### Training & Development with school community

- LCPS Wellness Policy org wide ( informational session)
- Partner with outside organizations for families, staff, student ( quarterly)
- Mobile clinic for students to have access ( 1x a week) students made appts ahead of time
- Topics ( Cooking class , CPR & First Aid for families)

#### Recognition & Rewards

- Quarterly

