

[2024-25] Wellness Policy Report

Lighthouse Community Public Schools



We met these goals:

Students had access to healthy meals options throughout the the day

Students received quality nutrition and physical education throughout the school year

School provided promotion and other activities that promote student wellness

Hostes our second annual health and wellness fair open to the community.

We are still working on these:

Families expressed interest in participating and expanding school community events, such as:

- Health fairs
- Walkathons
- Cultural events that celebrate diversity
- Community meals

This year, we introduced mental health and sports topics in family trainings:

- These topics received strong engagement from families
- Families contributed external resources, including La Clínica de la Raza

For the 2025–26 school year, families agreed to: Collaborate in developing monthly meal menus

Healthy Snack List-

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

LCPS Wellness Policy-

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

Yearly Activities SY25-26

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)
- Monthly Meal Planning Collaboration

Recognition & Rewards

- Quarterly

