

Living Word Academy

Local School Wellness Policy

National School Lunch Program (NSLP)

School Name: Living Word Academy

Effective Date: 5/21/2026

Review Date: 5/21/2026

I. Purpose

The purpose of this Local School Wellness Policy (LSWP) is to establish goals and procedures that support student wellness, nutrition education, nutrition promotion, physical activity, and other school-based activities that promote student health and reduce childhood obesity. This policy complies with USDA requirements for participation in the National School Lunch Program (NSLP).

II. Wellness Leadership and Oversight

Living Word Academy designates the School Administrator and Food Service Director as the officials responsible for ensuring compliance with the Local School Wellness Policy and all applicable USDA wellness regulations. These officials shall oversee implementation, annual reviews, and triennial assessments.

III. Wellness Committee and Stakeholder Participation

Living Word Academy shall maintain a Wellness Committee that includes parents, students, representatives of the school food authority, physical education teachers, administrators, school board representatives when applicable, and members of the public. Stakeholders shall be informed through newsletters, website announcements, public notices, and meetings of their opportunity to participate in the development, implementation, review, and update of the wellness policy.

IV. Nutrition Promotion Goals

Living Word Academy shall review and consider evidence-based strategies when establishing nutrition promotion goals. Measurable goals include increasing participation in school meal programs, promoting fruits and vegetables through signage and displays, and providing monthly nutrition messaging to students and families.

V. Nutrition Education Goals

Living Word Academy shall review and consider evidence-based strategies when establishing nutrition education goals. Measurable goals include providing age-appropriate nutrition education, incorporating nutrition lessons quarterly, and providing wellness resources to families throughout the school year.

VI. Physical Activity Goals

Living Word Academy shall review and consider evidence-based strategies when establishing physical activity and other school-based wellness goals. Goals include providing physical activity opportunities during the school day, encouraging active recess, and offering physical education consistent with state requirements.

VII. School Meals and Nutrition Standards

All reimbursable school meals shall meet or exceed USDA nutrition standards. Living Word Academy shall provide healthy meal options, fruits and vegetables daily, low-fat or fat-free milk, whole grain-rich products, and free potable water during meal service.

VIII. Competitive Foods, Fundraisers, and Marketing

All foods and beverages sold during the school day shall comply with USDA Smart Snacks standards. Fundraisers during the school day must meet Smart Snacks requirements or qualify for approved exemptions under state regulations. All in-school marketing and advertising of food and beverages shall meet Smart Snacks standards.

IX. Standards for Non-Sold Foods and Beverages

Living Word Academy encourages healthy alternatives for classroom parties, celebrations, and rewards. Foods and beverages provided but not sold during the school day should encourage healthy eating habits and limit foods high in sugar, sodium, and saturated fat. Non-food rewards are encouraged whenever possible.

- The school encourages classroom parties and celebrations involving food to be held after the designated lunch period whenever possible.
- The school encourages parents/guardians and staff to provide healthier food and beverage options for classroom celebrations and school activities.
- The school will provide parents/guardians and staff with a list of suggested healthy celebration ideas, nutritious snack options, non-food rewards, and wellness-focused fundraising activities.
- The school encourages the inclusion of fruits, vegetables, whole grains, and other Smart Snacks-aligned items during classroom celebrations whenever feasible.

- Staff members are encouraged to support school wellness goals by promoting balanced nutrition and limiting foods and beverages high in added sugars, sodium, and saturated fats during the school day.

The school encourages all classroom celebrations, incentives, and student recognition activities to support the goals of the Local Wellness Policy and promote healthy lifestyle habits among students.

Examples of encouraged non-food rewards may include:

- Extra recess or activity time
- Stickers, pencils, or school supplies
- Positive recognition or certificates
- Classroom privileges or leadership opportunities
- Homework passes or reading time
- Music, games, or creative classroom activities

X. Public Notification

Living Word Academy shall make the Local School Wellness Policy and wellness assessment information available to the public in an accessible and easily understood manner through the school website, newsletters, parent handbooks, public meetings, and school office availability.

XI. Monitoring, Annual Review, and Triennial Assessment

Living Word Academy shall conduct annual reviews and a triennial assessment of the Local School Wellness Policy. The triennial assessment shall evaluate: (i) compliance with the wellness policy, (ii) comparison to model wellness policies, and (iii) progress made toward achieving wellness goals. Results shall be made available to the public in an accessible and easily understood manner at all times. The school shall update and modify the policy as appropriate based on annual reviews and triennial assessments.

XII. Recordkeeping

Living Word Academy shall maintain records documenting compliance with the wellness policy requirements, including the written policy, implementation documentation, annual reviews, triennial assessments, public notifications, and Wellness Committee meeting records.

XIII. Policy Adoption

School/Organization: Living Word Academy

Date Adopted: 5/21/2026

Authorized Signature: _____

Title: NSLP Specialist, Determining Official