



Local Wellness Policy Intent/Rationale:

Schools play a critical role in creating a healthy environment for the prevention of childhood obesity and for combating problems associated with poor nutrition and physical inactivity. Victory High School is aware of its role in educating students, parents and the community in this important responsibility. Victory High School's goals in its Local Wellness Policy (LWP), provides for the physical activity and promotion of nutrition needed to ensure "Victory" for our students health:

Support to promote proper dietary habits contributing to students' health status and academic performance:

All foods and beverages available to students on school grounds before, during, and after the instructional day, except public events, should meet the District Nutrition Standards. Emphasis should be placed on foods that are nutrient dense per calorie. To ensure safe, nutritious foods, consideration of available foods and beverages should be based on national health initiatives, nutrient contribution, variety, appeal, safety, and packaging.

Victory High School supports a healthy environment where participation in positive dietary and lifestyle practices are encouraged. Victory High School promotes nutrition by instructing students' on developing a healthy diet. While incorporating more fruits and vegetables into their daily meals, by providing USDA approved breakfast and lunch, along with impromptu classes on the benefits to making healthy choices. Lessons on Growing, Preparing, and Storing foods have been implemented for the spring of each school year.

A Comprehensive learning environment for developing and practicing lifelong wellness behaviors:

The entire school environment, not just the classroom, shall be aligned with goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

Wellness is defined as the dynamic state of achieving optimal well-being in all the dimensions of health: physical, mental/emotional, and social. Only a few lifestyle choices have as large an impact on your health as physical activity. It has been said that people who are physically active for about 7 hours a week have a 40 percent lower risk of dying early. Also physical activity can improve your mental health and mood. For this reason Victory has implemented exploration of various forms of exercise as a part of its comprehensive learning environment.

Victory High School has partnered with local community entities to provide physical education and physical activity opportunities for students. First Tee and the Boys and Girls Club have offered to participate in development and periodic review of Victory High School's LWP. The First Tee provides young people with character-building and life skills lessons using golf as the platform. Through The First Tee, young people discover how skills essential to success on a golf course, can also help them flourish in life. Boys & Girls Club programs and services promote and enhance the development of boys and girls by instilling a sense of competence, usefulness, belonging and influence.

Victory High School ensures that all physical education is scheduled within the school plan. Physical activity can also include recess that encourages activity, recreational activities, intramurals, integrated curricular activities, physical activity clubs and interscholastic athletics which will allow students to accumulate at least 60 minutes of activity on all days of the school week. Specific individual student adaptations will be addressed through 504 Plans or Individual Education Plans.

Victory High School will distribute a copy of our LWP to our students and parents will also be placed on Victory High School's website for the community to view.