

# A. E. Phillips Laboratory School

## Wellness Policy

### I. Purpose

A. E. Phillips Laboratory School (AEP) is committed to promoting the health and well-being of all students. Recognizing that healthy students are better prepared to learn, this Wellness Policy establishes guidelines to encourage nutritious eating habits and active lifestyles both on campus and beyond the school day.

Due to AEP's location on the Louisiana Tech University campus and the use of Aramark Food Services, the school is unable to fully comply with the Lincoln Parish Schools Wellness Policy. This policy is designed to align with best practices for student wellness while accounting for the unique structure and resources of our campus environment.

### II. Wellness Goals

AEP's wellness goals are to:

- **Promote lifelong healthy eating habits**  
This includes helping students understand the value of balanced meals, appropriate portions, and nutritious food choices. Teachers and staff will encourage positive conversations about food, model healthy choices when possible, and integrate age-appropriate nutrition concepts into classroom learning and school activities.
- **Encourage regular physical activity**  
Students will be provided multiple opportunities to move throughout the school day through physical education, recess, classroom movement breaks, and extracurricular athletics. The school will promote participation in active clubs and teams so that students can discover forms of exercise they enjoy and can continue beyond childhood.
- **Support students' physical, mental, and emotional well-being**  
Wellness at AEP extends beyond food and exercise to include social and emotional health. Students will have access to counseling support, character education, and a school climate that emphasizes kindness, safety, and respectful relationships.
- **Foster a school culture that values wellness for students, staff, and families**  
AEP will encourage staff to model healthy behaviors and will share wellness information with families through newsletters and events. The school seeks to partner with parents so that healthy habits practiced at school are reinforced at home.

### III. Nutrition Environment & Services

#### A. School Meals

- Meals served on campus are provided by Aramark Food Services through Louisiana Tech University.

- AEP will collaborate with campus dining services when possible to encourage nutritious food options that align with general dietary guidelines.
- Students will be encouraged to make balanced food choices during meals.

## **B. Foods Outside of School Meals**

- Classroom celebrations, rewards, and school-sponsored events are encouraged to include healthy food options when feasible, following the USDA Smart Snacks in school Nutrition Standards as closely as possible.
- Non-food rewards (extra recess time, special privileges, recognition, etc.) are encouraged as alternatives to food-based incentives.
- Fundraisers are encouraged to include non-food items or healthier food choices when possible.

## **C. Nutrition Education**

- Nutrition education will be incorporated into the curriculum when appropriate, including science, health, and classroom discussions.
- Students will be taught the importance of balanced nutrition, portion awareness, and making healthy choices at school and at home.

# **IV. Physical Activity**

## **A. Physical Education**

- Students will participate in daily physical education as part of the school curriculum.
- Physical education classes will promote fitness, skill development, teamwork, and lifelong physical activity.

## **B. Physical Activity During the School Day**

- Teachers are encouraged to incorporate movement breaks into the school day when appropriate.
- Recess and outdoor play will be provided when weather and schedules permit.
- Physical activity will not be withheld as punishment whenever possible.

## **C. Active Lifestyles Beyond School**

- Students and families will be encouraged to engage in physical activity outside of school hours.
- AEP will promote participation in sports, recreation, and active play through school communications when appropriate.

# **V. Wellness Beyond Nutrition & Physical Activity**

- The school will support social-emotional wellness through positive behavior practices and supportive learning environments.

- Adequate time will be provided for meals, physical activity, and rest during the school day.
- Staff are encouraged to model healthy behaviors for students.

## **VI. Family & Community Engagement**

- Families will be informed of wellness initiatives through school communications.
- Parents and guardians are encouraged to support healthy habits at home.
- AEP may partner with Louisiana Tech University and community organizations when opportunities arise to support student wellness.

## **VII. Implementation & Review**

- The school administration is responsible for implementing and supporting this Wellness Policy.
- This policy will be reviewed periodically and revised as needed to reflect school practices, resources, and student needs.

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*Adopted by A. E. Phillips Laboratory School 2026*