



EXCELLENCE IN EDUCATION

STUDENTS PREPARING FOR THE CHALLENGES OF TOMORROW

District has met USDA Healthier US School Challenge

Lamar County Schools are making national news by working to support and improve the health of students and the community. Eleven schools have been recognized as Gold and Gold Award of Distinction winners.

In order to meet requirements, Child Nutrition has fortified menus with whole grains and added dark green and orange selections of fruits and vegetables for students to select. Physical and Nutrition/Health Education has been enhanced at all grade levels. Coordinated Health Teams are active on all campuses. Principals have made supportive decisions with no vending at elementary campuses and only healthy vending items on high school campuses at appropriate times, and a wonderful plus is that Parent Teacher Organizations are working to assure that all fundraisers are healthy.

The Healthier School Challenge, sponsored by the USDA Foods and Nutrition Service, is a voluntary national certification initiative for schools participating in the National School Lunch Program. It supports First Lady Michelle Obama's 'Let's Move' campaign by recognizing schools that are creating healthier environments through their promotion of good nutrition and physical activity, encouraging schools to take a leadership role in helping students make healthier eating and physical activity choices which will last a lifetime. The Child Nutrition staff has worked hard to make changes in the school nutrition environment in order to 1) improve the quality of foods served; 2) provide students with nutrition education; and 3) provide students with physical education and opportunities for physical activity.

This was a collaborative project through the great efforts of the principals, classroom teachers, PTO members, Coordinated School Health councils, and the Child Nutrition staff which 'sealed the deal' with their innovative ideas in producing appealing and nutritious School Breakfast and School Lunch menus for students.

"We believe that children who learn to make healthy choices and are physically active at school will continue these habits into adulthood," LCSD Child Nutrition Director Becke Bounds said. "We encourage parents to involve their children in trying new foods and helping in selecting healthy choices at the grocery store which will reinforce the messages we're teaching at school, along with 'family' physical activities."

Oak Grove Primary Gold Award of Distinction	Sumrall Elementary Gold
Purvis Lower Elementary Gold Award of Distinction	Sumrall Middle Gold
Purvis Upper Elementary Gold Award of Distinction	Oak Grove Lower Elementary Gold
Purvis Middle Gold Award of Distinction	Oak Grove Upper Elementary Gold
Purvis High Gold Award of Distinction	Oak Grove Middle Gold
Baxterville Gold Award of Distinction	