



# Leyton Public Schools

## Leyton Public Schools Community,

Our district takes pride in supporting the needs of the whole child and in ensuring that all children are safe, supported, engaged, and challenged each school day. Research indicates that initiatives focused on improving aspects of students' well-being in schools, such as addressing childhood obesity, preventing bullying, supporting students' mental health, and restricting use of exclusionary discipline, can be successful in improving student success and academic excellence. We have assessed our wellness policy as part of the USDA requirements. Below are the results of our assessment.

Step #1- After a review of policy #5052 School Wellness, our committee found several areas of strength within the policy. Our policy offers students plenty of opportunities for exercise during the school day; it promotes healthy long-term habits and also ensures students have what they need in order to live a healthy life at school (ex: plenty of water, space and time to eat, etc.). Some opportunities for us to improve will be increasing our number of students eating breakfast at the elementary and middle school. We know when students have a choice between breakfast and recess, they will choose recess. Please help us in this area by promoting eating breakfast at home.

Step #2- Our 3 goals according to our wellness policy are 1: Nutrition Promotion and Education, 2: Physical Activities, and 3: School-based activities designed to promote wellness. When our committee looked at these goals, it was evident that a lot of areas are functioning well within our school in terms of wellness. For Goal 1: Our students will have access to healthy snacks and fresh fruits and vegetables with each lunch, and promoting those to students and families. We participate in the fruits and veggies program K-8, and our courses offered in grades K-12 have areas where healthy living and nutrition are directly taught to students. For Goal 2,; To provide courses at all grade levels that foster the love of movement, teach skills for all levels to develop and build skills to create lifelong movers. We prioritize PE and recess in grades PreK-8 and have multiple courses at the High School level for PE. Extracurricular offerings are diverse and fit our students' needs as far as physical activities across all grade levels. For Goal 3: we have well-lit, attractive cafeterias; students are given plenty of time to eat; the meals are complete and often freshly made by our cooks; water is always available; and there are opportunities for the outside world to come into our school for health-related services: vision and dental screenings, and blood drive.

We won't be updating the Wellness policy as a result of the committee's review. The main items we want to focus on are ensuring that our entire community is aware of the policy at all times.

We will inform the community and all stakeholder groups in three ways through the May 2026 newsletter mailed to all staff, via Facebook, and finally on our website [www.leytonwarriors.org](http://www.leytonwarriors.org).

If you have any questions, please contact Matt Mclaughlin at [matt.mclaughlin@leytonwarriors.org](mailto:matt.mclaughlin@leytonwarriors.org).

A handwritten signature in blue ink, appearing to read "Matt Mclaughlin". The signature is written in a cursive style with a large, stylized initial "M".