

Lawrence County Schools Wellness Policy

Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States. Major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.

It is the intention of our school district to help students and staff live healthier and happier lives with lifelong nutrition and physical activity habits.

Follow these links to access the full documents:

[The Lawrence County Schools Wellness Policy](#)

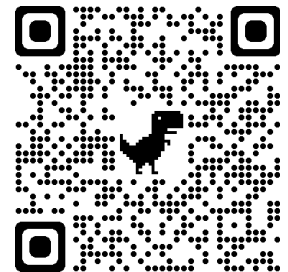
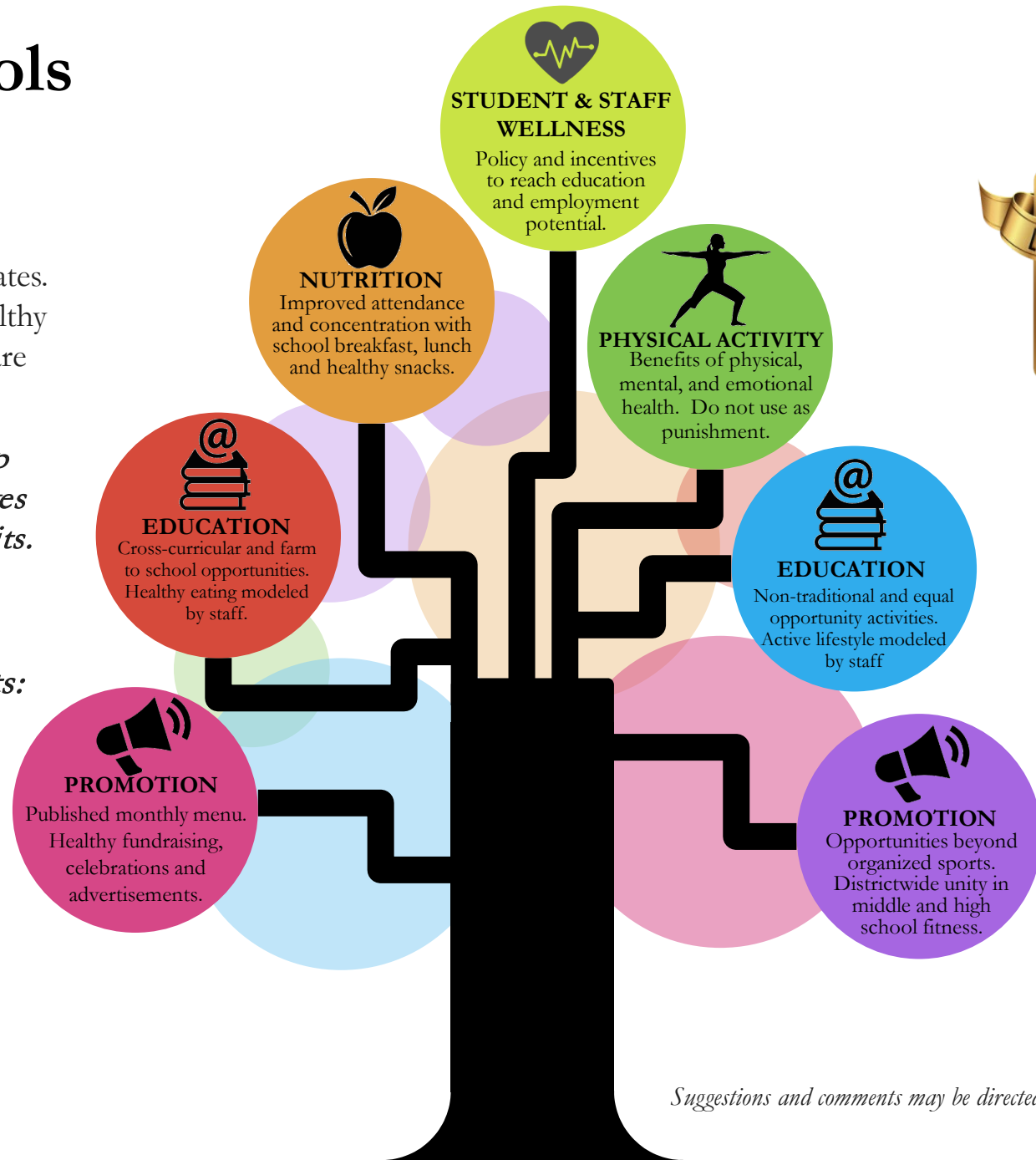
[USDA School Meal Pattern](#)

[Smart Snacks in Schools](#)

[ALSDE Fundraising Guidelines](#)

[Healthy Celebration Ideas](#)

[Physical Education In Schools/CDC](#)



Suggestions and comments may be directed to mchenault@lawrenceal.org