

Student Health, Food

Student health and food consumption at Lopez Schools are incredibly important, encouraged, and realized. There are several programs you can participate in to ensure a healthy body and that make students more confident each and every day.

The meals we are served include locally grown beef, fresh lettuce, and fruit that is grown by students, for students in the school garden. The lunch staff serves whole-wheat bread, fresh fruit, and salad bar; they make sure the food we consume is healthy. An example of typical lunch meals include homemade pizza, fajitas, pastas, mashed potatoes and gravy, salad bar, fresh fruit, and occasional desserts. The lunch staff is very productive and aware of student health and is of vital importance at Lopez schools. We even have our own culinary program which allows students to learn to buy inexpensive, healthy food and prepare it skillfully.

In addition to eating good food, the majority of Lopez Schools 'student body participates in sports activities as well as weight training. Athletics are popular and strongly supported by our community. Almost every sport, including football, volleyball, track, soccer, golf, and basketball, has a great program; they all include conditioning and goals for each student participating. It's important to stay strong, be healthy, and stay in great shape, and the coaches at Lopez make sure that happens when you are involved with sports.

Weight training is another program that involves staying fit, strong, and healthy. It's a class where you spend an hour or so running, doing agilities, and lifting weights. Coach Berg is the advisor for this class and is great at giving us goals, motivational speeches, and making sure we are in the best shape possible. Throughout the year we are given a number of log sheets which includes everything we do during that class. Every so often we have fat testing days to be sure we are staying productive and healthy. We attend weight training three days a week and before lifting weights we run, stretch, and do agility exercises to get our hearts pumping and fat burning. Exercise is the key to a healthy body, as well as eating well. Lopez School has a great reputation and is strongly supported by the community.