

Christ Lutheran School Wellness Policy

(Revised June 2021)

The Gospel Motivates

As leaders of Lutheran schools, we believe that God created us and gives us all things, including our health. Therefore, we thank God for the gift of life and health He has given us- imperfect as it may be with problems of illness and diseases as a result of sin. But knowing what God has done for us through Jesus Christ- the forgiveness of sins, life, and salvation- our response is to care for the body that is on loan to us as a way of thanking and praising God. If we view our bodies as His temple, we can begin to see the importance of daily maintenance in order to keep it usable for his service. By keeping our bodies well-maintained and filled with the right kinds of fuel (foods) needed to sustain us, we will be ready at a moment's notice for the demands and tasks He is calling us to do.

(*Adapted from "Fill'er Up-With good Food," by Steve Grunewalk, writer/editor for Better Health, a quarterly wellness letter published by Concordia Plan Services of the Lutheran Church–Missouri Synod and published in Shaping the Future, a publication of the Lutheran Education Association, Winter, 2005.)

The Policy

The Wellness Team of Christ Lutheran consists of the principal, food service staff, PE teacher, and other general education staff. This committee meets 4 times/year to help with developing, revising, monitoring, and evaluating the Christ Lutheran school wellness policy. Christ Lutheran School wellness committee will communicate regularly and document meetings' agenda and minutes.

The Wellness Team drafted this policy. The following pages will give general language that Christ Lutheran School is invited and encouraged to use as part of the Wellness Policy.

- Nutrition Education Goals
- Physical Activity Goals
- Nutrition Guidelines for All Food and Beverages Available at School
- Goals for Other School-Based Activities
- Implementation and Evaluation

Nutrition Education Goals

- Christ Lutheran School has a curriculum that promotes Christian standards and values as written in the Holy Scriptures.
- Christ Lutheran School is aligned with State Standards.
- **Students in all grades, Pre-K through 8 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.**
- The message of making healthy choices will be consistent throughout the school, classrooms, lunchrooms, and other areas where the message can be presented.
- The curriculum for health education will include both nutrition and physical education.
- Health education and making healthy decisions will be infused as appropriate throughout the other curricula areas.
- The school will seek additional ways to present the message of healthy choices in other events sponsored by the school.

Nutrition Education Goals Cont.

- The staff that provides nutrition education will be offered appropriate training opportunities (CPR, Mental Health).
- The school will seek ways to involve the parents, students, and community in nutrition education activities.

Physical Activity Goals

- Students will be given opportunities for physical activity during the school day throughout physical education classes, recess periods, and the integration of physical activity into academic curriculum. Elementary school students will have a minimum of 20 minutes of physical activity a day.
- Teachers will be encouraged to use other alternatives to canceling recess as a disciplinary tool.
- Students of all abilities will be given opportunities for physical activity through after school activities such as various athletic programs.
- The school will work with the community and parents to help provide safety for students walking, riding bikes, or otherwise using physical activities to get to and from school.
- The school will encourage parents and guardians to support their child's participation in physical activities and will work to offer physical activities in family events.
- The school will provide training for the staff to promote physical activity in enjoyable, lifelong activities.

Nutrition Guidelines for all Food and Beverages Available at School

- Foods and beverages in the food service program will provide a balanced and nutritional diet. Foods and Beverages in the food service program will provide a balanced and nutritional diet. That meet Smart Snack rules.
- The school does not allow vending machines, snack bars, and school stores. During school sponsored activities, healthy alternatives will be offered in the concession stands, so that parents and students can make choices.
- Healthy choices and nutritional food value will be a consideration in selecting school-sponsored fundraising activities. Physical Activity fundraising alternatives will be considered when planning the yearly fundraising events. Healthy choices and nutritional food value that meet Smart Snack rules will be a consideration in selecting school-sponsored fundraising activities.
- When school parties and classroom activities include food, efforts will be made to limit the number of high calorie, low-nutritional snacks, and instead, provide children with nutritional alternatives. All food and beverages sold during school between **12 a.m.** and 30 minutes after the conclusion of the school day comply with Smart Snack requirements.

Goals for Other School-Based Activities

- The school will maintain the lunch area to ensure that it is a clean, safe, and enjoyable meal environment.
- The school will arrange a lunch schedule that provides adequate time for serving meals for students to eat, and for clean-up following the meal. Students will be allowed at least

10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.

- Drinking fountains will be available in the school building and students will be given opportunities to have water throughout the school day. The school has water bottle fillers in each building to promote hydration.
- Students will be encouraged to participate in the meal program.
- The staff will monitor lunches brought from home and encourage families to provide nutritional meals.
- The identity of students who receive free or reduced lunches will be confidential.
- Lunch periods will be scheduled near the middle of the school day.
- Food will not be used as a punishment in the school. Healthy alternatives will be considered with rewarding students with food. Children who have been removed from the classroom for disciplinary reasons will be provided with lunch.
- Teachers will be encouraged to provide all students with physical activities at recess and other times when physical education or activity is scheduled.
- Food service staff and teachers will receive proper training in nutrition and physical education.
- The school will make efforts to provide students and families the opportunity to participate in wellness activities.
- The staff will strive to be role models in practicing healthy eating habits.
- The school will provide information and outreach materials about other FNS programs such as Food Stamps, and Women, Infants, and Children (WIC) to families.

Other Wellness Related Areas

- The school will require all students to have proper immunizations unless the family signs the proper waiver forms. The school nurse will be responsible for the verification of these documents and alert families if they have not submitted proper paperwork.
- Students who have been identified to have headlice will be excused from school and may return after proper treatment and evidence of no eggs in the hair.
- Students need to be fever and vomit free without the use of medication for 24 hours before returning to school unless there is a medical condition the family has notified the school about.
- Students with infectious diseases (pink eye, strep throat, mono, etc.) may need doctors note to return to school.
- The custodial staff will maintain a clean and safe school environment to support student wellness.

Implementation and Evaluation

Christ Lutheran School annually informs and updates the public about the content, implementation of, and progress towards goals in our wellness policy. Christ Lutheran School will evaluate compliance with the wellness policy once every three years to assess the implementation of the policy. Christ Lutheran School will actively notify households/families of the availability of the triennial progress report via emails, school's website, and newsletters.

- The Wellness Policy will be implemented at Christ Lutheran School by the school staff.

- Teachers and staff are responsible for overseeing the implementation of the Wellness Policy at Christ Lutheran.
- Through observation and reports from the teachers and staff, the principal will report any difficulties with the implementation of the wellness Policy of Christ Lutheran to the Board of Education.