



Christ Lutheran School Wellness Policy

(Revised March 2023)

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 2-4 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.

1. Nutrition Education Goals
 2. Standards for USDA Child Nutrition Programs and School Meals
 3. Nutrition Standards for Competitive and Other Foods and Beverages
 4. Physical Education and Physical Activity Goals
 5. Wellness Promotion and Marketing
 6. Implementation and Evaluation
- *Other Wellness Related Areas

1. 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.
 - 7th and 8th has health class including nutrition
 - 1st and 3rd grades include nutrition in health class
 - Health is integrated in science at other grade levels
- CLS will continue to partner with LHNE FFA by presenting AG education to our K-8 students at various times throughout the school year.
- Kindergarten will participate at the annual FFA event at Northeast Community College ran by the FFA's of LHNE and NPS.
- CLS will utilize the Madison County Extension Office through education of agriculture related curriculum
- CLS will hatch chickens from eggs at the 2nd and 4th grades
- 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.
- 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.

2. Standards for USDA Child Nutrition Programs and School Meals

- CLS and its lunch program is in compliance with USDA nutrition standards for reimbursement of school meals
- 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.
 - Lunches are at the middle of the school day
- If students have low account lunch balances, the lunch secretary sends polite emails to parents making them aware of their low balance. Students are not aware from the school.
 - CLS uses FACTS financial services for lunch account balances. Parents receive emails automatically if their balance is below \$10.
 - Students are not denied access to school lunches and/or snack milk due to a low balance. Students may not be allowed to order extra portions if account balances are more than \$100 which rarely occurs.

- Account balances are kept confidential. Only the secretaries and school principal are aware of low balances
- Families receive information on “Registration Day” before school starts in August on how to apply for free and reduced meals. Extra copies are kept in the school office
- The identity of students who receive free or reduced lunches will be confidential.
- The identity of students who receive free or reduced lunches will be confidential.
- 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.
- Free water is provided at lunch in a water cooler with cups provided. There are no restrictions on when students can get water.
- 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.
- 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.
- Vegetables are purchased at Lou’s Thrifty Way if needed. CLS welcomes donations of fruit and vegetable donations from local farmers.

3. Nutrition Standards for Competitive and Other Foods and Beverages

- 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 have vending machines, snack bars, a la carte items, and food sold in school stores. During school sponsored activities, healthy alternatives will be offered in the concession stands, so that parents and students can make healthy 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.
- Breakfast meets nutrition standards. After school snacks provided to our after care students meet nutrition standards

- 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 are instructed to not offer food as a reward in their classrooms

4. Physical Education and Physical Activity Goals

- Physical education curriculum is aligned with state standards
- Physical education teachers at CLS are certified to teach Physical education at the K-8 level
- 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.
 - Middle School (5th-8th) students are given 90 minutes a week of physical education instruction plus 125 minutes of recess a week.
 - Elementary school students will have 60 minutes of physical education instruction plus 200 minutes of recess per week.
- Students at CLS are not exempt from physical education classes or recess without a written doctor's note unless there is a disability, religious, or other medical reason.
- CLS does not substitute physical education for other related physical activities
- 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.
- Students are given "brain breaks" in the classroom to move around when needed
- 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.
- CLS does not substitute physical education for other activities

5. Wellness Promotion and Marketing

- Teachers are encouraged to join the local YMCA at a discounted rate. Teachers have access to facilities outside of school hours when available. Water bottle fillers are available around the campus.
- Teachers provide extra recess as incentives and play active games in the classroom.
- Teachers do not use strenuous physical activities as a behavioral consequence during the school day.
- CLS does not market foods during the school day
- CLS does not market foods on signs, scoreboards, or sports equipment
- CLS does not market foods on educational materials
- CLS does not market foods on vending machines, cups, containers, display racks, or other containers.
- CLS does not market foods or beverages in any school publication or media

- CLS does not market outside foods through fundraisers and corporate incentive programs. We do encourage families to purchase vegetables at our annual plant sale.

6. 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 CLS wellness team will meet at least twice a year to analyze, address, and update our wellness policy that will be available on the school website for all stakeholders to access.
- 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.

*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.