

Our Redeemer Lutheran School Wellness Policy

Our Redeemer Lutheran Church with School's Wellness Policy primary goal is to increase the student's knowledge and understanding of proper nutrition and physical activity. Educational knowledge concerning nutrition will influence the students' behaviors. The students will develop important decision making skills to make meaningful decisions pertaining to nutrition. Students will be able to make healthy choices concerning what they eat and the importance of good physical activity. To accomplish this goal, Our Redeemer Lutheran Church with School's wellness policy has been developed to encourage and educate students on the benefits of making and maintaining healthy choices throughout life.

NUTRITION EDUCATION GOALS

- Students in all grades, pre-K through 8th, 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, lunch room, and other appropriate areas.
- The curriculum for health education will include both nutrition and physical education.
- Health education and making healthy decisions will be infused appropriately throughout the other curricular areas.
- The school will seek out additional ways to present the message of healthy choices during other events sponsored by the school.
- The school will seek ways to involve the parents, students, and the community in nutrition education activities.

PHYSICAL ACTIVITY GOALS

- Students will be given opportunities for physical activity during the school day through physical education classes, recess periods, and the integration of physical activity into the academic curriculum.
- Students will be given opportunities for physical activity through before and/or after school activities such as an athletic program.
- The school will work with the community to help provide safety for students walking, riding bikes, or using other physical activities to get to 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.

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.

- Drinking fountains will be available in the school buildings, and students will be given the opportunity to have water throughout the day.
- The staff will encourage families to provide nutritious meals and mid-morning snacks.
- The identity of students who receive free or reduced lunches will be protected.
- Lunch periods will be scheduled near the middle of the school day with adequate time for students to eat before needing to leave the lunch area.
- Food will not be used as a punishment in the school. 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 a similar activity is scheduled.
- The school will make efforts to provide students and families with the opportunity to participate in physical activities in after-school programs.
- The school will provide information and outreach materials to families about other FNS programs such as Food Stamps, and Women, Infants, and Children (WIC).

NUTRITION GUIDELINES FOR FOODS AND BEVERAGES AVAILABLE AT SCHOOL

- Food and beverages in the food service program will represent good choices for a balanced and nutritional diet. No energy drinks containing caffeine at an elevated level.
- The school does not allow student vending machines.
- During school sponsored activities, healthy alternatives will be offered in the concession stand, 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 alternatives will be considered when planning the yearly fundraising events.
- When school parties and classroom activities include food, efforts will be made to limit the number of high calorie, low-nutrition snacks and instead provide children with healthy/nutritional alternatives.

IMPLEMENTATION AND EVALUATION

- The wellness policy will be implemented at Our Redeemer Lutheran School by the school staff. Teachers will be responsible for operating the policy and reporting any problems to the principal. The principal will be responsible for overseeing the implementation of the wellness policy.
- Through observation and reports from the teachers, the principal will report any difficulties with the implementation of the Wellness Policy to the Board of Education.
- Our Redeemer Lutheran School will evaluate compliance with the wellness policy no less than once every three years. The assessment will include the extent to which Our Redeemer Lutheran Church with School is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.

HEALTHY SNACK IDEAS OUR REDEEMER LUTHERAN SCHOOL

<p>Fruits</p> <p>Fruit Cups (in 100% juice) 100% fruit juices Bananas Grapes Apples Oranges Strawberries Kiwi Raspberries Blueberries</p>	<p>Veggies</p> <p>Baby carrots Celery Broccoli Pea Pods Cauliflower Salad greens 100% vegetable juices</p>
<p>Grains</p> <p>Whole grain crackers Granola bars Cereals (no more than 35% added sugar)</p>	<p>Proteins</p> <p>Dry-roasted peanuts Mixed nuts Beef sticks Peanut butter Soy nuts Trail mix (No Candy)</p>
<p>“Sometimes Snacks” not bad, but not always...</p> <p>Pretzels Animal crackers Graham crackers Cheese-flavored crackers</p>	<p>Dairy</p> <p>Yogurt Go-gurt String cheese Sliced cheese Milk</p>
<p>“Treat my sweet tooth!” if you really have to...</p> <p>Modify sweets recipes with low-fat ingredient alternatives (example: applesauce to replace vegetable oil in muffin recipe) Low-fat ice cream or frozen yogurt</p>	<p>WATER WATER WATER!!!</p> <p>NO ENERGY DRINKS CONTAINING CAFFEINE AT AN ELEVATED LEVEL!</p>

PLEASE--NO BIG BOXES OF SNACKS IN THE LOCKERS. Everything should be “single serving” size.