

# WELLNESS POLICY

In accordance with the Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy, Hunger-Free Kids Act of 2010, Faith Lutheran School establishes this Wellness Policy. It is the belief of Faith Lutheran School to strive to make a significant contribution to the general well being, mental and physical capacity and learning ability of each student and afford them the opportunity to fully participate in the education process. The school believes tackling this issue at an early age helps young people develop good habits before they face health concerns. Faith Lutheran School promotes a healthy school environment by supporting wellness, good nutrition and regular physical activity as part of the total learning environment. This policy is implemented with consideration of and sensitivity to students, the school, families and the community environment.

## Nutrition Education

The primary goal of nutrition education is to influence students' eating behaviors. Building nutrition knowledge and skills helps children make healthy eating and physical activity choices. Faith Lutheran School will encourage and educate all students on the benefits of maintaining healthy choices now and throughout life.

Nutrition education will also be made available to parents and the community. This education may be provided in various forms, including school newsletters, parent and teacher handouts, posters, banners, website postings, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

- Students in all grades, Kindergarten through 5 will receive nutrition education that is interactive, age and ability appropriate, reinforcing the importance of physical activity and the health risks associated with a sedentary lifestyle.
- Curriculum will include both nutrition, health education, and physical education.
- Nutrition and health education will be offered in the school lunch room as well as the classroom and is coordinated between teachers and food service staff. A qualified nutrition professional (ie. Kitchen Manager and/or PE teacher) will lead the efforts to implement nutrition education.
- Nutrition education will be integrated into the core curriculum, including math, science and language arts.
- Nutrition education will provide instructional time to build students' confidence and competence in making healthy nutrition choices and ongoing health enhancing skills.
- The message of making healthy choices will be consistent throughout the school, classrooms, lunch room and other areas where the message can be presented.
- Faith Lutheran School will seek additional ways to present the message of healthy choices in other events sponsored by the school.
- Staff who provide nutrition education will be offered appropriate training opportunities.

- Faith Lutheran School will conduct nutrition education activities and promotions that involve parents, students and the community.
- Faith Lutheran School is a USDA Team Nutrition School.

### Nutrition Standards

Faith Lutheran School will design menus that meet the meal patterns and nutritional standards established by the United States Department of Agriculture (USDA). The school will encourage the student to make food choices based on the most current nutritional recommendations of the *U.S. Dietary Guidelines for Americans*.

- Faith Lutheran School will draw upon qualified child nutrition professionals and provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of the students—including whole grain products and fiber-rich fruits and vegetables.
- All food and beverages sold during school between 12:00 am and 4:00 pm (30 minutes after dismissal) shall comply with Smart Snack guidelines.
- The marketing of products sold during the school day that do not meet Smart Snacks guidelines will be prohibited. This includes any/all signage and advertisements.
- Foods and beverages offered during the school day will minimize the use of trans and saturated fats, sodium and sugar—as defined by the Dietary Guidelines for Americans.
- Food and beverage portions offerings will be age appropriate for Kindergarten and elementary school students providing adequate nutrition for the child's state of development.
- School menus are followed and analyzed using USDA approved software along with periodic State Nutrition Services analysis.
- Food service staff is trained in the appropriate substitution of foods in order to meet the nutritional goals of the program.
- Students are offered a variety of flavored and unflavored milk on a daily basis.
- Students are offered a variety of meats/poultry, fresh fruits, vegetables and whole grains on a daily basis.
- Drinking water and hand washing facilities will be conveniently available for students at all times.
- Classroom snacks should encourage healthy choices and portion control. Parents and families will receive guidance from the school on foods that are appropriate for such celebrations.

## Food Environment

- Students will be encouraged to start each day with a healthy breakfast at home. Students who come to school hungry may find it difficult to stay alert and learn.
- Faith students are encouraged to bring a healthy snack to enjoy as part of their first recess each day.
- Faith School will arrange a lunch schedule that provides adequate time for serving meals, for eating (at least 20 minutes after being seated), and for cleaning up following the meal. Lunch periods will be scheduled as near to the middle of the day as possible.
- Students will be reminded to wash their hands prior to meals (to prevent the spread of germs and reduce risk of illness).
- A recess will be scheduled before lunch if possible.
- The school does not allow vending machines, snack bars or a school store. During school sponsored activities, healthy alternatives will be offered so parents and students can make choices.
- Healthy choices and nutritional food value will be a consideration in selecting school-sponsored fund raising activities. Physical activity fund-raising alternatives will be considered when planning fund-raising events.
- Students are encouraged to eat foods, but not forced to eat.
- Students will be encouraged to participate in the hot meal program. The staff will encourage families to provide nutritional meals when brought from home.
- Food will not be used as a reward or punishment in the school.
- The staff will strive to be role models in practicing healthy eating habits.

## Food Service Operations

- Faith Lutheran School will develop a coordinated and comprehensive outreach, promotion and pricing plan to ensure maximum participation in the school meal program and will ensure all eligible children qualify and receive free and reduced price meals.
- Faith Lutheran School will ensure that students eligible to receive free or reduced price meals and milk are not treated differently from other students or easily identified by their peers.
- Faith will employ a food service manager who is properly qualified, certified and/or credentialed according to professional standards to administer the school lunch program and satisfy reporting requirements.
- Food service providers will adopt methods of cooking that decrease fat, calorie and sodium levels in food.
- Faith will utilize farm-to-school activities including, but not limited to: food options from local farmers and Try it Tuesdays.
- The salad bar will display and include a variety of fruits and vegetables arranged in an appealing way and easily accessible to all students.
- Faith will involve families and community organizations in the development of policies and programs to ensure school meal options are culturally sensitive and meet special dietary needs.

- Faith Lutheran School will ensure that required and effective food safety practices are applied to all foods prepared, sold or served at school and at school sponsored events.

### Physical Education and Physical Activities

Appropriated physical education shall be offered to all students. Physical education topics may be integrated into the entire curriculum when appropriate.

- Faith Lutheran School will equip students with the knowledge, skills and attitudes necessary for a wide variety of lifelong physical activity, building confidence and competence in physical abilities.
- Physical education will be age appropriate, utilizing movement concepts, motor skills, cognitive skills and intensity appropriate for a child's state of development.
- Physical education will provide safe and satisfying physical activity for children of all abilities.
- PE and Health classes are taught by a trained professional who reviews standards and curriculum on a regular basis.
- Students are provided with many choices of physical activity, including but not limited to recess, Physical Education class, and classroom activities. These activities facilitate a student's participation in at least 60 minutes of moderate to vigorous activity in accordance with nationally recommended guidelines.
- Physical activities will be adapted as needed in order to make them accessible for students with injuries and/or disabilities.
- Physical education will be designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle. This will include providing information, fostering a positive atmosphere, encouraging self-discipline, developing motor skills and promoting activities that can be continued over the course of students' lives.
- Students are regularly assessed for attainment of physical education skills.
- Faith Lutheran School will not use participation or non-participation in physical education or recess as a way to punish or discipline students.
- Faith's school policy for physical education is consistent with state policy and guidelines.
- Faith will provide information to parents to help them promote and incorporate physical activity and healthy eating into their children's lives outside of the school day.
- All school-sponsored events will adhere to this policy and will include physical activity and healthy eating opportunities when appropriate.

## Implementation and Monitoring

- Faith Lutheran School will form a School Wellness Council including but not limited to:
  - Principal (responsible for ensuring school complies with the policy)
  - Kitchen Manager (responsible for ensuring Council meets a minimum of twice per school year)
  - PE Educator
  - Administrative Assistant
  - School Board members
  - Parents
  - Students
- To satisfy the requirements of the Healthy, Hunger-Free Kids Act of 2010, the School Wellness Council will monitor the implementation of the wellness policy and evaluate student health and activities, gauging whether or not policies have been implemented, determine effectiveness of policies, and the overall impact on student health.
- Students, staff and the school community will be informed about the local wellness policy through the weekly newsletter and school website.
  - See Below - Wellness Communication Plan
- All parents, students, and staff are invited to share feedback related to the development, implementation, review, and update of the Wellness Policy at any point during the school year.
- Because school staff and support personnel serve as role models, the school will encourage activities and create programs that support healthy lifestyles for all employees.
- The Wellness Council shall meet a minimum of twice yearly to evaluate data and assess whether the policies remain effective in improving student health.
- The Wellness Council will provide a summary report and/or policy updates to the Faith School Board each May/June.
- Every three years, the Wellness Council will participate in a triennial assessment. This assessments will identify:
  - The extent to which Faith Lutheran School complies with the Wellness Policy
  - The extent to which Faith's Wellness Policy compares to model wellness policies
  - The progress made in attaining the goals of the Wellness Policy (see attachment)
- The results of each triennial assessment will be made public via the school newsletter, school website, and shared with the Faith School Board.

# Wellness Communication Plan

The last week of each month (beginning in September), Faith Lutheran School will provide communication to parents regarding a wellness topic.

<u>Month</u>	<u>Topic</u>	<u>Person Responsible</u>
August	Student Handbook/Wellness policy with Acknowledgement Statement	Krista
September	Healthy Snacks	Danielle/Natalie Pinterest Board?
October	School Lunches	Jani
November	Staying Healthy Outside	Danielle
December	Movement Challenge for Break	Jena
January	Nutrition Pyramid	Jani/Jena
February	Kids' Heart Challenge	Jena
March	Movement	Natalie/Jena Youtube channel?
April	Education in Baking/Cooking	Krista
May	Healthy Recipes	Jani