

# Christ Lutheran School Wellness Policy

**1 Corinthians 6:19-20** *Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have received from God? You are not your own: you were bought at a price. Therefore honor God with your body.*

## I. Purpose and Goals

Christ Lutheran desires to promote healthy students and healthy living by supporting good nutrition, nutrition education, and regular physical activity. Christ Lutheran strives to promote student health and reduce childhood obesity. Christ Lutheran will achieve the goals of this policy by:

- A. Developing goals for nutrition education, physical activity, and other school based activities that are designed to promote student wellness.
- B. Providing nutritional education on food available at Christ Lutheran during the school day.
- C. Involving parents, students, board members, administrators, teachers, health professionals, and other interested members of the community in the development, monitoring of this policy.

## II. Nutrition Education Goals

- A. Nutrition Education topics will be include within the health education program that is taught at each grade level at Christ Lutheran. These topics can include:
  1. The Benefits of healthy eating, MyPlate, Dietary Guidelines for Americans, understanding calories, diet and disease, healthy snacks, serving sizes, essential nutrients, nutritional deficiencies, the use and misuse of dietary supplements, and safe food preparation, handling and storage.
  2. Planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information and commercial food advertising.
  3. Assessing the students' personal eating habits, setting goals for improvements, and establishing methods to achieve those goals.
- B. Nutritional education activities should be interactive, stress the benefits of healthy eating be age and/ or developmentally appropriate, and be presented in a way so that it teaches the students the skills that they need to adopt healthy eating behaviors.
- C. The School's Wellness Committee shall access and review the Christ Lutheran's nutrition education program for accuracy, completeness, balance, inappropriate commercial messages, and consistency with School's goals and standards.
- D. School staff encourage to model healthy eating behaviors.
- E. The Schools food service program should be coordinated with the nutrition instruction if practicable. The school cafeteria provides an opportunity for students to apply the skills that they have learned in the classroom, so there should be coordination between the cafeteria staff and teachers.
- F. Parents are welcome to join their children at school lunch as appropriate.

- G. School communication to parents will include information about healthy nutrition; such as by including information about healthy snacks for children.

### III. **Physical Activity Goals**

- A. Physical education classes and physical activity opportunities will be available for all students daily throughout the school year during school. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- B. All elementary school students will have daily supervised recess, preferably outdoors, during which teachers should encourage moderate physical activity verbally and through provision of space and equipment.
- C. Christ Lutheran will discourage extended periods (i.e. periods of two or more hours) if inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, students should have periodic breaks during which they should be encouraged to stand and be moderately active.
- D. Physical activity will not be used as punishment and will not be withheld as punishment. Educators may use appropriate professional discretion to make exceptions to this guideline.
- E. Christ Lutheran will offer extracurricular physical programs
- F. The physical activity and education program should expose students to a wide variety of physical activities, teach physical skills to help maintain health and fitness and individualize the intensity of activities as needed.
- G. Christ Lutheran will conduct fitness assessments at least one time per year.

### IV. **Other School-based Activities Designed to Promote Student Wellness**

- A. Dining Environment
  - 1. Christ Lutheran will provide a clean, safe, enjoyable meal environment for students.
  - 2. Christ Lutheran will provide enough space and serving areas to ensure all students have access to school meals with in a minimum wait time.
  - 3. Christ Lutheran will have drinking fountain or other accommodations available so the students can have drinking water at meals and throughout the day. Students will also be encouraged to bring water bottles from home.
  - 4. Christ Lutheran will encourage all students to participate in the school meal program.
  - 5. Christ Lutheran will make every effort to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced-priced school meals.
  - 6. Free and Reduced meal application are available on Fast Direct for parents to access.

7. Students will be encouraged to wash and or sanitize their hands before they eat meals or snacks.

**B. Meal times**

1. Christ Lutheran will ensure an adequate time to enjoy meals by providing 20 minutes after being seated to eat their meal.
2. Every effort will be made to schedule lunch as close to the midpoint of the school day as possible.
3. Tutoring, organizational meetings, and other activities should not be scheduled during mealtimes unless students can eat during such activities.
4. The school does not allow students to share their food or beverages with one another during meals or snack times.
5. Staff and nutritional professionals will be made aware of food allergies or other health issues that may require dietary restrictions for certain students.

**V. Nutritional guidelines for food sold on campus**

- A. The goal of Christ Lutheran is to provide students with foods that promote student health and reduce childhood obesity. In order to best accomplish this goal, Christ Lutheran shall offer food programs that, at minimum, satisfy the nutritional requirements established by local, state, federal statutes and regulations such as the USDA's National School Lunch and Breakfast Program and the Dietary Guidelines for Americans.
- B. Christ Lutheran encourages the consumption of nutrient dense foods such as whole grains, fresh fruits, vegetables, and low dairy products.
- C. Christ Lutheran will share information about the nutritional content of meals with parents and students upon request.
- D. It is encouraged that foods and beverages sold at school sponsored events outside the school day (such as concessions, and fundraisers) meet the same nutritional standards as mentioned above.

**VI. Foods Available During the School Day**

- A. Snacks served during the school day will make a positive contribution to a child's diet and health, with emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. CLS will disseminate a list of healthful snack items for parents to consider for packing a daily snack.
- B. It is recommended that class parties involving outside food and beverages be limited to two events per school year. In addition, it is recommended that food brought for birthday celebrations be served at lunch time or at the end of the school day and be healthy in nature.

**VII. Monitoring and Policy Review**

- A. The school principal is responsible to oversee compliance with established nutrition and physical activity guidelines stated within the school's wellness policy. Food service employees will attend periodic in-service training sessions as mandated by local, state, and federal requirements.
- B. The principal will periodically review the school's wellness policy with the school board. CLS will, as necessary, revise the wellness policy and develop work plans to facilitate their implementation as needed.

- C. Triennial Progress Assessments – At least once every three years, the school will evaluate compliance with the wellness policy to assess the implementation of the policy.

Adopted: August 2007

Revised: August 2014

Revised: August 2015

Revised: August 2024