

Good Shepherd Lutheran School Wellness Policy

INTRODUCTION

Congress recognizes that schools play a critical role in promoting student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical inactivity. To formalize and encourage this role, Congress passed a law (P.L. 108 - 265). Each local educational agency participating in a program authorized by the Richard B. Russell National School Lunch Act or the Child Nutrition Act of 1966, “shall establish a local school wellness policy by School Year 2006.”

The legislation also places the responsibility of developing a wellness policy at the local level, so that the individual needs of each district can be addressed. According to the requirements for the Local Wellness Policy, school districts must set goals for nutrition education, nutrition standards, physical education and activity, and other school-based activities designed to promote student wellness. Additionally, districts are required to involve a broad group of individuals in policy development and to have a plan for measuring policy implementation.

WELLNESS POLICY

At Good Shepherd Lutheran School, we desire healthy students in all aspects of their lives: spiritually, physically, emotionally, intellectually, and socially. Building nutrition knowledge and skills helps children make healthy eating and physical activity choices. To accomplish goal, Good Shepherd Lutheran School will develop this policy to encourage and educate students on the benefits of maintaining healthy choices throughout life.

NUTRITION EDUCATION GOALS

- Students in all grades, pre-K through 8 will receive nutrition education that is interactive and teaches the skill they need to adopt healthy eating behaviors.
- The message of making healthy choices will be consistent throughout the school, classrooms, lunch room, 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.
- Staff who provides nutrition education will be offered appropriate training opportunities.
- Increase awareness of the need for physical activity and healthy living both at school and at home to students, staff and families.
- Increase the use of special health programs and presenters.

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 the athletic programs.
- 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 FOODS AND BEVERAGES AVAILABLE AT SCHOOL

- Food and beverages in the food service program will represent good choices for a balanced and nutritional diet.
- All food service meals must meet all regulations for reimbursable school meals as set by federal, state and local regulations, standards and requirements.
- 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.
- 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 nutritional alternatives.

GOALS FOR OTHER SCHOOL-BASED ACTIVITIES

- The school will maintain the lunch area to insure 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 opportunity to have water throughout the day.
- Students will be encouraged to participate in the meal program. The staff will monitor lunches brought from home and encourage families to provide nutritious meals.
- 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.
- Withholding 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 an opportunity for lunch.
- Teachers will be encouraged to provide all students with physical activities at recess and other times when physical education or activity is scheduled.
- Foodservice staff and teachers will receive proper training in nutrition and physical education.

- The school will make efforts to provide students and families opportunity to participate in physical activities in after-school programs.
- The staff will strive to be role models in practicing healthy eating habits.
- It is encouraged to include wellness information and invite suggestions and comments concerning the improvement of the wellness policy in the weekly school newsletter.

IMPLEMENTATION AND EVALUATION

- The wellness policy will be implemented at Good Shepherd Lutheran School by the school teachers and staff.
- The principal will be responsible for overseeing the implementation of the wellness policy.
- The principal will develop with the assistance of the teachers, staff and Board measurable factors to evaluate the efforts and success of the wellness program.
- Through observation, and reports from the teachers, the principal will provide a status report (at least quarterly) of the wellness policy, implementation and results to the Board of Education.
- The Board will review and evaluate the Policy and the School's compliance on an annual basis.