

IMMANUEL LUTHERAN SCHOOL WELLNESS PROGRAM

2024-25

What is a local school wellness policy?

A local school wellness policy is written guidelines that establish a school environment that promotes student's health, well-being, and ability to learn.

ILS is committed to the development of every student. ILS believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create a positive, safe and health-promoting learning environment at every setting throughout the school year.

School Meals

ILS is committed to serving healthy meals to children, with plenty of fruits, veggies, (we will try to limit any foods not produced in USA) however, we will submit a waiver for non-domestic fruit or veggies) so we can introduce new items, we will meet all guidelines concerning whole grains, low fat items, no trans-fat, as well as calorie requirements

All school meals are accessible to all students.

- ILS offers reimbursable school meals that meet USDA nutrition Standards.*
- Drinking water will be available to all students throughout*
- The school day including lunch.*
- ILS will continue to provide a clean, pleasant and appealing environment for our students.*

- ILS will promote school meal participation with taste tests, contests. ILS kitchen encourage students to let us know what they think about their lunch experience. (they are not bashful about that)
- ILS provides a 20-minute lunch time.
- All school nutrition program staff will meet or exceed hiring and annual training as set forward by the USDA professional standards.

Other foods available at school

(30 minutes before the start of school and 30 minutes after the end of school)

- ILS will provide a list of healthy party ideas and snacks to parents, and teachers, including non-food party ideas.
- ILS will provide to parents a of food and beverages that meet the Smart Snack nutrition standards.
- ILS will provide teachers and other school staff a list of alternative ways to reward, or withhold as punishment for any reason, such as for performance or behavior.
- Only foods and beverages that meet the USDA Smart Snacks guidelines may be sold through fundraisers on the school campus during the school day.
- ILS discourages any soda in the lunch room.!!!

Policy for food and beverage marketing in the cafeteria

- Posters.
- Menu boards.
- Art work.

Nutrition Education

ILS aims to teach, encourage and support healthy eating by students.

- Standards bases nutrition education.
- Integrated into classroom activities. (cooking classes)

- *Food guidance from MyPlate.*
- *Reading and using food labels.*
- *Portion control*

Nutrition Promotion

Immanuel Lutheran School understands the necessity of educating our youth on the importance of nutrition. Red Ribbon Week focuses on healthy eating habits. ILS will utilize lessons provided through the USDA to promote healthy living. These lessons will correlate with Red Ribbon Week objectives teaching our students the value of a healthy lifestyle.

- *Theme days/month.*
- *Food tasting.*
- *Food history.*
- *Wellness newsletter*
- *Cafeteria ambiance/education*
- *Field trips to local farms and dairies.*
- *Promote local produce (seasonal) on our salad bars.*
- *Bingo earth. Promotes outdoor activities as well as food nutrition. (to be done at home)*
- *Food art contests.*

Physical Education/activity

ILS will provide students with physical education, using age-appropriate curriculum. The physical education curriculum will promote the benefits of physical active lifestyle and will help students develop skills to engage in lifelong healthy habits.

- *Classroom teachers will provide short physical activity breaks between lessons as appropriate. (2-4 periods of inactivity). All students will be provided equal opportunity to participate in physical education classes.*

- Classroom health education will complement physical education by reinforcing skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, (tv, phones, pads.)
- Students will not be removed or excused from physical education to receive instruction in other content areas.
- If outdoor recess is not possible, due to bad weather, teachers will provide an indoor activity in the classroom or gym. The school will use space available to have indoor activities during inside recesses.
- ILS will promote International Walk to School Day (1st day Wednesday in October) and bike to school on the 1st Wednesday on May.
- Other activities that are provided throughout the school year:
 1. Soccer day
 2. Jog a thon
 3. Ski day
 4. Track day
 5. Nature walks

New to PE this year is a program called PACER (Progressive Aerobic Cardiovascular Endurance Run).

The objective for the student is to run as long as they can to keep up with the specific pace, per level, that gets faster and faster, back and forth between 2 lines (20 meters apart for 3rd-5th grades and 15 meters for k-2nd). The student will run until they no longer can keep up with pace in the different levels. The score for the day will be the last level they finish at. We will be doing this 3-4 times this year. The first one being the first week in September with the last one being the end of the school year. It will be fun for the students to see their aerobic endurance increase.

Other Activities

School walking program will be offered every morning in the gym between 7:00am -7:20am

After school child care will provide periods of moderate physical activity. They have a recess @3:15pm - 3:45, bathroom/handwashing, healthy snack, homework.

Triennial Assessments

ILS along with the Wellness Committee will meet 3 times during the school year, to assess the policy, assess the progress of goals set.

- Beginning of school year: set new goals as needed.*
- January: meet and touch base about any changes needed or additions.*
- May: Wellness committee will submit a report in which they address the implementation of the policy, and make any changes to any weaknesses or issues that should be changed or updated in the new Wellness Policy.*

Progress reports will be shared with the public using:

- School newsletter*
- School website*
- Back to school packet*

Wellness Committee

Angela Olson - Principle

Pam DeWitte - Hot Lunch Director

Lori Lawson - PE Teacher

Emile Carlson - Teacher

Jaclyn Ginder - Parent

