

Wellness Policy: Immanuel Lutheran School

Policy:

In order to promote healthy lifestyles for the youth in our care and to comply with federal guidelines for the National School Lunch Act, Immanuel Lutheran School shall create a yearly wellness policy for the youth in our care.

Procedures:

1. No later than the first day of the school year, Immanuel Lutheran School shall establish a wellness policy to ensure compliance with the Richard B. Russell National School lunch Act.
2. The wellness committee will be comprised of food service staff, students, education staff, physical education teacher, parents, and principal. The committee shall receive input from students, parents, teachers using methods that include, but are not limited to, surveys, targeted conversations, and informal feedback.
 - a. The committee shall meet yearly to address any changes needed to the policy.
 - b. On a triennial basis, the committee will evaluate the policy and the programs offered and measure progress toward wellness policy goals.
3. **The wellness policy is comprised of the following elements:**
 - a. Nutrition Goals and Procedures
 - b. Physical Education Goals and Procedures
 - c. Staff Development
4. **Nutrition guidelines and promotion:** Effort shall be made to adhere to the best possible standards in food preparation with due regard for the following principles:
 - a. Follow the United States Department of Agriculture (USDA) Nutritional Standards for school meals
 - b. Continue offering healthy foods
 - c. Ensure safety for consumption
 - d. Promote nutritious choices using methods that include, but are not limit to posting the monthly menu, posters for healthy eating, and positive reinforcement.
5. **Nutrition Environment:** Immanuel will attempt to provide a pleasant eating experience for students and staff.
 - a. Staff has the ability to comment on lunch being served and what snacks they allow in the classroom.
 - b. Drinking fountains are placed around the school and students are allowed to bring water bottles from home as well.

6. Nutrition Goals:

- Hot lunch staff will continue to meet dietary guidelines set forth by State and Federal Agencies.
- Healthy snacks and beverages will be encouraged for classroom parties.
- Students are allowed to have a healthy snack during the school day. Preschool and Pre-Kindergarten will have one snack per class. K-5 through kindergarten will have two snacks per day. First through Fifth grade will have one snack per day.
- Healthy snacks will be provided on testing days.
- The cafeteria will be cleaned daily, providing a good environment that is conducive to eating and socializing.
- Vending machines are not allowed on campus.
- Pop is not allowed in the cafeteria, students who bring a cold lunch will be given the choice to provide 100% juice, milk, or water.
- Activities during the lunch hour will not be offered unless students are able to eat during the activity.

7. Physical Goals:

- All students will participate in a PE class weekly. Pre-kindergarten through third grade will receive 30 minutes of PE weekly and fourth and fifth grade will receive 45 meeting of PE weekly.
- Additional Activities will be provide throughout the year to promote physical fitness:
 - Soccer Day for third through fifth grade students, spend the day playing soccer games against other schools.
 - Rising Runners- students will walk, fun, jog, 10 minutes twice a week one of the times will be during PE. Students will have the opportunity to earn rewards for how many miles they run, walk, jog throughout the year.
 - Jog-a-thon Fundraiser: All students will walk, run, jog, for 30 minutes to raise funds for certain projects. A top jogger female and male will be award to ribbon for most laps ran in their class. After the jog-a-thon each child receives a cheese string and bottle of water.
- Students are given three recesses per day which provides 50 minutes of recess per day. Students are able to earn extra recess time for various incentives.
- Teachers provide opportunities during the day for student to participate in Go Noodle during class time.
- Child Care students are provide with extra activities during the summer:
 - Jump House Day
 - Swim Day

- Bike Day
- Teachers are not allowed to keep a student from participating in any extracurricular classes, PE, Music, Technology, etc. If a teacher must keep a child in for recess then it may be for one period and the principal must be notified. Students, who stay in because of behavior will run, walk; jog laps in the gym while being monitored. This allows the student to be physically active while their recess privileges are being denied for a set period of time.

8. Staff Goals:

- Staff members can receive a corporate rate to the YMCA for themselves and family members.
- Staff members are encouraged to walk in the gym during recess, before or after school with class during Rising Runners time.
- Staff members who receive our health insurance can also participate in the Vitality program. They can earn rewards for exercising, eating, proper, visiting the doctor, etc. The website is BeWellServeWell.com
- Staff will receive training in wellness and fitness.
- Teachers will be given resources to provide students with information for nutrition and fitness.

Wellness Committee Members:

Michelle Jund – Principal
 Ondrea Kelso – Parent
 Pam Dewitt – Hot Lunch Coordinator
 Lori Lawson – PE Teacher
 Emilie Carlson- Teacher

Goals for 2018-2019

Nutrition Goals: Share information with parents regarding calorie count, sodium count, and meal nutrition. On the back of the menu we will report over all information for that month's calorie, sodium and nutritional value for that month.

Physical Activity: We do not feel at this time we will be implementing in changes or adding additional activities.

Staff Goals: Create a walking group with staff members; discuss walking 2-3 times per week for 30 minute periods.