

IMMANUEL LUTHERAN SCHOOL WELLNESS POLICY

ILS is committed to the optimal 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 positive, safe, and health-promoting learning environments at every level, in every setting throughout the school year. Research shows that to components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. This policy outlines ILS'S approach to ensuring behaviors throughout the school day while minimizing commercial distractions.

School Meals

ILS is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat free and low fat: moderate in sodium, low in fat, and zero grams of trans fat per serving; and to meet the nutrition needs of school children within their calorie requirements. ILS participates in USDA Child Programs, and the National School Lunch Program.

- 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 the lunch time.
- Students will be allowed at least 20 minutes to eat lunch.
- All school nutrition program staff will meet or exceed hiring and annual continuing education requirements in the USDA professional standards for child nutrition professionals.

Other Food Available at School

- The foods and beverages sold outside the school meal program will meet the USDA Smart Snacks in School nutrition standards, at a minimum.
- All foods offered on the school campus will meet or exceed the USDA Smart Snacks in school nutrition standards. Exemptions may be allowed at the discretion of the school principal, but shall not exceed more than one per class.
 - 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 list of food and beverages that meet Smart Snacks nutrition standards; and
 - ILS will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.
- Only foods and beverages that meet or exceed the USDA Smart Snacks in school nutrition standards may be sold through fundraisers on the school campus during the school day.

Nutrition Promotion

Students and staff will receive consistent nutrition messages throughout school, classrooms, gyms and lunch room. ILS will promote healthy food and beverage choices for all students throughout the school as well as encourage participation in school meal programs.

- Promote healthy food and beverage choices using at least ten Smarter Lunchroom techniques.
- Each school will implement at least one of the following four Farm to School activities.
 - Local and /or regional products are incorporated into the school meal program.
 - School hosts a school garden.
 - School hosts fields to local farms.
 - School utilizes promotions or special events, such as tastings that highlight the local/regional products.

Nutrition Education

ILS aims to teach, model, encourage, and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.

- ILS teaches students nutrition education using up to date nutrition information consistent with the Dietary Guidelines for Americans. ILS will include in the health education curriculum the following essential topics on healthy eating:
 - Food guidance from MyPlate.
 - Reading and using USDA's food labels.
 - Balancing food intake and physical activity.
 - Food safety.
 - Social influences on healthy eating, including media, family, and peers.
 - Resisting peer pressure related to unhealthy dietary behavior.
 - Influencing, supporting, or advocating for others healthy behavior.

Physical Education

ILS will provide students with physical education, using an age appropriate curriculum. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students will be provided equal opportunity to participate in physical education classes.

- ILS students will participate in physical education that meets state standards.
- ILS students will receive P.E. for at least 60 minutes per week throughout the school year.

Physical Activity

All students should participate in 60 minutes of physical activities each day.

- Physical activity during the school day will not be required or withheld as a punishment.
- ILS will offer at least 20 minutes of recess on all or most school days.
 - Outdoor recess will be offered when the weather is feasible for outdoor play.
 - In the event that the school must conduct indoor recess, teachers will promote physical activity for the students.
- ILS will recommend that teachers provide short physical activity breaks to students during classroom time.
- ILS will support active transport to and from school, such as walking or biking.

Other Activities that Promote Student Wellness

- ILS will promote to parents, families and the community the benefits of the approaches for healthy eating and physical activity throughout the school year. Families will be invited to participate in school-sponsored events and will receive information about health promotions.
- When possible, ILS will offer professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

Policy Monitoring and Implementation

- ILS will have a school wellness committee that meets at least 4 times a year to establish goals for and school health and safety policies and programs.
 - Michelle Jund-Principal
 - Ondrea Kelso-Parent
 - Pam DeWitte-Hot Lunch Director
 - Emilie Carlson-Teacher
- The wellness committee membership may include parents, students, hot lunch director, P.E. teachers, administrators. ILS will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the school goals.
- The wellness committee will update or modify the wellness policy based on the results of the annual progress report. **The wellness policy will be assessed and updated as indicated at least every three years**