

Christ Lutheran School Health and Wellness Policy

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Christ Lutheran's Wellness Policies on Physical Activity and Nutrition

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, schools around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, Christ Lutheran School is committed to providing a school environment that promotes and protects children's health, well being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Christ Lutheran School that:

- The school will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing school-wide nutrition and physical activity policies.
- All students in grades preschool through eighth will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.

- Food Service professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practical, our school will participate in available federal school meal programs (National School Lunch Program).
- Christ Lutheran School should provide nutrition and physical education to kindergarten through eighth grade students to foster lifelong habits of healthy eating and physical activity.

TO ACHIEVE THESE POLICY GOALS:

I. Health Education

The Board's policy related to student wellness shall be developed with the involvement of parents/guardians, school food service professionals, school administrators, Board members, and members of the Parent, Teacher, Fellowship (PTF). The Principal or designee may appoint a school health committee consisting of representatives of the above groups. The committee may also include others interested in school health issues.

The School Health Committee shall assist with policy development and advise the school on health-related issues, activities, policies, and programs. At the discretion of the Principal or designee, the committee's charges may include planning and implementing activities to promote health within the school or community.

II. Physical Education

The school's physical education programs shall be based on research, consistent with the expectations established in the state's curriculum frameworks, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

All students in grades K-8 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before and after school programs, and other structured and unstructured activities.

Daily Recess. All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which staff members should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Staff members should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

After School Physical Activity Opportunities. Christ Lutheran School should *offer* extracurricular physical activity programs, such as physical activity clubs or intramural programs. CLS should *offer* a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

III. Health Services

Christ Lutheran School may provide a list of professional health services that are designed to promote student wellness in a manner that the school determines appropriate. These services are designed to appraise, protect, and promote student health.

IV. Nutrition Services

School Meals

Christ Lutheran School believes that foods and beverages made available to students should promote optimal health and reduce childhood obesity.

Foods and beverages served through the National School Lunch Program shall:

- meet or exceed federal regulations;
- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables to grades sixth thru eighth;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that half of the served grains are whole grain.

Free and Reduced-priced Meals. Christ Lutheran School 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-price school meals. Toward this end, C.L.S. may utilize electronic identification and payment systems; promote the availability of school meals to all students; and/or use non-traditional methods for serving school meals.

Meal Times and Scheduling.

Christ Lutheran School:

- should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will schedule recess periods to follow lunch;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

Sharing of Foods and Beverages. Staff should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

V. Health Promotion for Staff

Staff Wellness. Christ Lutheran School highly values the health and well being of every staff member. We support personal efforts by staff to maintain a healthy lifestyle. C.L.S. should maintain a Health and Wellness committee. The committee should promote a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from the staff.

VI. Counseling and Psychological Services

Christ Lutheran School can provide a list of psychological and counseling services that is designed to promote student wellness in a manner that the school determines appropriate. Services are designed to improve students' mental, emotional, and social health.

These services may include interventions and referrals. Assessment and consultation skills of counselors and psychologists contribute not only to the health of students but also to the health of the school environment.

VII. Healthy School Environment

The Board shall adopt standards for a well-maintained school site, which includes the physical and aesthetic surroundings, the psychosocial climate and culture of the school. The psychological environment includes the physical, emotional, and social conditions that affect the well being of students and staff.

Fundraising Activities. To support children's health and school nutrition-education efforts, school fundraising activities will use *only foods that meet the nutritional standards for foods and beverages. *During school hours, CLS will encourage fundraising activities that promote physical activity.

Snacks. Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

Rewards. Staff will not use candy or soda as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations. Staff should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually. When possible, class parties or celebrations for kindergarten through eighth grade shall be held after the lunch period.

School-sponsored Events (such as, but not limited to, athletic events, dances, or performances). The principal or designee shall encourage school organizations to use healthy food items or non-food items whenever possible.

Physical Activity and Punishment. Teachers and staff will not use physical activity (e.g., running laps, push-ups) or withhold opportunities for physical activity during lunch recess or physical education as punishment.

Safe Routes to School. Most Christ Lutheran School students are dropped off and picked up from school by vehicle. The school will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for a few students to walk and bike to school. When appropriate, the school will work together with local public works, public safety, and/or police departments in those *efforts*.

VIII. Parent and Community Involvement

To encourage consistent health messages between the home and the school environment, the Principal or designee may disseminate health information to parents/guardians through school newsletters, handouts, parent/guardian meetings, school website and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

Monitoring and Policy Review

The principal or designee will ensure compliance with established school-wide nutrition and physical activity wellness policies. The principal or designee will ensure compliance with those policies of the school and will report on the school's compliance to the school board.

School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school principal. In addition, the school will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the school has not received a SMI review from the state agency within the past five years, the school will request from the state agency that a SMI review be scheduled as soon as possible.

The principal or designee will develop a summary report every three years on school wide compliance with the established nutrition and physical activity wellness policies. That report will be provided to the school board and also distributed to all school health committee, parent/teacher organization (P.T.F.), school principal, and school nutritionist.

IX. Committee Members

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