**Good Shepherd Lutheran School**

**Wellness Policy**

The primary goal of nutrition education is to influence students’ eating behaviors. Building nutrition knowledge and skills helps children make healthy eating and physical activity choices. To accomplish this 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**

1. Students in all grades, pre-K through 8 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
2. The message of making healthy choices will be consistent throughout the school, classrooms, lunch room, and other areas where the message can be presented.
3. The curriculum for health education will include both nutrition and physical education.
4. Health education and making healthy decisions will be infused as appropriate throughout the other curricula areas.
5. The school will seek additional ways to present the message of healthy choices in other events sponsored by the school.
6. Staff who provides nutrition education will be offered appropriate training opportunities.
7. The school will seek ways to involve the parents, students, and the community in nutrition education activities.

**PHYSICAL ACTIVITY GOALS**

1. 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.
2. Students will be given opportunities for physical activity through before and/or after school activities such as intramurals and athletic programs.
3. The school will work with the community to help provide safety for students walking, riding bikes, or otherwise using physical activities to get to school.
4. 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.
5. 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**

1. Food and beverages in the food service program will represent good choices for a balanced and nutritional diet. All meals must meet or exceed current nutrition requirements established under the Healthy Hunger-Free Kids Act of 2010.
2. The school does not allow vending machines, snack bars, and school stores during the school day. During school sponsored activities, healthy alternatives will be offered in the concession stands, so that parents and students can make choices. The School Food Authorities will only market products that adhere to, or are stricter than, smart snack guidelines, during the school day.
3. 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. Foods and beverages sold outside of the school meal program will meet the USDA’s nutrition standards for all foods sold in schools.
4. 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**

1. The school will maintain the lunch area to insure that it is a clean, safe, and enjoyable meal environment.
2. 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.
3. Drinking fountains will be available in the school buildings and students will be given opportunity to have water throughout the day.
4. 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.
5. The identity of students who receive free or reduced lunches will be protected.
6. 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.
7. Food will not be used as a reward or punishment in the school. Children who have been removed from the classroom for disciplinary reasons will be provided with lunch.
8. Teachers will be encouraged to provide all students with physical activities at recess and other times when physical education or activity is scheduled.
9. Foodservice staff and teachers will receive proper training in nutrition and physical education.
10. The school will make effort to provide students and families opportunities to participate in physical activities in after-school programs.
11. The staff will strive to be role models in practicing healthy eating habits.
12. The school will provide information and outreach materials about other FNS programs such as Food Stamps, and Women, Infants, and Children (WIC) to families.
13. Good Shepherd will use the Smarter Lunchroom Self-Assessment Scorecard at the start of each school year to ensure we are using a minimum of 3 recommended strategies from the website.

**IMPLEMENTATION AND EVALUATION**

1. The wellness policy will be implemented at Good Shepherd Lutheran School by the school staff. Teachers will be responsible for operating the policy and reporting any problems to the principal.
2. The principal will be responsible for overseeing the implementation of the wellness policy.
3. Through observation, and reports from the teachers, the principal will report any difficulties with the implementation of the wellness policy to the Board of Education.
4. The Board of Education, along with a committee of stakeholders, will review, assess, and update the Wellness Policy on a biennial basis. The committee of stakeholders may include, but is not limited to, parents, students, School Food Authority representative, physical education teacher, school health professionals, congregation members, and community members. Documentation will be kept of committee members who participate in each review.
5. The approved updates and dates of review will be listed at the end of this document. Assessments will be kept on file in the school office and the complete policy will be published and distributed annually in the Parent Handbook. Wellness Policy updates will be published in the school newsletter, and submitted to the local newspaper.

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Revised 2/12/2018