

Redeemer Lutheran School Wellness Policy on Physical Activity and Nutrition

Preamble

As Christians we believe that God created all things in six days and created man as the crown of that creation. God has given us our physical abilities and the knowledge of how to use those abilities to God's glory and establish habits of fitness for a healthy Christian lifestyle.

As educators in a Christian School we recognize the following facts about the changing environment in the areas of fitness and nutrition among our children:

- 1) Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive.
- 2) Good health fosters student attendance and education.
- 3) 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.
- 4) 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.
- 5) Only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the USDA Choose MyPlate.gov.
- 6) School and home cooperation/ participation is essential to the development and implementation of successful school wellness policies.

Policy

Redeemer Lutheran School is therefore, 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. To accomplish these goals:

- Child Nutrition Programs comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with local wellness policy goals.
- All foods and beverages made available by the school during the school day are consistent with the current Dietary Guidelines for Americans and adhere to food safety and security guidelines and are intended to be Smart Snack compliant.
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and/or physical activity is not used as a reward or punishment, unless it is detailed in a student's Individualized Education Plan (IEP).

Guidelines for Carrying out the Policy

Nutrition Education

- The teaching staff will be responsible for integrating nutrition education into the curriculum.
- The school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs.
- The school will encourage parents, teachers, students, kitchen staff, and school volunteers to serve as role models in practicing healthy eating and being physically active, both in school and at home.

Physical Activity

- Students will be given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods, and the integration of physical activity into the academic curriculum.
- Students will be given opportunities for physical activity through a range of after-school programs including, but not limited to, intramurals and interscholastic athletics.
- Parents, guardians, and teachers will be encouraged to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

Other School-Based Activities

- Local wellness policy goals will be considered in planning all school-based activities (school events, field trips, clubs) and are intended to be Smart Snack compliant.
- Parents will be encouraged to send healthy classroom snack for their children and for special occasions (birthday parties, etc.).

Eating Environment

- The school will provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- The school will ensure an adequate time for students to enjoy eating healthy foods with friends in school.
- The school will make drinking fountains available so that students can get water at meals and throughout the day.
- The school will encourage and provide opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas.
- The school will provide access to hand washing before students eat meals or snacks.
- The school will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

School Meals

- To the maximum extent practicable, Redeemer Lutheran School will participate in the National School Lunch Program.
- The school will encourage all students to participate in the school lunch program and will protect the identity of students who eat free and reduced price meals.
- Meals served through the National School Lunch Program will:
 - a. be appealing and attractive to children
 - b. be served in a clean and pleasant setting
 - c. meet, minimum nutrition requirements established by local, state, and federal statutes and regulations;
 - d. offer a variety of fruits and vegetables;
 - e. 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 rich products.

Monitoring and Policy Review

- The Principal will ensure compliance and report to the School Board.
- The cook staff will keep the principal informed of any changes in guidelines and/or requirements.
- A full review of the policy will take place each year.