

Christ Lutheran School Wellness Policy

1 Corinthians 6:19-20 *Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have received from God? You are not your own: you were brought at a price. Therefore honor God with your body.*

I. Purpose and Goals

Christ Lutheran desires to promote healthy students and healthy living by supporting good nutrition, nutrition education, and regular physical activity. Christ Lutheran strives to promote student health and reduce childhood obesity. Christ Lutheran will achieve the goals of this policy by:

- A. Developing goals for nutrition education, physical activity, and other school based activities that are designed to promote student wellness.
- B. Providing nutritional education on food available at Christ Lutheran during the school day.
- C. Involving parents, students, board members, administrators, teachers, health professionals, and other interested members of the community in the development, monitoring of this policy. A survey will be sent at the beginning of each school year inviting members of the community to join in discussion about wellness goals for the school and gauge interest in joining the Wellness Committee. A copy of the Wellness Policy shall be posted on FastDirect and in the monthly newsletter.

II. Nutrition Education Goals

- A. Nutrition Education topics will be included within the health education program that is taught at each grade level at Christ Lutheran. These topics can include:
 1. The Benefits of healthy eating, MyPlate, Dietary Guidelines for Americans, understanding calories, diet and disease, healthy snacks, serving sizes, essential nutrients, nutritional deficiencies, the use and misuse of dietary supplements, and safe food preparation, handling and storage.
 2. Planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information and commercial food advertising.
 3. Assessing the students' personal eating habits, setting goals for improvements, and establishing methods to achieve those goals.
- B. Nutritional education activities should be interactive, stress the benefits of healthy eating be age and/ or developmentally appropriate, and be presented in a way so that it teaches the students the skills that they need to adopt healthy eating behaviors.
- C. The School's Wellness Committee shall access and review the Christ Lutheran's nutrition education program for accuracy, completeness, balance, inappropriate commercial messages, and consistency with School's goals and standards.
- D. All school nutrition employees will meet hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals.

- E. School staff encourage to model healthy eating behaviors.
- F. The Schools food service program should be coordinated with the nutrition instruction if practicable. The school cafeteria provides an opportunity for students to apply the skills that they have learned in the classroom, so there should be coordination between the cafeteria staff and teachers.
- G. School staff shall work with the school meals program to develop an agricultural program with the goal of providing food for the cafeteria and using the school garden as a teaching tool.
- H. Parents are welcome to join their children at school lunch as appropriate.

III. **Physical Activity Goals**

- A. Physical education classes and physical activity opportunities will be available for all students daily throughout the school year during school. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. The program shall be aligned with established state physical education standards and shall focus on personal fitness. Unless otherwise exempted, all students will be required to engage in the school's physical education program. There will be no substitutions allowed for the physical education time requirement.
- B. All elementary school students will have daily supervised recess, preferably outdoors, during which teachers should encourage moderate physical activity verbally and through provision of space and equipment.
- C. All school students shall receive access to at least 225 minutes of physical activity per week throughout the school year.
- D. Christ Lutheran will 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, students should have periodic breaks during which they should be encouraged to stand and be moderately active.
- E. Physical activity will not be used as punishment and will not be withheld as punishment. We strongly recommend staff use physical activity as a reward when feasible.
- F. Christ Lutheran will offer extracurricular physical programs and club sports teams.
- G. The physical activity and education program should expose students to a wide variety of physical activities, teach physical skills to help maintain health and fitness and individualize the intensity of activities as needed.
- H. An annual track meet will be held in conjunction with other area Lutheran schools to provide expanded physical activity opportunities for all students.

IV. **Other School-based Activities Designed to Promote Student Wellness**

- A. Dining Environment
 - 1. Christ Lutheran will provide a clean, safe, enjoyable meal environment for students.

2. Christ Lutheran will provide enough space and serving areas to ensure all students have access to school meals with in a minimum wait time.
3. Christ Lutheran will have a drinking fountain or other accommodations available so the students can have drinking water at meals and throughout the day. Students will also be encouraged to bring water bottles from home.
4. Christ Lutheran will encourage all students to participate in the school meal program.
5. Christ Lutheran 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-priced school meals. The cafeterias are cashless and no identifying markers are listed on forms used to denote program status.
6. Christ Lutheran must serve students a reimbursable meal, regardless of the balance of their lunch account. It is prohibited for students with unpaid balances to be shamed or stigmatized in any way.
7. Free and Reduced Meal applications are provided at the beginning of the school year to every family, available upon request throughout the entire school year, and available on Fast Direct for parents to access.
8. Students will be encouraged to wash and or sanitize their hands before they eat meals or snacks.

B. Meal times

1. Christ Lutheran will ensure an adequate time to enjoy meals by providing at least 20 minutes after being seated to eat their meal.
2. Every effort will be made to schedule lunch as close to the midpoint of the school day as possible.
3. Tutoring, organizational meetings, and other activities should not be scheduled during mealtimes, unless students can eat during such activities.
4. The school does not allow students to share their food or beverages with one another during meals or snack times.
5. The healthiest choices, such as salads and fruit, will be prominently displayed in the cafeteria to encourage students to make healthy choices.
6. Christ Lutheran will include fresh, locally-grown foods in school meals whenever possible, and these foods will be promoted in the cafeteria.
7. Staff and nutritional professionals will be made aware of food allergies or other health issues that may require dietary restrictions for certain students.

V. **Nutritional guidelines for food sold on campus**

- A. The goal of Christ Lutheran is to provide students with foods that promote student health and reduce childhood obesity. In order to best accomplish this goal, Christ Lutheran shall offer food programs that, at minimum, satisfy the nutritional requirements established by local, state, federal statutes and regulations such as the USDA's National School Lunch and Breakfast Program and the Dietary Guidelines for Americans for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified:
<https://www.fns.usda.gov/schoolmeals/nutrition-standards>
- B. Christ Lutheran encourages the consumption of nutrient dense foods such as whole grains,

- fresh fruits, vegetables, and low dairy products.
- C. Christ Lutheran will share information about the nutritional content of meals with parents and students upon request.
 - D. It is encouraged that foods and beverages sold at school sponsored events outside the school day (such as concessions, and fundraisers) meet the same nutritional standards as mentioned above. No competitive foods or beverages may be sold during the school day.
 - E. Smart Snacks nutrition standards apply to all foods and beverages sold to students during the school day and through district-sponsored fundraisers (as described here: <https://fns-prod.azureedge.us/sites/default/files/resource-files/smartsnacks.pdf>), unless an exemption applies. Each school will be allowed to hold 3 exempt fundraisers per school year during which any food or beverages may be sold.

VI. Foods Available During the School Day

- A. Snacks served during the school day will make a positive contribution to a child's diet and health, with emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.
- B. It is recommended that class parties involving outside food and beverages be limited to two events per school year. In addition, it is recommended that food brought for birthday celebrations be served at lunch time or at the end of the school day and be healthy in nature. The school will regulate all food and beverages sold during classroom activities.
- C. Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior.

VII. Strategies to Support Employee Wellness

- A. School physical activity equipment will be available for use by staff before or after school to support employee wellness.
- B. Free water and healthy snacks will be available in the staff break room.
- C. A selection of healthy recipes will be designated in the breakroom for staff members to both take from and add to.

VIII. Monitoring and Policy Review

- A. The school principal is responsible to oversee compliance with established nutrition and physical activity guidelines stated within the school's wellness policy. Food service employees will attend periodic in-service training sessions as mandated by local, state, and federal requirements.
- B. The principal will periodically review the school's wellness policy with the school board. CLS will, as necessary, revise the wellness policy and develop work plans to facilitate their implementation as needed.
- C. Triennial Progress Assessments – At least once every three years, the school will evaluate compliance with the wellness policy to assess the implementation of the policy and update it accordingly. The triennial progress report will be posted on FastDirect and the school website.

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