

**Word of Life Lutheran School**  
**3545 S. 23<sup>rd</sup> Street**  
**Milwaukee, WI 53221**

**School Wellness Policies on Physical Activity and Nutrition:**

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

**Preamble:**

Whereas, Word of Life Lutheran School believes that children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive;

Whereas, Word of Life Lutheran School believes that 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 many children in the United States do not 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, family participation is essential to the development and implementation of successful school wellness policies;

Thus, Word of Life Lutheran School is committed to promoting and protecting children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Word of Life Lutheran School that:

- Word of Life will engage students, parents, other family members, church members, teachers, and food service professionals in developing, implementing, monitoring and reviewing Word of Life Lutheran School's Physical Activity and Nutrition Policies.
- All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school during regular school hours will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Word of Life Lutheran School will provide clean, safe, and pleasant settings and adequate time for students to eat.
- Word of Life Lutheran School will participate in the National School Milk program.
- Word of Life will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

## **TO ACHIEVE THESE POLICY GOALS:**

### **I. School Health Councils**

Word of Life Lutheran School will create, strengthen, or work with Teachers, Board Members, Parents, Parent Council Reps, School Food Authority Reps, and students to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies.

### **II. Nutritional Quality of Foods and Beverages Sold and Served at Word of Life Lutheran School**

#### **School Meals**

Meals served through the Word of Life Lutheran Lunch Program will:

- be appealing and attractive to the 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 (at least one fruit and one non-fried vegetable offered each day)
- serve low-fat (1%), skim, and low fat (1%) chocolate milk

Word of Life Lutheran School will share information about the nutritional content of meals with parents and students. Such information will be available on menus, or a website.

Word of Life Lutheran School will also offer for sale meals from *McDonald's*, *Cousins Subs*, *Taco Bell*, and *Pizza Hut*. Items available for purchase will not exceed ½ of the Daily Recommended Allowances in fat or calories and nutritional information of all menu items will be shared with all families through the school web site and materials distributed to all families during yearly home visits.

#### **Free and Reduced Price Milk**

Word of Life will make every effort to eliminate any social stigma attached to and prevent any overt identification of, students who are eligible for free or reduced price milk. Families are made aware of free and reduced price milk every year in an information packet given to them before the start of the school year. They are encouraged to fill out the form and return it to the school office manager, who then either approves or denies their application based on state income guidelines. As of 2005-2006 School year, Word of Life is able to get information on any student(s) receiving food stamps or W-2 which is provided to us by the State of Wisconsin. This is part of DPI's Direct Certification Process. Information received is strictly confidential and is intended to help make sure that every student is given the opportunity to receive free or reduced lunches even if parents do not wish to fill out applications for free or reduced lunches. Information on free and reduced applications is kept on file at Word of Life Lutheran School and is kept private. All approved and denied free and reduced price applications must be reported to the state every year.

## **Meal Times and Scheduling:**

- Word of Life Lutheran School will provide students 20 minutes to eat lunch after sitting down.
- Word of Life Lutheran School will schedule lunch daily at 12:00 noon.
- Word of Life Lutheran School will not schedule any clubs, or organizational meetings or activities during lunch times, unless students may eat at such activities.
- Word of Life Lutheran School will require all students to either wash hands before lunch or use a hand sanitizer before lunch.
- Word of Life Lutheran 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).

## **Qualifications of School Food Service Staff**

Cafeteria workers will be given proper training in food service preparation according to their level of responsibility.

## **Sharing of Food or Beverages**

Word of Life Lutheran School will discourage all students from sharing their foods or beverages with one another during meal or snack times, especially given concerns about allergies and other restrictions on some children's diets.

## **Foods and Beverages Sold Individually**

**(i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte lines, fundraisers, school stores, etc.)**

Word of Life Lutheran School offers no food or beverages for sale at any time.

## **Beverages**

**Allowed:** Word of Life Lutheran School permits children to drink low-fat or no-fat milk, fruit juices, vegetable juices, and/or water during lunch and snack times.

**Not Allowed:** No student is permitted to drink any soda (Regular or Diet) during lunch or snack times.

## **Foods**

Word of Life Lutheran School does not have any food or candy vending machines on the school grounds.

## **Fundraising Activities**

Racine Kringle sales will be the only fundraising activity involving the direct sale of food. If eaten in proper portion sizes, Racine Kringle meets the recommendations of the *US Dietary Guidelines for Americans*.

## **Snacks**

Snacks served during the school day or in after-school or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water or fruit juice as the primary beverage. Students in kindergarten sign up to provide snacks for the whole class for one week at a time. Students are strongly encouraged to bring a healthy snack such as a fruit or vegetable, yogurt, or low-fat crackers etc. Students in grades 1-8 bring their own snack to school if they so choose. Parents are encouraged to send healthy snacks such as those mentioned above for the Kindergarteners.

Word of Life Lutheran School will assess if and when to offer snacks based on timing of school lunch, children's nutritional needs, children's ages, and other considerations.

## **Rewards**

Word of Life Lutheran School will not use foods or beverages that do not meet the nutrition standards for foods and beverages, as rewards for academic performance or good behavior. Word of Life Lutheran School will not withhold food or beverages (including food served through school meals) as a punishment.

## **Celebrations**

Word of Life Lutheran School will 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 two food or beverages that do not meet nutrition standards for foods and beverages sold individually (above).

Children will be able to bring a small treat to celebrate their birthdays. Children bringing snacks for birthdays will be requested to bring beverages containing at least 10% fruit juice and cupcakes or cookies of small portion size. Parents will be asked to be aware that there are children who are diabetic or allergic to peanuts within the school population.

## **School Sponsored Events**

Word of Life Lutheran School does not offer foods and beverages concessions at school sponsored activities.

## **Classroom Cooking**

Word of Life Lutheran School will use some class time to teach nutrition and food skills through classroom cooking activities.

Foods made will allow for teachers to teach health standards while they cook, bake and grill food. Teachers will be aware that there are children who are diabetic or allergic to peanuts within the school population so as to make the activities healthy, fun and safe.

### **III. Nutrition and Physical Activity Promotion and Food Marketing**

#### **Nutrition Education and Promotion**

Word of Life Lutheran School aims to teach, encourage, and support healthy eating by students.

Nutrition education:

- is offered at each grade level (K-8) as part of a sequential, comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social studies, and religion;
- may include enjoyable developmentally-appropriate, participatory activities, such as contests, grocery store visits, in-class presentations, and school assemblies;
- promotes fruits and vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- teaches media literacy with an emphasis of food marketing.

#### **Integrating Physical Activity into the Classroom Setting**

For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end Word of Life Lutheran School will provide:

- classroom health education that will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities such as watching television;
- opportunities for physical activity that will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes as appropriate.

#### **Communications With Parents**

Word of Life Lutheran School will support parents' efforts to provide a healthy diet and daily physical activity for their children. Word of Life Lutheran School will encourage parents to pack healthy lunches and snacks and refrain from including foods and beverages that do not meet the above nutrition standards for individual foods and beverages. Word of Life Lutheran School will provide parents with a list of foods that meet nutrition requirements. Word of Life Lutheran School will provide parents the opportunity to share their healthy food practices with other parents and students.

Word of Life Lutheran School will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day, and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a newsletter or other take home materials, special events, and/or physical education homework.

## **Food Marketing in Schools**

Word of Life Lutheran School limits food and beverage promotion to a once a year sale of Racine Kringle. Kringle are distributed directly to parents and nutritional information is shared with the parents as part of the promotional information.

## **Staff Wellness**

Word of Life Lutheran School highly values the health and well-being of every staff member. Word of Life Lutheran School encourages all its faculty and staff to get regular exercise, maintain a healthy balanced diet, and abstain from smoking. We feel it is unnecessary to establish and maintain a staff wellness committee, as it would be cost prohibitive, and not an efficient use of time, and/or resources.

Word of Life Lutheran School will conduct training and information sessions for its staff on health and wellness, physical activity, and blood borne pathogens on a yearly basis. We feel this is sufficient instruction for our highly trained, highly educated, staff to make correct personal choices on health and wellness. Knowing what our Lord and Savior expects of each staff member is also the greatest encouragement for anyone to maintain a healthy lifestyle.

## **IV. Physical Activity Opportunities and Physical Education**

### **Daily Physical Education (K-8)**

Word of Life Lutheran School will provide the following amounts of time for Physical Education:

All students in grades 1-4 receive 60 minutes of Physical Education each week.

All students in grades 5-8 receive 80 minutes of Physical Education each week.

All students in Kindergarten receive 110 minutes of Physical Education each week.

All students in Four-year-old Kindergarten will receive 50 minutes of Physical Education each week.

Students will spend at least 50% of Physical Education class time participating in moderate to vigorous physical activity.

### **Daily Recess**

Word of Life Lutheran School provides all 1-4 grade students with 45 minutes of recess time on days in which they also have Physical Education class. All 1-4 grade students receive 40 minutes of recess time on days in which they do not have Physical Education Class.

All 5-8 grade students receive 40 minutes of recess time every day.

All Kindergarten students receive 35 minutes of recess time every day.

K4 students receive 40 minutes of recess time every day.

Each recess time is supervised, and is held outdoors, weather permitting. Students are encouraged verbally and through the provision of space and equipment to engage in vigorous physical activity.

Word of Life Lutheran School also provides additional physical activity for all students through bathroom breaks, and in making room changes throughout the day.

Up to 20 minutes per day of recess may be taken away from a child if they are not current on their homework. Parents will be notified when their children are losing recess time due to study needs.

## **Physical Activity Opportunities Before and After School**

Word of Life Lutheran School operates a Before and After Care Program.

During the after school hours, the students have opportunity to use the playground or fellowship hall for 30 minutes of moderate to vigorous physical activity.

Word of Life Lutheran School offers many opportunities for children in grades 2-8 to participate in interscholastic sports programs. These programs include: Boys and girls Cross Country, Boys Soccer, Girls Volleyball, Boys and Girls Basketball, Poms, Boys Wrestling, and Boys and Girls Track and Field.

## **Physical Activity and Punishment**

Word of Life Lutheran School's teachers and staff will not use physical activity (e.g., running laps, pushups) as punishment.

## **Safe Routes to School**

Word of Life Lutheran School will assess and, if necessary and to the extent possible, make needed improvements to make it easier and safer for students to walk and bike to school. Word of Life will work with local public works, public safety, and/or police departments in these efforts. All students who are eligible for busing, are encouraged to use it. All parents are encouraged to car pool if possible.

## **V. Monitoring and Policy Review**

### **Monitoring**

Word of Life Lutheran School will ensure compliance with the Wellness Policies on Physical Activity and Nutrition. The Principal or a School Board Member will be designated the responsibility of reporting on the school's compliance to the School Board and Elementary Education Committees.

School Food Service staff will ensure compliance with Nutrition Policies and will report to the Principal or designated School Board Member.

### **Policy Review**

Word of Life Lutheran School will conduct a baseline assessment of existing school policies on Nutrition and Physical Activity.

Assessments will be repeated every three years to help review policy compliance, assess programs, and determine areas in need of improvement. Word of Life Lutheran School will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.