

Word of Life Lutheran School

Local Wellness Policy

At Word of Life Lutheran School, our mission not only includes teaching our students about the salvation given through faith in Jesus Christ, but also to both demonstrate and teach sanctified living. Scripture teaches us that taking care of our bodies is an important aspect of living our faith. For example, I Corinthians 6:19 – 20 states: “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.” Teaching our students how to take care of the bodies God has given them is an important part of our ministry at Word of Life.

Our wellness policy is created to guide us in teaching our students healthy habits for their lives in accordance with Section 204 of Public Law 108-265 enacted June 30, 2004 as a part of the Child Nutrition and WIC Reauthorization Act of 2004. The policy is composed of the following four sections:

- 1) Goals for nutrition education, physical activity and other school- based activities that are designed to promote student wellness;
- 2) Nutrition guidelines selected for all foods available on each school campus during the school day with the objectives of promoting student health and reducing childhood obesity;
- 3) An assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C.1758(f)(1), 1766(a)0, as those regulations and guidance apply to schools;
- 4) A plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy.

The ongoing development and implementation of this plan involves parents, students, and representatives of the school food authority, the school board, school administrators, and the public.

Section 1

Goals for nutrition education

- Nutrition education is offered in the school dining room through the use of posters and student interaction as well as in the classroom, with coordination between the foodservice staff and teachers.
- Students receive consistent nutrition messages throughout the school, classroom, cafeteria, home, community and media

Goals for physical activity

- As a part of curricular graduation requirements, all students must participate in a physical education (PE) program,
- Students are given opportunities for physical activity during the school day through PE classes, daily recess periods for elementary and middle school school students, or the integration of physical activity into the academic curriculum,
- Students are given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
- Physical activity will be integrated into the regular classroom setting when appropriate.
- Physical activity will not be used as a punishment.

Goals for other school-based activities

Word of Life Lutheran School will strive to:

- Provide a clean, safe, enjoyable meal environment for students.
- Require students to either wash hands before lunch or use a hand sanitizer before lunch.
- Provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- Make drinking fountains available, so that students can get water at meals and throughout the day.
- Encourage all students to participate in school meal programs and protect the identity of students who eat free and reduced price meals.
- Ensure an adequate time for students to enjoy eating healthy foods with friends in schools.
- Schedule lunch times as near the middle of the school day as possible.
- Refrain from scheduling any clubs, organizational meetings or activities during lunch times, unless students may eat at such activities.
- Discourage students from sharing their food or beverage with one another during meals or snack times, especially given concerns about allergies and other restrictions on some children's diets.
- Encourage parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- Encourage and provides opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas.
- Strive to reduce student access to foods with limited nutritional value.

- Take reasonable steps to accommodate the tooth-brushing regiments of students with special oral health needs (e.g., orthodontia, or high tooth decay risk)
- Assure the proper training of foodservice workers in food service preparation according to their level of responsibility.
- Offer no food or beverage for sale.
- Be aware of students with diabetes or food allergies to ensure the safety of the students within the school population.

Section 2

Nutritional Guidelines:

- At our school, our Food Service Providers are required by contract to provide meals that are compliant with school nutritional standards and specifications for each food component or menu item by NSLP nutritional guidelines for grade, style, conditions, weight, ingredients formulations and delivery times as required by 7CFR 210.16(c)(3).
- Food incentive/rewards will generally be discouraged unless the food is nutritious being low in fat and refined sugar, and high in whole grains, fruits, and vegetables.

Section 3

Assurances for reimbursable school meals:

- Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section 9(f)(1) and 17(a) of the Richard B Russell National School Lunch Act (42 U.S.C.1758(f)(1), 1766(a)0, as those regulations and guidance apply to schools.

Section 4

Measuring Implementation:

- The Principal is responsible for regularly assessing the implementation of this school wellness plan.
- An annual review of the plan shall be led by the School Principal who will utilize a wellness committee comprising the school principal, parents, students, and representatives of the school food authority, a school board representative, and representatives of the public. At that meeting, the wellness committee will review the plan implementation for the preceding school year and make adjustments for its implementation in the upcoming school year.