

# Wyneken Memorial Lutheran School

## LOCAL SCHOOL WELLNESS POLICY

(Approved/updated 04/20/2017)

### Introduction

#### The Law Requires

Congress recognizes that schools play a critical role in promoting student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical inactivity. To formalize and encourage this role, Congress passed a law (P.L. 108 - 265). Each local educational agency participating in a program authorized by the Richard B. Russell National School Lunch Act or the Child Nutrition Act of 1966, “shall establish a local school wellness policy by School Year 2006.” By July 2014, schools participating in the National School Lunch Program, USDA requires that a School Wellness Policy must be implemented, evaluated, and monitored.

Legislation also places the responsibility of developing a wellness policy at the local level, so that the individual needs of each district school can be addressed. According to the requirements for the Local Wellness Policy, school districts must set goals for nutrition education, nutrition standards, physical education and activity, and other school-based activities designed to promote student wellness. Additionally, districts are required to involve a broad group of individuals in policy development and to have a plan to review and measure policy implementation.

#### The Gospel Motivates

As leaders of Lutheran schools, we believe that God created us and gives us all things, including our health. Therefore, we thank God for the gift of life and health He has given us – imperfect as it may be with problems of illness and diseases as a result of sin. But knowing what God has done for us through Jesus Christ – forgiveness of sins, life, and salvation – our response is to care for the body that is on loan to us as a way of thanking and praising God. If we view our bodies as His temple, we can begin to see the importance of daily maintenance in order to keep it useable for his service. By keeping our bodies well-maintained and filled with the right kinds of fuel (foods) needed to sustain us, we will be ready at a moment’s notice for the demands and tasks He is calling us to do.

(Adapted from “Fill'er Up-With Good Food,” by Steve Grunewald, writer/editor of [Better Health](#), a quarterly wellness letter published by Concordia Plan Services of the Lutheran Church-Missouri Synod and published in [Shaping the Future](#), a publication of the Lutheran Education Association, Winter, 2005.)

## I. School Health Advisory Council

### Policy Requirements

**Wellness Committee:** Permit parents, students, representatives of the School food authority, teachers of physical education, school health professionals (school nurse), the school board, school administrators, and the school community to participate in the development, implementation, and review and update of the local wellness policy.

### Health Advisory Council Policy

Wyneken Memorial Lutheran School will allow stakeholders to participate in the development, implementation, review, and revision of the local wellness policy. A School Health Advisory Council will be formed and maintained at the corporation level to oversee the development, implementation and

evaluation of the school corporation's wellness policy. The makeup of this council will be reflective of members consisting of those mentioned in Indiana Code 20-26-9-18.

- A. In accordance with Indiana Code 20-26-9-18, and the Healthy, Hunger Free Kids Act of 2010 (HHFKA), the school will form and maintain a School Health Advisory Council that may include at least the following:
- Parents/Guardians
  - Food Service Directors and Staff
  - Students
  - School Health Professionals (school nurse)/Registered Dietitians
  - Physical Education Teachers
  - School Board Members
  - School Administrators
  - Any Interested Members of the School Community
- B. Other potential members of the Council include teachers, school nurses, teaching assistants, and community representatives such as recreation professionals, city planners, industry professionals and voluntary service workers.
- C. The Advisory Council shall meet regularly to review nutrition and physical activity policies and to develop an action plan for the coming year. The Council shall meet as needed during the school year to discuss implementation activities and address barriers and challenges.
- D. The Advisory Council shall report annually to the Principal and/or School Board on the implementation of the wellness policy and include any recommended changes or revisions.
- E. The School Board / Governing Authority will adopt or revise nutrition and physical activity policies based on recommendations made by the Advisory Council.
- F. The School Wellness Policy shall be communicated to essential stakeholders.

## Goals

- Wyneken Memorial Lutheran School shall develop and maintain a well-represented Health Advisory Council
- Wyneken Memorial Lutheran School will create an annual plan and strategy for communication.

## II. Nutrition

### Policy Requirements

**Nutrition Guidelines:** Include nutrition guidelines for all foods available to promote student health and encourage healthy and informed food choices that may reduce childhood obesity."

**Nutrition Education and Promotion:** Include goals for nutrition promotion and education, physical activity, and other school-based activities that promote school wellness.

**USDA Requirements:** Has assured that the Schools Meals meet the USDA requirements.

### 2A. Nutrition Education and Promotion

Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level according to standards of the Indiana Department of Education. Schools will link

nutrition education and promotion activities with existing coordinated school health programs and Biblical principles of Christian life.

- A. Nutrition education, a component of comprehensive health education, shall be offered every year to all students. Nutrition education topics shall be integrated into the entire curriculum when and where appropriate. A quality nutrition education program addresses the following:

***Curriculum:***

- Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.
- Has a curriculum that promotes Christian standards and values as written in Holy Scripture.
- Is aligned with state standards.

***Instruction and Assessment:***

- Aligns curriculum, instruction, and assessment.
- Addresses the state guidelines for recommended instruction.
- Builds students' confidence and competence in making healthy nutrition choices.
- Engages students in learning that prepares them to choose a healthy diet.
- Is taught by highly qualified teachers, health professionals, or qualified volunteers.

***Opportunity to Learn:***

- Includes students of all ages and abilities.
- Provides adequate instructional time to build students' confidence and competence in health-enhancing skills.

Nutrition education shall also be made available to parents and the community. Nutrition education may be provided in various forms, including school newsletters, parent and teacher handbooks, additional handouts, posters, banners, website postings, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

Marketing on the school campus during the school day will be limited to those foods and beverages that meet the competitive food/beverage requirements (smart snacks).

## **Goals (Nutrition Education)**

- Nutrition education curriculum, instruction, and assessment will be aligned to state standards and benchmarks
- Students will participate in the use of visual arts and other classroom activities to promote healthy eating and behaviors

## **Goals (Nutrition Promotion)**

- A list of suggested healthy snacks will be provided to parents and guardians
- Only food and beverages that meet smart snack qualifications will be marketed on the school campus during the school day

## **2B. Standards for USDA Child Nutrition Programs and School Meals**

Wyneken Memorial Lutheran School will provide and promote the National School Lunch Program to ensure that all students have access to healthy foods to support healthier choices and promote optimal learning.

A. School Meal Content

1. Meals served through the National School Lunch Program will:
  - Be appealing and appetizing to children;

- Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs;
  - Contain 0 percent trans fats;
  - Offer a variety of fruits and vegetables;
  - 100% of the grains offered are whole grain-rich.
2. All cooked foods will be baked or steamed. Proper procurement procedures and preparation methods will be used to decrease excess fat, calorie and sodium levels in food.
  3. Schools are encouraged to purchase or obtain fresh fruits and vegetables from local farmers when practical.
  4. Students will have the opportunity to provide input on local, cultural and ethnic favorites.
  5. The food services department shall provide periodic food promotions that will allow for taste testing of new healthier foods being introduced on the menu.
  6. Special dietary needs of students will be considered when planning meals, according to the document Accommodating Children with Special Dietary Needs in the School Nutrition Programs.
  7. The food services department, upon request will share and publicize information about the nutritional content of meals with students and parents/guardians.

#### B. School Meal Participation

1. The school will inform families of the availability and location of Summer Food Service Program meals, in accordance with the Healthy, Hunger-Free Kids Act of 2010. Schools in which more than 50 percent of students are eligible for free or reduced-priced school meals will sponsor the Summer Food Service Program when feasible.

#### C. Mealtimes and Scheduling

1. Adequate time will be provided to students to eat lunch (at least 20 minutes after being served).
2. School meals will be served in clean and pleasant settings.
2. Students will have convenient access to hand washing and sanitizing stations.
3. Potable (drinking) water must be readily available at all mealtimes.
4. Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.

#### D. Professional Development

1. Professional development and training will be provided at least annually to food service managers and staff on proper food handling techniques and healthy cooking practices.

## Goals

- Food service staff will provide periodic surveys to allow for students to have the opportunity to input on local, cultural, and ethnic favorites
- Additional professional development opportunities will be provided to the food service department

## 2C. Nutrition Standards for Competitive and Other Foods and Beverages

Wyneken Memorial Lutheran School will not use vending machines on school property. Wyneken Memorial Lutheran School will provide and allow foods and beverages that support proper nutrition and promote healthy choices in school stores and concession stands, or as school fundraisers and classroom celebrations.

#### A. Approved Nutrition Standards, based on the nutrition standards of the Institute of Medicine (2007) and the standards of the USDA Smart Snacks.

1. School à la carte and other foods outside of school meals shall be limited to:
  - No more than 30 percent of total calories from fat,
  - Less than 10 percent of total calories from saturated fats,
  - 0 percent trans fats,
  - No more than 35 percent of calories from total sugars,

- No more than 200 milligrams of sodium per portion as packaged,
  - No more than 200 calories per package, and
  - 100 percent of the grains offered are whole grain-rich.
2. School à la carte and other beverages outside of school meals shall be limited to:
- Water without flavoring, additives, or carbonation,
  - Low-fat and nonfat milk (in 8- to 12-ounce portions),
  - 100% fruit juice in 4-ounce portions as packaged for elementary/middle school and 8 ounces (2 portions) for high school, and
  - All beverages other than water, white milk or juice shall be no larger than 12 ounces.

#### B. Availability

1. Vending machines will not be made available at the school.
2. Students and staff will have free, potable (drinking) water for consumption available in water fountains throughout the school building.

#### C. Concession Stands

1. The concession items sold at school-sponsored events to participants, fans and visitors are encouraged to include at least 50 percent healthy beverages and foods, according to the approved nutrition standards.

#### D. Classroom Celebrations

1. Classroom celebrations are encouraged to focus on activities (e.g., giving free time, extra recess, music and reading time) rather than on food.
2. Classroom celebrations that include food may be limited to one per month. Food items are encouraged to meet the approved nutrition standards.
3. Schools shall inform parents/guardians of the classroom celebration guidelines.

#### E. Food as a Reward or Punishment

1. Teachers and staff will be encouraged to use non-food items as rewards when appropriate. Such examples include extra recess time, free reading, sitting in special areas of the classroom...
2. School staff will not withhold food or drink at mealtimes as punishment.

#### F. Fundraisers

1. Fundraising activities will consider supporting healthy eating and wellness. Schools will consider promoting the sale of non-food items for school-sponsored fundraising.

## Rationale for Policy Recommendations

- According to the Indiana Youth Risk Behavior Survey, in 2011 only 6.8 percent of Indiana high school students ate the recommended amount of fruits and vegetables during the past seven days.
- Offering healthier food and drink options at school can send a strong message about the importance and value of healthy eating.
- When students have choice and have been exposed to healthy food options, they are more likely to consume them (Yale Rudd Center for Food Policy and Obesity, 2010).
- Nutrition policies can be phased in over time.

## Goals

- Biblical principles related to healthy living will be emphasized throughout the year.
- Foods and beverages that support proper nutrition and promote healthy choices will be encouraged by the school

## III. Physical Activity & Other Activities

### Policy Requirements

**Physical Activity & Other Activities:** Include goals or nutrition promotion and education, physical activity, and other school-based activities that promote school wellness.

### Policy

Wyneken Memorial Lutheran School supports the health and well-being of students by promoting physical activity through physical education, recess, and other physical activity breaks; before- and after-school activities; and walking and bicycling to school (when and where appropriate). Additionally, Wyneken Memorial Lutheran School supports physical activity among elementary students by providing them with at least 30 of the recommended 60 minutes of physical activity per day.

#### A. Physical Education

1. All students will participate in physical education in order to meet the Physical Education Standards.
2. The physical education program shall be provided adequate space and equipment to ensure quality physical education classes for students.
3. Physical education will be taught by a licensed instructor.
4. All staff involved in physical education will be provided opportunities for professional development focusing on physical activity, fitness, health and wellness.

#### B. Daily Recess and Physical Activity Breaks

1. The school shall provide daily physical activity in accordance with Indiana Code 20-30-5-7.5.
2. All elementary school students will have at least 1 period of active recess per day that is at least 20 minutes in length as recommended by the National Association for Sport and Physical Education (NASPE). This recess period will be outdoors when possible. If outdoor recess is not possible due to inclement weather, teachers will provide an indoor physical activity break in the school.
3. All teachers are encouraged to use physical activity breaks during classroom time as often as possible.
4. The school will discourage extended periods of inactivity (2 or more hours). During events such as mandatory school-wide testing, teachers will give students periodic breaks for moderate physical activity.

#### C. Physical Activity Opportunities Before and After School

1. Wyneken Memorial Lutheran School encourages a variety of sports and voluntary activities to increase opportunities for physical activity before and/or after school, taking into account student interest and supervisor availability.
2. After-school enrichment providers will include physical activity in their programs, to the extent space and equipment allow.

### Rationale for Policy Recommendations

- According to the 2011 Indiana Youth Risk Behavior Survey, only 43.5 percent of Indiana high school students were physically active for a total of at least 60 minutes per day on five or more of the past seven days.
- According to the 2011 Indiana Youth Risk Behavior Survey, only 34.9 percent of Indian high school students attended physical education classes on one or more days in an average week when they were in school.
- Increased physical activity has been linked to higher academic achievement (Ehrlich, 2008).

- Aerobic conditioning may help to improve memory. Exercise may strengthen particular areas of the brain and oxygen intake during exercise may enhance greater connections between neurons (Hillman, Erickson & Kramer, 2008).
- Positive experiences with physical activity and physical education at a young age help lay the foundation for being regularly active throughout life (NASBE, “Fit, Healthy, and Ready to Learn,” 2000).
- Physical activity and physical education policies can be phased in over time.

### **Goals (Physical Activity)**

- The physical education curriculum will be mapped, aligning with state standards and Biblical principles of living.
- Physical activity breaks will be integrated into the regular classroom instruction.

### **Goals (Other Activity)**

- Students and staff will be encouraged to participate in various community health programs and activities.
- Movement at school activities will be encouraged

## **IV. Staff Wellness**

### **Policy Requirements**

There are no policy requirements for Staff Wellness.

### **Staff Wellness Policy**

Wyneken Memorial Lutheran School supports the health and well-being of our staff by creating and promoting policy and environmental supports to provide physical activity and healthy eating opportunities.

#### **A. Nutrition and Physical Activity**

1. Wyneken Memorial Lutheran School will promote programs to increase knowledge of physical activity and healthy eating for faculty and staff.
2. Wyneken Memorial Lutheran School may work with local fitness centers to offer reduced membership fees.
3. Wyneken Memorial Lutheran School will allow staff to use school facilities outside of school hours for individual use when it is not in conflict with building events or school policy.
4. Staff will be encouraged to participate in special community events
5. No vending machines will be available to staff
6. Staff may be encouraged to take use of any wellness benefits and initiatives offered through the school health insurance when available
7. Staff members will be encouraged to demonstrate healthy behaviors to students by modeling positive nutrition and physical activity

### **Rationale for Policy Recommendations**

- Teachers have the opportunity to model Biblical principles on healthy behaviors to their students.
- The implementation of wellness activities can motivate school staff to pursue a healthy lifestyle and establish a greater personal commitment to school health programs.
- The implementation of these policies increases access to opportunities for healthy eating and physical activity.
- Organizations and schools who use wellness programs can decrease healthcare costs by having healthier employees.

### **Goals (Staff Wellness)**

- All eligible staff will participate in the BeWell ServeWell program offered by Concordia Health Plan Services.
- Funds received through the BeWell ServeWell program will be used to increase staff wellness.
- Staff models healthy behaviors to students and the school community



# V. Evaluation

## Policy Requirements

**Evaluation:** The School Board / Governing Authority will annually evaluate the school Wellness Policy.

**Person Responsible:** The school administrator will be responsible for monitoring the school Wellness Policy along with the School Health Advisory Council (Wellness Committee).

**Communication:** Inform and update stakeholders about the content and implementation of the school Wellness Policies.

## Evaluation & Communication Policy

Wyneken Memorial Lutheran School is committed to enforcing the policies and guidelines included in this document. Through implementation of the school Wellness Policy, Wyneken Memorial Lutheran School will create an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continuing progress, the school will evaluate implementation efforts and their impact on students and staff.

### A. Implementation and Data Collection

1. Wyneken Memorial Lutheran School will use a variety of formal and informal assessments to monitor the impact on students and staff. This may include surveys, polls, tracking involvement in parts of the program, tracking percentages of types of snacks provided, using the wellness policy evaluation checklist, the health school environment rubric...
2. The school administrator in conjunction with the School Health Advisory Council shall ensure that the school is in compliance with the school's Wellness Policy by assessing wellness implementation strategies and then report to the Wyneken Memorial Lutheran School Board.
3. The evaluation of the Wellness Policy and implementation will be directed by the School Health Advisory Council.
4. Policy language will be assessed each year and revised as needed

### B. Communication

1. Wyneken Memorial Lutheran School will seek to inform the school community (parents, students, staff, and general public) regarding the content and implementation of the local wellness policy on an annual basis.
2. Communication regarding the content and implementation of the local wellness policy may be made available through a variety of means (such as school website, school management platform, newsletter publications, printed copies...).

## Rationale for Policy Recommendations

- Evaluating the Wellness Policy and implementation activities will give the School Health Advisory Council an opportunity to share their accomplishments with others. This can create a better understanding of why it is important to realize and sustain these wellness efforts.
- An evaluation can also give a school the opportunity to showcase its efforts to strengthen the policy, the implementation of the policy, as well as the policy's impact on students and staff.
- Documenting accomplishments can help a school prepare for future funding requests.

## Goals (Evaluation & Communication)

- Wyneken Memorial Lutheran School use an evaluation tool which may include one or more of the following: the Wellness Policy Evaluation Tool, Health School Environment Rubric, or the Healthy School Environment Rubric to develop a baseline level of wellness.
- A measurable action plan will be developed and implemented.
- The public will be notified of the content and implementation efforts of the school wellness policy on a regular basis