

Wellness Policy for Immanuel Lutheran School 12/15/22

Immanuel Lutheran School is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

Immanuel's wellness policy is reviewed/revised annually by the school's professional staff. The wellness policy is posted on the school's website for public viewing.

Nutrition Education Statement

Every year, all students, kindergarten through grade 8, shall receive nutrition education as documented in the school's curriculum. Nutrition education will teach the knowledge, skills, values, and responsibilities to maintaining the body God gave us. This is needed to adopt healthy eating behaviors and shall be integrated into various areas of the curriculum. The primary objective of a school's nutrition standard is to help students develop healthy life long eating habits and insure that all school programs meet nutrition standards.

Nutrition Goals:

- Nutrition curriculum is reviewed as scheduled with all curricular areas.
- Students are encouraged to begin each day with a healthy breakfast.
- Families are encouraged through school newsletters and notes home to include nutritious foods for student lunches and snacks from home as well as reminded of food safety when sharing food at parties and special events.
- Administrators, staff, and extracurricular groups shall ensure that all school activities, including classroom practices, incentives, and concessions, are consistent with the sound nutrition practices taught in the classroom and implemented in the school's hot lunch program, offering a selection of healthy food choices.
- Meals served through the hot lunch program will meet at least the minimum nutritional requirements by state and federal regulations within the "National School Lunch Program".
- Students are not permitted to drink carbonated or caffeinated beverages during lunch or during the school day, except field trips, class parties, and other teacher approved times.
- Snacks for students are encouraged to be healthy food choices following the school's nutrition curriculum.
- Concession stand will include at least two alternatives other than carbonated or caffeinated beverages and at least two healthy food choices.
- Parents of students with specific food allergies will document allergies on emergency forms kept in the office and shared with teachers, staff, and hot lunch personnel.

Physical Education and Activity Statement:

The school shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, values, and responsibilities necessary for lifelong physical activity and maintaining the body God has given us.

Physical Activity Goals

- Students in Kindergarten through fifth grade average at least 30 minutes of physical activity daily.
- Students in Kindergarten through eighth grade will have at least two P.E. periods each week for a minimum of 60-80 minutes, where students learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Students in grades six through eight will have the opportunity to participate in after school sports: Cross Country, Volleyball, Basketball, and Track.
- P.E. curriculum is reviewed by the teaching staff as scheduled with all curricular areas.
- Teachers are encouraged to use physical activities and movements in other subjects in addition to P.E.
- Teachers will plan at least one field trip which includes outdoor/physical activities such as Outdoor Ed., apple picking/pumpkin patch, the zoo.

Other School-Based Activities Designed to Promote Student-Wellness:

Immanuel Lutheran School may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

- Meals served in the cafeteria are appealing/attractive to children, and are served in pleasant surroundings.
- The school facility is available for after school activities that promote physical activities and student wellness.
- Teachers limit candy or other sweet as rewards for expected behavior.
- The hot lunch schedule is managed well so the students have less than a 10 minute wait time in line and have at least 20 minutes to eat.
- Students are allowed ample time to get drinks of water throughout the day.
- Students in grades four and five participate in the D.A.R.E. program and the G.R.E.A.T. program for as long as it is available.

Measurement and Evaluation:

Evaluation of the effectiveness of this policy shall be done annually at post school meetings by the school administrator with assistance from teachers and staff.