

## WELLNESS POLICY

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. Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public may participate in the development, implementation, review and update of the wellness policy. 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 ensure that all school programs meet nutrition standards. Marketing and advertising will only include those foods and beverages that meet the USDA Smart Snacks in School nutrition standards on the school campus during the school day.

### 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:**

At least once every three years, the following is measured and made available to the public:

- the extent to which the school complies with the wellness policy;
- the extent to which the wellness policy compares to model local school wellness policies;
- the progress made in attaining the goals of the wellness policy

**Step 1- Extent Local Wellness Policy Complies with USDA Requirements and Compares to a Model Policy Tracking Tool**

Component	Description
<p>Select the Tool used for model LSWP comparison, upload the assessment in your folder: If another tool was used, list it here.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Alliance for a Healthier Generation 10-step Checklist</a></li> </ul>
<p><b>Areas of Strength:</b></p>	<ol style="list-style-type: none"> <li>1. Annual review instead of triannual.</li> <li>2. The hot lunch schedule provides ample time to eat and not much wait time for students.</li> </ol>

Component	Description
	3. Students participate in more than the required amount of physical activity.
<b>Opportunities for Improvement</b>	1. Improve and update the nutrition curriculum.
	2. Offer more healthy choices in the concession stand.
	3. Encourage healthy snacks more often.
<b>As a result of the comparison, was new language adopted in the LSWP? If yes, briefly describe what was adopted (include page numbers for new language if possible),</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Have the changes been approved by the school board?</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Describe the next steps for strengthening your LSWP.</b>	Continue to review and revise the wellness policy with the school's professional staff.

## Step #2: Progress in Reaching LSWP Goals

Goal As defined by your LSWP	Was the Goal Met? Yes/ Partially/ No	What Was Achieved? Describe how you achieved this goal	Documentation Share documents (as links or attachments) used to measure LSWP implementation
<p><b>USDA wellness policy goals outline that 3 goals must be included, 1) nutrition goal, 2) physical activity goal, and 3) other student wellness goal, additional goals are <u>optional</u></b></p>			
<p><b>1. Nutrition Education Goal(s)-</b> · 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”.</p>	Yes	Nutritional requirements are met and teachers check students' trays for regulation compliance.	August Lunch Menu
<p><b>2. Physical Activity Goal(s)-</b> · Students in Kindergarten through fifth grade average at least 30 minutes of physical activity daily.</p>	Yes	Students average more than 30 minutes of physical daily activity.	PE and classroom recess schedules
<p><b>3. Other student wellness Goal(s) -</b> · Teachers will plan at least one field trip which includes outdoor/physical activities such as Outdoor Ed., apple</p>	Yes	Each class attends at least one field trip that includes outdoor/physical activity.	Kindergarten - Poppy's Pumpkin Patch/Apple Orchard in the fall, All Around Columbus 1st - Camp Luther (fall), Omaha Zoo trip 2nd - Stadium and Morrill Hall, Plum Creek in the fall, 4H Nebraska Extension Farm Day at AG Park.

<b>Goal</b> <b>As defined by your</b> <b>LSWP</b>	<b>Was the</b> <b>Goal Met?</b> <b>Yes/</b> <b>Partially/</b> <b>No</b>	<b>What Was</b> <b>Achieved?</b> <b>Describe how you</b> <b>achieved this goal</b>	<b>Documentation</b> <b>Share documents (as</b> <b>links or</b> <b>attachments) used to</b> <b>measure LSWP</b> <b>implementation</b>
<p><b>picking/pumpkin patch, the zoo.</b></p>			<p>3rd - Platte County Museum (fall), Edgerton Explorit and Plainsman Museum, Water Treatment Plant and Recycling Center, Safety Day (spring)  4th - Plum Creek Literacy Festival in Seward (fall); NE capitol building and Soybean board sponsored lunch (spring)  5th - State Fair (fall); Plum Creek Literacy Festival in Seward (fall); Mercy Meals servant event  6th - Camp Luther (fall)  7th - Service field trip, Air and Space Museum, Clayton Museum of Ancient History (6th grade SS)  8th - Camp Okoboji and Arnold's Park (spring)</p>
<p><b>Additional Goal(s)</b></p>			

### Step #3- Extent of Compliance for All Schools with the LSWP

Policy Area (Write the requirements included in your LSWP in the column below)	Not Met (Number of Schools)	Partial Compliance (Number of Schools)	Full Compliance (Number of Schools)
<b>Nutrition Education/Promotion Goal(s)</b>	0	0	1
<b>Physical Activity Goal(s)</b>	0	0	1
<b>Other Student Wellness Goal(s)</b>	0	0	1
<b>Non-goal related requirements of LWP- outline how you are meeting these elements in your LPW and the levels of compliance</b>			
<b><u>Federal/State Meal Standards</u> are Met</b>	0	0	1
<b>Foods Offered but Not Sold to Students Standards</b>	0	1	0
<b>Food and Beverage Marketing (<u>SMART Snacks regulations</u>- ala carte and vending, food sales during the school day)</b>	0	1	0

District LSWP Components	For the components below, indicate whether the district is in compliance.
<b>Public Involvement- how was the public included in LWP development? (parents, community members, etc.) Our Board members review the policies.</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Public Notification- how are you notifying the public about your assessment results? On our website</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Triennial Assessment- is this posted publicly? Provide the link <a href="https://www.immanuelweb.org">https://www.immanuelweb.org</a></b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No



We thank you for your time spent taking this survey.  
Your response has been recorded.

Below is a summary of your  
responses

[Download PDF](#)

According to 7 CFR 210.31(e)(2), all schools are required to complete an assessment of their school's compliance with their local school wellness policy (SWP) at least once every three years and make this assessment available to the public by posting assessment responses to your school's website. You will have the option to download a pdf of your assessment at the conclusion of the survey.

The school wellness policy (SWP) triennial assessment must be completed by June 30, 2021. Non compliance with this requirement will result in a holding of the school's claim until this requirement is met.

The questions contained in this survey have been taken from the Alliance for a Healthier Generation's SWP assessment. Please provide your school's information and then answer each of the 10 questions below. Click "Submit" at the end of the survey to have your assessment recorded.

This survey outlines the ten required components of the SWP as defined by the USDA final rule of 2016. Districts can use this checklist with Healthier Generation's Model Wellness Policy to revise/update their SWP to ensure that it meets federal requirements. Healthier Generation's Model Wellness



Policy includes model language for the required components, as well as resources to support implementation.

For each component identified below, select the rating that applies to your SWP. The rating scale is: 2 = Includes **all** required language

1 = Includes **some** of the required language

0 = Includes **none** of the required language

Please provide your school's information in the space provided below.

The policy identifies one or more school district and/or official(s) who have the authority and responsibility for ensuring that each school complies with the policy.

Rating

The policy includes language inviting parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, review and update of the SWP.

Rating

The policy includes language describing the methods for informing the public (including parents, students, and other in the community) about the SWP, and updates this information on an annual basis.

Rating

The policy includes language that outlines the triennial assessment. At least once every three years, the following is measured and made available to the public:

- the extent to which the school(s) comply with SWP;
- the extent to which the SWP compares to model local school wellness policies;
- the progress made in attaining the goals of the SWP

Rating

The policy includes nutrition standards for all foods and beverages sold on the school campus during

the school day that are consistent with federal regulations for school meals and the Smart Snacks in School nutrition standards.

Rating

The policy includes standards for foods and beverages provided, but not sold, to students during the school day (e.g. in classroom parties or classroom snacks brought by parents).

Rating

The policy includes specific goals for nutrition education and promotion activities.

Rating

The policy includes requirements for marketing and advertising of only those foods and beverages that meet the USDA Smart Snacks in School nutrition standards on the school campus during the school day.

Rating

The policy includes specific goals for physical activity opportunities.

Rating

The policy includes specific goals for other school-based activities that promote student wellness.

Rating

For more information about this survey, please contact:  
Kayte Partch | Nutrition Services |

[kayte.partch@nebraska.gov](mailto:kayte.partch@nebraska.gov) | 402-471-2945

Powered by Qualtrics A