

WELLNESS POLICY

BELIEF STATEMENT

The Board of Education of Zion Lutheran School is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle and recognizes the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn. The entire school environment shall be aligned with healthy school goals to positively influence students' beliefs and habits and promote health and wellness, good nutrition and regular physical activity. In addition, school staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life.

INTENT

The purpose of this policy is to ensure a total school environment that promotes and supports student health and wellness, helps to reduce childhood obesity and meets the requirements of the child Nutrition and WIC Reauthorization Act of 2004 and the Illinois School code, including, without limitations, goals for nutrition guidelines for all foods available during the school day; a plan for measuring implementation including designating one or more persons charged with operational responsibility; and involving parents, students, school food service providers, the school board, school administrators, and the public in developing this policy.

GOALS FOR NUTRITION EDUCATION

- Students in preschool through grade 8 shall receive nutrition education as part of a sequential program that is coordinated within a health education curriculum. The program shall be designed to provide students with the knowledge and skills necessary to adopt healthy eating behaviors and aimed at influencing students' knowledge, attitudes and eating habits. Special emphasis should be placed on nutrition education as eating habits are established at a young age.
- To maximize classroom time and to achieve positive changes in students' eating behaviors, nutrition education shall be integrated into the lesson plans of other subjects like math, science, language arts, physical education, health, and social sciences.
- To achieve positive changes in students' eating behaviors, it is recommended that a minimum of fifty contact hours of nutrition education opportunities be provided to students each year. Contact hours may include a combination of classroom instruction; nutrition education provided in the cafeteria; or health fairs, field trips and assemblies providing nutrition education.
- The nutrition education program shall include enjoyable interactive activities such as contests, promotions, taste testing, and field trips.

GOALS FOR PHYSICAL ACTIVITY

- Students in preschool through grade 8 shall participate in daily physical education that enables them to achieve and maintain a high level of personal fitness; emphasizes self-management skills including energy balance (calories in minus calories out); and is coordinated within a comprehensive health education curriculum.
- It is recommended that students participate in physical education for a minimum of 120 minutes per week. Special emphasis should be placed on promoting an active lifestyle in preschool through 8th grade as health habits are established at a young age. Accommodations shall be made for students with disabilities, 504 plans, and other limitations.
- Each class, preschool through grade 5, shall provide a daily supervised recess period.
- Students shall be provided opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics, and physical activities.
- Because students should engage in a minimum of 60 minutes of physical activity a day, the physical education program shall actively engage families as partners in providing physical activity beyond the school day.

GOALS FOR OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

Parent Partnerships:

- Zion shall support parents' efforts to provide a healthy diet and daily physical activity for their children. This support shall begin in preschool and continue through the 8th grade.
- Parents shall be provided information to help them incorporate healthy eating and physical activity into their student's lives. This information may be provided in the form of handouts, postings on the school website, information provided in school newsletters, presentations that focus on nutrition and healthy lifestyles and any other appropriate means available for reaching parents.

Consistent School Activities and Environment – Healthy Eating

- It is recommended that the food provider share information about the nutritional content of the school meals with students, families and school staff.
- School meals shall be served in clean, safe and pleasant settings with adequate time provided for students to eat, at a minimum, in accordance with state and federal standards and guidelines.

- All food service personnel shall have adequate pre-service training and regularly participate in professional development activities that provide strategies for providing tasty, appealing and healthy school meals; nutrition education strategies including coordination of classroom and cafeteria activities; and effective promotional techniques to encourage healthy eating habits.
- The food provider shall work with suppliers to obtain foods and beverages that meet the nutrition requirement of school meals and nutrition standards for those sold individually.
- The food provider shall take every measure to ensure that student access to foods and beverages at school meet federal, state and local laws and guidelines.
- Students, parents, school staff and community members bringing foods and beverages to school for parties/celebrations/meetings shall be encouraged to provide healthful options.
- School based organizations shall be encouraged to raise funds through the sale of items other than food.
- The school shall take efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System (My Pyramid) such as fruits, vegetables, low-fat dairy foods and whole grain products.
- Nutrition education shall be provided by trained and well-supported staff with adequate pre-service and in-service training. It is recommended that staff involved in nutrition education complete a pre-service course in nutrition and a minimum of one hour of nutrition education in-service training per school year. Preparation and professional development shall provide basic knowledge of nutrition along with activities, instructional techniques and strategies designed to change students' attitudes and behavior.
- All foods and beverages made available at school shall comply with the federal, state and local food safety and sanitation regulations.
- For the safety and security of food, access to any area involved in storage, preparation or service of food at the school shall be limited to authorized personnel.

Consistent school Activities and Environment – Physical Activity

- Physical education shall be provided by trained and well-supported staff. All teachers shall regularly participate in continuing education activities that impart the knowledge and skills needed to effectively promote enjoyable lifelong healthy eating and physical activity among students.
- The physical education program shall be closely coordinated with the other components of the overall school health program. In particular, the benefits of being physically active shall be linked with instruction about human growth, development, and physiology in science classes and with instruction about personal health behaviors in health class.
- The school staff is encouraged to limit extended periods of inactivity. When activities such as mandatory testing make it necessary for students to be inactive

for long periods of time, it is recommended that staff give students periodic breaks during which they are encouraged to stand and be moderately active.

- The school encourages partnerships with other child-serving organizations such as park districts and athletic groups to provide students with opportunities to be active.
- The school provides student access to and use of the school's physical activity facilities outside of the normal school day.
- Physical activity facilities and equipment on school grounds shall be safe.

Food or Physical Activity as a reward or Punishment

- School personnel shall be encouraged to use nonfood incentives or rewards with students and shall not withhold food from students as punishment.
- School personnel shall not use physical activity as a punishment and rarely withhold participation in recess or physical education class as punishment.

NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE ON SCHOOL CAMPUSES DURING THE SCHOOL DAY

- The food provider shall offer a variety of age-appropriate, appealing foods and beverage choices and employ food preparation, purchasing and meal planning practices consistent with the current Dietary Guidelines for Americans (e.g. provide a variety of fruits and vegetable choices; serve low-fat and fat-free dairy products; ensure that whole grain products are served).
- Nutritious and appealing foods and beverages, such as fruits, vegetables, low-fat dairy foods and whole grain products, shall be available wherever and whenever food is sold or otherwise offered at school.

GUIDELINES FOR SCHOOL MEALS

- School meals served shall be consistent with the recommendations of the Dietary Guidelines for Americans and/or shall meet, at a minimum, the nutrition requirements and regulations for the national School Lunch Program and/or School Breakfast Program and all applicable state and local laws and regulations.

MEASURING IMPLEMENTATION AND COMMUNITY INVOLVEMENT

- The principal shall be responsible for implementation of the local wellness policy and shall appoint a school-based evaluation team to develop and implement an annual evaluation plan.
- The school-based evaluation team shall evaluate policy implementation and identify areas for improvement. The evaluation team shall report their findings to the campus principal and develop with him/her a plan of action for improvement, as needed.