

Wellness Policy



**The Lutheran Schools of
Indiana
LOCAL SCHOOL WELLNESS POLICY
IDOE#9230**

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.

On Wednesday, May 28, 2014, three representatives of the Indiana District attended a Wellness Training event at Lawrence Township Schools in Indianapolis. The purpose of the training was to review the current district wellness resource and give direction to school personnel about the new USDA Wellness Policy requirements.

The Indiana District is providing a Wellness resource for Lutheran schools of Corporation 9230. This Wellness resource will serve as a corporate Template.

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

Lutheran Central 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.

- A. In accordance with Indiana Code 20-26-9-18, and the Healthy, Hunger Free Kids Act of 2010 (HFFKA), 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.
- 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

- Develop a well-represented Health Advisory Council, including an annual plan and strategy for communication.

II. Nutrition

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 and promotion will be provided as part of a Comprehensive Health Education Program.
 1. Health education will be taught by a licensed health education instructor.
 2. The school will provide nutrition education training opportunities to teachers and staff for all grade levels.
 3. Nutrition education will include lessons that cover topics such as how to read and use food labels, choosing healthy options and portion control.
 4. School staff will collaborate with community groups and organizations to provide opportunities for student projects related to nutrition (e.g., cultivating school gardens, reading food labels and maintaining a caloric balance between food intake and physical activity/exercise).
 5. Nutrition education resources will be provided to parents/guardians.
 6. Healthy items, such as salads and fruits, will be displayed prominently in cafeterias to make healthier choices more appealing.
 7. Nutrition labels will be provided on all foods to allow students to easily identify healthier foods.
 8. Foods of minimal nutritional value, including brands and illustrations, shall not be advertised or marketed in educational materials.

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

Lutheran Central 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.
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7. The food services department will share and publicize information about the nutritional content of meals with students and parents/guardians. The information may be available in a variety of forms that can include handouts, the school website, articles, school newsletters, presentations that focus on nutrition and healthy lifestyles, and through any other appropriate means available to reach families.

B. School Meal Participation

1. To the extent possible, schools will provide the USDA School Breakfast Program to all students.
2. To the extent possible, schools will utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, serving "grab-and-go" breakfasts and arranging transportation schedules to allow for earlier arrival time.
3. 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.
4. The school may provide the After School Meal Program, when it becomes available, in accordance with the Healthy, Hunger-Free Kids Act of 2010.

C. Mealtimes and Scheduling

1. Adequate time will be provided to students to eat lunch (at least 20 minutes after being served) and breakfast (at least 10 minutes after being served).
2. Elementary schools are encouraged to schedule recess before lunch.
3. 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.

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

Lutheran Central School will provide and allow foods and beverages that support proper nutrition and promote healthy choices in vending machines, 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, school vending machines 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, school vending machines 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 for school staff will not be accessible to students.
2. Food and beverages will not be sold in school stores.
3. 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 will be limited to one per month. Food items must 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 not use food as a reward. For example, the use of sugar-sweetened beverages or candy as a classroom reward at any school is not appropriate.
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.

Goals

- Classroom rewards program will include activities rather than unhealthy foods.
- Biblical principles related to healthy living will be emphasized throughout the year.
- Survey students to determine cafeteria wants and desires.
- Discuss healthy options for concession stands.

III. Physical Activity

Lutheran Central 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. Additionally, Lutheran Central 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. Physical education classes will have the same student/teacher ratio used in other classes.
3. The physical education program shall be provided adequate space and equipment to ensure quality physical education classes for students.
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 classroom.
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. Lutheran Central School encourages intramurals, clubs, interscholastic 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.

D. Physical Activity and Remedial Activities/Punishment

1. Students will not be removed or excused from physical education to receive instruction in other content areas.
2. School staff will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

E. Walking and Bicycling to School

Where appropriate and safe, the school will allow walking and bicycling to school.

F. Use of School Facilities Outside of School Hours

School spaces and facilities may be made available to students, staff and community members before and after the school day; on weekends; and during school vacations. School policies concerning safety will apply at all times.

Suggested Goals

- 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.

IV. Staff Wellness

Lutheran Central 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. Lutheran Central School will promote programs to increase knowledge of physical activity and healthy eating for faculty and staff. Presentations on health and wellness will be provided at least twice each school year.
2. Lutheran Central School will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs and individual use.
3. Staff will be encouraged to participate in community walking, bicycling or running events.

Other Considerations

- Consider developing staff-wide health related goals and initiatives.

Suggested Goals

- All eligible staff will participate in the Vitality program offered by Concordia Health Plan Services.
- Staff development will include holistic wellness.

V. Evaluation

Lutheran Central School is committed to enforcing the policies and guidelines included in this document. Through implementation of the school Wellness Policy, Lutheran Central 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. Lutheran Central School will use an evidence-based assessment tool to track the collective health of students over time by collecting data such as body composition (height and weight), aerobic capacity, and/or muscular strength, endurance and flexibility.
2. The school Principal shall ensure that the school is in compliance with the school's Wellness Policy by assessing wellness implementation strategies and then report to the School Health Advisory Council.
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.

Goals

- Lutheran Central School will use the Healthy School Environment Rubric to develop a baseline level of wellness.
- A measurable action plan will be developed and implemented.

Contact Information

Any Lutheran School of Indiana stakeholder wishing to express a viewpoint, opinion, or complaint regarding these rules should contact:

Superintendent, The Lutheran Schools of Indiana
Indiana District – Lutheran Church Missouri Synod
1145 South Barr Street
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Three administrators revised this resource template. All are willing to provide technical assistance as requested.

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This entire document is available in editable MSWord format at
www.in.lcms.org in Education under “Education and Quick Links”

Resources

There are numerous resources available to help assist schools in assessing their Health and Wellness programs, as well as developing and implementing an action plan. Some of these resources include:

- Wellness Policy Evaluation Tool
- WellSAT
- Healthy School Environment Rubric

All of these resources are available on our website.

LEGAL REFERENCES: 42 U.S.C. § 1751
P.L. 108-265

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