

# Lutheran Central School

## The Lutheran Schools of Indiana

### Local School Wellness Policy

## Introduction

*“The U.S. Departments of Agriculture, Food and Nutrition Service, requires all local educational agencies that participate in the National School Lunch and School Breakfast Programs to meet expanded local school wellness policy requirements consistent with the requirements set forth in section 204 of the Healthy, Hunger- Free Kids Act of 2010.” [USDA Food and Nutrition Service](#)*

## The Law Requires

As required by law, the School Board establishes the following wellness policy for Lutheran Central School as part of a comprehensive wellness initiative.

Schools alone, however, cannot develop students' healthy behaviors and habits with regards to eating and exercise. It will be necessary for not only the staff but also parents and the public at large to be involved in a community-wide effort to promote, support and model such healthy behaviors and habits.

Lutheran Central School established a School Health Advisory Council to set goals for nutrition education, nutrition standards, physical education and activity, and other school-based activities designed to promote student wellness. Lutheran Central is committed to involving a broad group of individuals in the development and review of the Wellness Policy, as well as its implementation. In 2026, the School Health Advisory Council revised the Wellness Policy to this current version.

Research indicates a definite correlation between children's health, nutrition, and physical activity and their ability to be successful learners. Lutheran Central School teachers and staff help shape the process by which students establish their health and nutrition habits by providing nutritious meals and encouraging healthy snacks, by instruction of healthy eating habits, and the overall promotion of increased physical activity here in the school during the school day and extracurricular activities and through the support of community athletic and overall wellness actions.

The School Board of Education along with the School Healthy Advisory Council sets the following goals to enable students to establish good mental, physical, nutritional, and spiritual fitness habits. The goals are noted after each section.

## The Gospel Motivates

As a Lutheran school, 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 to keep it usable 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 Healthy 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. Following Indiana Code 10-26-9-18 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/Staff
  - Students
  - School Health Professionals/Registered Dietitians
  - Physical Education Teachers
  - School Board Members
  - School Administrators
  - Teachers
  - Any Interested Member of the School Community.
- B. 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.
- C. The Advisory Council shall report annually to the Administration and/or School Board on the implementation of the wellness policy and include any recommended changes or revisions.
- D. The School Board will adopt or revise nutrition and physical activity policies based on recommendations made by the Advisory Council.
- E. The School Wellness Policy shall be communicated to essential stakeholders.

### Goal:

- 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 education instructor.
  2. The school will provide nutrition education training opportunities to kitchen staff and administration who will then share with staff for all grade levels.
  3. Nutrition education may include lessons that cover topics such as how to read and use food labels, choosing healthy options and portion control.
  4. School staff may 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 via the school newsletter and social media posts.
  6. Healthy items, such as salads and fruits, will be displayed prominently in cafeterias to make healthier choices more appealing.
  7. Foods of minimal nutritional value, including brands and illustrations, shall not be advertised or marketed in educational materials.

#### Goal:

- Students will be presented with at least two fruit and two vegetable choices that they can see and select each lunch.
- Our head cook and at least one school administrator will participate in nutrition education opportunities annually that they will then share with staff and students as appropriate.

### 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:
    - a. Be appealing and appetizing to children;
    - b. Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs;
    - c. Contain 0 percent trans fats;
    - d. Offer a variety of fruits and vegetables;
    - e. 80% 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. Students will have the opportunity to provide input on local, cultural and ethnic favorites.
4. The food services department shall provide periodic food promotions that will allow for taste testing of new healthier foods being introduced on the menu.
5. 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.
6. Upon request, the food services department will share and publicize information about the nutritional content of meals with students and parents/guardians.

**Goal:**

- Lutheran Central will seek to purchase or obtain fresh fruits and vegetables from local farmers when practical.
- Students will be given the opportunity to try new items through our vendor's tasting menu opportunities and feedback will determine possible additions to our menu.

**B. School Meal Participation**

1. To the extent possible, schools will provide the USDA National School Lunch Program, providing free and reduced lunches to all eligible students.
2. Lutheran Central 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.

**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.
3. Students will have convenient access to hand washing and sanitizing stations.
4. Potable (drinking) water must be readily available at all mealtimes.
5. 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 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. Lutheran Central School does not have any vending machines or outside vendors on campus.
  2. Any activity on school premises that provides foods or snacks to our students shall be given access to this policy and encouraged to provide varied and nutritious foods instead of foods of minimal nutritional value.
  3. The school shall provide parents and guardians with suggestions for varied and nutritious foods that are appropriate for morning snacks and treats.
- B. Water Availability
1. Students and staff will have free, potable (drinking) water for consumption available in water fountains throughout the school building.
- C. 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. Lutheran Central School shall inform parents/guardians of the classroom celebration guidelines.
- D. 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.
- E. 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:**

- Lutheran Central will discuss the impact and implementation of supportive “healthy eating” classroom parties with the teachers, Shepherd’s STAFF parent organization, and parent volunteers.
- Biblical principles related to healthy living will be emphasized throughout the year.
- Survey students to determine cafeteria wants and desires.

### **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 afterschool activities. 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 weekly 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.
- D. Physical Activity and Remedial Activities/Punishment
1. Physical activity shall not be employed as a form of discipline or punishment.
- E. Walking and Bicycling to School
1. Where appropriate and safe, the school will allow walking and bicycling to school.
- F. Use of School Facilities Outside of School Hours
1. 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.

**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.

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 Concordia Health Plan's Vitality Program for education and incentive of improving physical and mental health.

**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. 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.
2. The evaluation of the Wellness Policy and implementation will be directed by the School Health Advisory Council under the approval of the School Board.
3. Policy language will be assessed each year and revised as needed.

**Goals:** Lutheran Central School will use the Triennial Assessment Template to develop a baseline level of wellness. A measurable action plan will be developed and implemented.

Wellness Committee Members to Include:

Lutheran Central Principal

Lutheran Central Dean of Students

Parent/Community Member

Parent/Community Member

LC School Board Policy Members (3 people)

7 members in total

## 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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