

# Good Shepherd Lutheran School

## School Wellness Policy

## Mission Statement

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, Good Shepherd Lutheran School is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Good Shepherd's Lutheran School that:

- All students in grades Pre-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages served with the Hot Lunch Program at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Quality school meals with an emphasis on nutritious foods will be served.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs.

## **Nutrition and Wellness Education**

Good Shepherd Lutheran School aims to teach, encourage, and support healthy eating by students. Our goal is to provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

## **PreK- 8 Nutrition and Wellness Education Curriculum**

- Our goal is to ensure that students in pre-kindergarten through 8<sup>th</sup> grade will receive nutrition education that provides the knowledge they need to adopt healthy lifestyles.
- Good Shepherd's Lutheran School will work toward a complete Pre-8 Health and Nutrition curriculum by 2009 which when possible will be incorporated into various subject areas.

## **Physical Activity**

Good Shepherd Lutheran School supports and promotes a quality physical education program and is committed to providing opportunities for physical activity within the school day.

- Physical activity will be included in a school's daily education program from grades PreK-8
- Physical activity should include regular instructional physical education, co-curricular activities and recess
- Our goal will be to provide 150 minutes a week of physical activity for PreK-4, and 225 minutes of physical activity for grades 5-8.
- Staff members will be encouraged to model healthy behaviors through the opportunity of participating in a wellness program

## **Other School-based Activities**

Good Shepherd Lutheran School supports and promotes a healthy learning environment during and outside the instructional day.

- Staff and students are encouraged to utilize healthy, nutritious food choices when using food as a part of class, an extra-curricular event, or a student incentive program.
- Staff and students are encouraged to seek out good nutrition choices when curricular-based food experiences are planned.
- Staff and Parent Organizations are encouraged to promote the sale of healthy foods or non-food items when organizing fund-raising events.
- Items available for purchase at school should support a healthy environment and should contain valuable nutrients without excessive amounts of sugar, fat, or sodium.

## **Foods and Beverages on Campus**

### ***General Guidelines***

- Classroom snacks should reinforce the importance of healthy choices. We will provide healthy choices as suggestions for parents and families to choose from.
- Classroom celebrations should encourage healthy choices.
- Food being used as a reward should be minimal.

### ***Vending Machines***

- Vending machines accessible to students will not be available until after the lunch hour.
- Vending machines, accessible to students, should have healthy choices. Our goal will be to increase those healthy choices over the next three years.

### ***Snacks***

- Snacks served during the school day or in before or after-school care will make every effort to offer healthy food choices.
- Emphasis will be placed on fruits and vegetables as primary food choices and water as the primary beverage.

### ***Lunch***

- Students will be provided with at least 20-30 minutes to eat lunch.
- Staff will discourage students from sharing food or beverages with one another.
- A variety of fruits and vegetables should be offered.
- Only low-fat (1%) and fat free milk will be served.
- Whole grains should be half of the grains served.
- They should contain a minimum of trans and saturated fats, sodium, and sugar so the meals can meet or exceed the Dietary Guidelines of America.

### ***Water***

- Water consumption will be encouraged throughout the school day. There may be times when this is not practical; this will be left up to the individual classroom teachers to determine these times.

### **Health Services**

- Good Shepherd's Lutheran School will continue to provide services to address immediate health needs of students, monitor immunizations and communicable, and make referrals as necessary.
- Our goal will be to reinstitute vision screening for 3<sup>rd</sup> grade students and scoliosis screening for 6<sup>th</sup> and 7<sup>th</sup> grade girls and 8<sup>th</sup> grade boys within in the next three years.
- Our school will continue to provide counseling services through the use of our pastors and referrals to other qualified professionals.

### **Health Promotion Activities**

- Good Shepherd's Lutheran School shall have a minimum of one school-side health promotion event each school year.
- The Wellness Committee will explore health promotion activities for the staff.

### **Healthy School Environments**

- Family members will be engaged as a critical part of the team responsible for teaching children about health and nutrition.
- Proper hand-washing posters will be posted throughout the school. Opportunities to incorporate hand-washing and personal hygiene into the curriculum will be explored and implemented over the next three years.