

Risen Savior Lutheran School Wellness Policy

Policy Preamble

Risen Savior Lutheran School (hereto referred to as the District) educates the whole child: mind, body, and soul. As part of the education of the body, we stress what Scripture teaches in I Corinthians 6:19-20 which states: “Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own, you were bought at a price. Therefore, honor God with your body.” Therefore, teaching our students how to take care of the bodies God has given them and the optimal development of every student is an important part of Risen Savior Lutheran School’s ministry.

Good nutrition and regular physical activity before, during, and after the school day are strongly correlated with positive student outcomes. The District believes that we need to create and support health-promoting learning environments throughout our schools, giving students the opportunity to achieve success. This policy outlines the District’s approach to ensure all students practice healthy eating and physical activity behaviors throughout the school day.

Policy Leadership

The designated official for oversight of the wellness policy is Debbie Purfuerst. The official shall convene the Wellness Committee and lead the review, updating, and evaluation of the policy.

The District shall convene a Wellness Committee that meets at least one time during the school year to establish goals and oversee school health policies and programs, including development, implementation, and periodic review and update of this Wellness Policy.

The District shall invite a diverse group of stakeholders to participate in the development, implementation, and periodic review and update of the wellness policy. Stakeholders may include:

- Administrator
- Board member
- Classroom teacher
- School food service representative
- Current school food vendor
- Community member/parent

Nutrition Standards for All Foods

The District is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs. All schools in the District participate in USDA child nutrition programs, including the National School Breakfast Program, National School Lunch Program and Summer Food Service Program.

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Standards and Guidelines for School Meals

The District is committed to ensuring that:

- All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010. All meals served through the district's food services program shall comply with the National School Lunch and Breakfast standards for meal patterns nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.20 and 7 CFR 220.8 see links. <https://www.fns.usda.gov/part-220%E2%80%94school-breakfast-program> and <https://www.fns.usda.gov/part-210%E2%80%94national-school-lunch-program>
- All meals are accessible to all students at no charge. Risen Savior Lutheran School participates in the CEP program.
- Withholding food as a punishment shall be strictly prohibited.
- All meals are appealing and attractive and served in clean and pleasant settings.
- Drinking water is available for students during mealtimes and throughout the day.
- Students are provided at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch after being seated.
- All school campuses are "closed" meaning that students are not permitted to leave the school grounds during the school day.
- Lunch shall be served between 11am-1pm.
- Menus shall be posted on the District website and will include nutrient content.
- Menus shall be created/reviewed by a Registered Dietitian or other certified nutrition professional through MCFI, District's Food Service Vendor. MCFI works to incorporate local foods into their daily menu.
- All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

In addition, the District's nutrition services shall:

- Notify parents via District news letter and District website of the the Districts participation in the CEP Program and the availability of free breakfast, lunch, and summer food programs for all students.
- Send home alternative income forms to families whose students did not directly certify and follow up via phone call in an effort to determine their eligibility for reduced or free meals.
- Secure and keep all individual student data confidential.
- Allow students the opportunity to provide input on menu items.
- Explore the use of nontraditional breakfast service models (such as breakfast in the classroom) to increase breakfast participation.

Foods and Beverages Sold Outside of the School Meals Program

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- No beverages with non-nutritive sweeteners (artificial or natural), such as diet iced tea, diet soda, etc. shall be sold to students during the school day regardless of their compliance with the USDA Smart Snacks standards.
- The sale of foods and/or beverages containing caffeine (with the exception of trace amounts of naturally occurring caffeine) at all grade levels during the school day are prohibited.
- There are no vending machines on site. No competitive food or beverages may be sold during the school day.
- Fundraising during and outside school hours use only non-food fundraisers, and the District encourages those fundraisers promoting physical activity (such as walk-a-thons, jump rope for heart, fun runs, etc.).

Marketing

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product. The District will not expose students to food marketing of any kind. All advertising in school publications and school media outlets must be approved by the principal.

Foods Provided but Not Sold

- The District encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members.
- Snacks served during the school day or in after-school care or enrichment programs should make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's ages and other considerations.
- Snacks in District's Youth Haven Program are served via the Child and Adult Care Food Program and meet the requirements of that program.
- Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior.
- Non-food classroom celebrations will be promoted. A list of ideas is available to staff, after school program personnel and family members. A list of healthy snacks for celebrations is also available.

Nutrition Education

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The primary goal of nutrition education is to influence students' lifelong eating behaviors. As such:

- The District aims to teach, model, encourage, and support healthy eating by providing nutrition education.
- Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the District and will be aligned with established state physical education standards.
- Schools shall provide nutrition education that helps students develop lifelong healthy eating behaviors.
- Licensed teachers shall integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and religion curricula.
- Staff shall only use approved nutrition curriculum in the classroom.
- Every effort will be made to select materials free of brand names/logos and illustrations of unhealthy food.
- Staff involved in physical education should be provided with opportunities for professional development.
- Nutrition education shall be provided to families via handouts, newsletters, postings on the web-site, presentations, and workshops.
- Nutrition education will be offered in the school cafeteria via a bulletin board that is regularly changed and presents timely, relevant, and engaging nutrition information.
- Field trips to local food stores and museums' health and wellness displays, as well as presenters brought into school, will provide reinforcement of concepts taught.
- Weekly chapel services will include themes about being good stewards of our bodies and health.

Nutrition Promotion

The District is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, newsletters and school media.

Physical Activity

The District shall provide students with age and grade appropriate opportunities to engage in physical activity. As such:

- Children and adolescents should participate in 60 minutes of physical activity every day.
- The District shall provide opportunities for students to participate in physical activity in addition to physical education.
- Elementary schools shall offer at least 30 minutes of recess on all or most days during the school year (early dismissal/late arrival days are exempt).
- The District will not allow students to be exempt from required physical education class time or credit and there will be no substitutions allowed for physical education time requirement

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- Outdoor recess shall be offered weather permitting. In the case of inclement weather or temperatures below freezing recess will be moved to the gym.
- Recess monitors/teachers shall encourage students to be active during recess.
- Physical activity will not be used as a punishment or withheld as a punishment
- Schools shall provide physical activity opportunities for all students before and after school. Activities include physical activity classes/clubs, physical activity in our Youth Haven after school program, intramurals, and varsity sports.
- Opportunities to participate in physical activity shall be promoted throughout the school via school announcements, parent emails, and parent text messages.
- District promotes and encourages walking to school for those students within walking distances. Safe Routes to School will be addressed at orientation night.

Physical Education

- The District shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.
- All District elementary students in each grade shall receive at least 60 minutes of physical education per week throughout the school year.
- All District elementary students in each grade shall have physical education a minimum of three times per week.
- All District middle school students in each grade shall receive at least 60 minutes of physical education per week throughout the school year.
- All District middle school students are required to take the equivalent of one academic year of physical education.

Other School Based Activities that Promote Wellness

As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle. The District supports the implementation of other programs that help create a school environment that conveys consistent wellness messages in an effort to promote student well-being. Staff is strongly encouraged to model healthful eating habits, and are discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum.

Staff Wellness

The District will implement the following activities below to promote healthy eating and physical activity among school staff.

- Educational activities for school staff members on healthy lifestyle behaviors.
- Encourage and provide opportunities for staff and community volunteers to practice healthy eating and serve as role models in school dining areas.
- District has no staff vending machines on site.

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Community Engagement

The District shall inform and invite parents to participate in school-sponsored activities throughout the year. The District shall actively inform families and the public about the content of and any updates to the policy through the website. The District shall provide information on how the public can participate in the school wellness committee on an annual basis via the District website.

Monitoring and Evaluation

The wellness committee will meet once a year. The committee will review the latest national recommendations pertaining to school health and will update the wellness policy as needed every two to three years

The Wellness Committee shall evaluate compliance with the Wellness Policy every three years using the Wellness School Assessment Tool Implementation (WellSAT-1) and (WellSAT-3). The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture. The District wellness policy shall be updated as needed based on evaluation results, District changes, release of new health science information/technology, and/or issuance of new federal or state guidance. The triennial assessment report card along with the wellness policy will be posted on the District website.

The Superintendent along with the Food Service Director shall ensure compliance with established district wide nutrition and physical activity policies.

Wellness Committee Members 6-30-2022

Debbie Purfuerst, Food Service Director

Rob Dusseau, Superintendent

Rob Adrian, BSM Chair and Community Member

Alex Wagner, Kitchen Supervisor East

Tjahna Mclemore, Kitchen Supervisor East

Jenny Ciecewa, Teacher

Jennifer Sharp, MCFI