



First Lutheran School Wellness Policy

Written: 6/2017

The Mission of First Lutheran School:
Nurturing Spiritual and Academic Growth

Philosophy

First Lutheran School believes that children and youth who begin each day as healthy individuals can learn more and learn better and are more likely to have success in their education. First Lutheran School also believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual needs.

Policy Leadership

The principal shall implement and ensure compliance with the policy by leading the review, update, and evaluation of the policy.

Public Involvement

First Lutheran School will invite a diverse group of stakeholders from the list below to participate in the development, implementation, and periodic review and update of the policy

- Principal
- Teachers
- Students
- SFA representative
- School nurse
- Parents
- Medical/Health care professionals

School Meals

Nutrition services policies and guidelines for reimbursable meals shall meet federal and State of Minnesota regulations and guidelines established under the Healthy Hunger-free Kids Act of 2010 (www.fns.usda.gov/sites/default/files/dietaryspecs.pdf).

Foods provided but not sold

In compliance with the U.S. Department of Agriculture's wellness policy rules, First Lutheran has adopted the following policy with regards to foods provided but not sold during the school day. This includes foods brought to school for various school functions, included but not limited to, birthdays, holiday celebrations, and school events. Teachers and staff will be provided with a list containing food suggestions for these occasions, which will encourage (but not require) items listed in the USDA's Smart Snacks initiative. Students will also have the option to bring non-food items (stickers, pencils, bookmarks, books) for these celebrations. In addition, teachers and staff will follow these guidelines when rewarding students in class.

Food and Beverage Marketing

First Lutheran will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards established in USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule.

Nutrition Education

First Lutheran School will teach, model, encourage and support healthy eating by all students. The school will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;

- Is integrated into classroom instruction through subjects such as math, science, language arts, and social sciences;
- Includes enjoyable, developmentally-appropriate, and participatory activities, such as cooking demonstrations or lessons, taste-testing, and working in the school garden;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Includes nutrition education training for teachers and other staff.

First Lutheran will include in the health education curriculum a minimum of two of the following essential topics on healthy eating in each classroom during a school year:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- [The Dietary Guidelines for Americans](#)
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

Nutrition Promotion

First Lutheran's lunch program will use the Smarter Lunchroom Self-Assessment Scorecard to find ways to improve the meals that are offered to students.

Physical Activity

The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.

(a) Participation in such physical activity shall be required for all students in kindergarten through grade eight for a minimum average of thirty minutes per full school day.

(b) Such instruction shall be provided for grades K-8 through formal physical education courses, integration into other courses, and/or regularly scheduled school-wide activities.

(c) Students shall be provided varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.

- Extracurricular activities (Football, volleyball, basketball, track and field)
- Field Day preparation and participation

Health Services

An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff.

- (a) Primary coordination of health services shall be through a trained school health care practitioner (School Nurse) approved by the GSL School District with the support and direction of First Lutheran School.
- (b) First Lutheran School shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff and community.
- (c) A coordinated program of accessible health services from GSL School District and First Lutheran School shall be provided to students and staff and shall include health screening, community health referrals, and immunizations, parenting skills, first aid and other priority health education topics.

Triennial Assessment

First Lutheran will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which First Lutheran is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture. First Lutheran's Wellness Council will conduct this assessment. Included as part of an ongoing effort to help this policy be transformative, the Wellness Council will also meet twice during each school year of the triennium.

Informing the Public

First Lutheran will actively inform families and our community about the content and updates of the School Wellness Policy. First Lutheran will also publish the School Wellness Policy to its website. It will be in a downloadable format.

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