

Zion Lutheran School Plainview, Nebraska

School Wellness Policy

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—the 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 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.

The Policy

The Wellness Team of Zion Lutheran drafted this policy. The following pages will give general language that Zion Lutheran School is invited and encouraged to use as part of the Wellness Policy.

- Nutrition Education Goals
- Physical Activity Goals
- Nutrition Guidelines for All Foods and Beverages Available at School
- Goals for Other School-Based Activities
- Implementation and Evaluation

Nutrition Education Goals

- Zion Lutheran School has a curriculum that promotes Christian standards and values as written in the Holy Scriptures.
- Zion Lutheran School is aligned with State Standards.
- Students in all grades, Pre-K through 6 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- The message of making healthy choices will be consistent throughout the school, classrooms, fellowship hall, and other areas where the message can be presented.
- The curriculum for health education will include both nutrition and physical education.

Nutrition Education Goals Cont.

- Health education and making healthy decisions will be infused as appropriate throughout the other curricula areas.
- The school will seek additional ways to present the message of healthy choices in other events sponsored by the school.
- The staff that provides nutrition education will be offered appropriate training opportunities.

- The school will seek ways to involve the parents, students, and community in nutrition education activities.

Physical Activity Goals

- Students will be given opportunities for physical activity during the school day through physical education classes, recess periods, and the integration of physical activity into academic curriculum.
- Teachers will be encouraged to use other alternatives to canceling recess as a disciplinary tool.
- Students of all abilities will be given opportunities for physical activity through before and/or after school activities such as intermural and athletic programs.
- The school will work with the community and parents to help provide safety for students walking, riding bikes, or otherwise using physical activities to get to and from school.
- The school will encourage parents and guardians to support their child's participation in physical activities and will work to offer physical activities in family events.
- The school will provide training for the staff to promote physical activity in enjoyable, lifelong activities.

Nutrition Guidelines for All Foods and Beverages Available at School

- Foods and beverages in the food service program, provided by Plainview Public School, will provide a balanced and nutritional diet.
- Zion Lutheran School does not allow vending machines. During school sponsored activities, healthy alternatives will be offered so that parents and students can make choices.
- Healthy choices and nutritional food value will be a consideration in selecting school-sponsored fundraising activities. Physical activity fundraising alternatives will be considered when planning the yearly fundraising events.
- When school parties and classroom activities include food, efforts will be made to limit the number of high-calorie, low-nutritional snacks, and instead provide children with nutritional alternatives

Goals for Other School-Based Activities

- Drinking fountains will be available in the school buildings and students will be given opportunities to have water throughout the school day.
- Students will be encouraged to participate in the hot lunch program provided by Plainview Public School which will meet or exceed the requirements of federal and state law and regulatory authorities.
- The staff will monitor lunches brought from home and encourage families to provide nutritional meals.
- The identity of students who receive free or reduced lunches will be protected.
- Lunch periods will be scheduled near the middle of the school day with adequate time for the students to eat before needing to leave the lunch area.

- Food will not be used as a reward or punishment in the school. Children who have been removed from the classroom for disciplinary reasons will be provided with lunch.
- Teachers will be encouraged to provide all students with physical activities at recess and other times when physical education or activity is scheduled.
- Teachers will receive proper training in nutrition and physical education.
- The school will make efforts to provide students and families the opportunity to participate in wellness activities.
- The staff will strive to be role models in practicing healthy eating habits.

Implementation and Evaluation

- The Wellness Policy will be implemented at Zion Lutheran School by the school staff.
- Teachers and staff are responsible for operating the policy and reporting any problems to the head teacher.
- The head teacher will be responsible for overseeing the implementation of the Wellness Policy at Zion Lutheran.
- Through observation and reports from the teachers and staff, the head teacher will report any difficulties with the implementation of the Wellness Policy of Zion Lutheran to the Board of Education.