

Resurrection Lutheran School Wellness Policy

Adopted: August 2023

Policy Preamble

The School Board recognizes that health and fitness is an integral aspect of education at Resurrection Lutheran School. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school. As required by law, the School Board has established the following wellness policy.

Policy Leadership

The designated official for oversight of the wellness policy is Principal Mark Renner. He shall convene the Wellness Committee and lead the review, updating, and evaluation of the policy.

A Wellness Committee shall be formed and maintained to oversee the activities set forth in this policy. The Committee shall meet annually to review nutrition and physical activity policies and to develop an action plan for the coming year. The committee shall meet no less than one time during the school year to discuss the implementation of the established activities and address any barriers and challenges. The committee shall report annually to the School Board on the implementation of the policy and any recommended changes or revisions. The School Board will adopt or revise policies based on committee recommendations.

The School Board 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 any of the following:

- · Administrator
- · Board member
- · Classroom teacher
- · Physical education teacher
- · School food service representative
- · Community member/parent
- · Student of Resurrection

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Nutrition Standards for All Foods

Resurrection Lutheran School is committed to serving healthy meals to our students. The school meal program aims 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.

Standards and Guidelines for School Meals

Resurrection Lutheran School is committed to ensuring that:

- All meals will meet or exceed current nutrition requirements established under the USDA Nutrition standards for School Meals:
- (www.fns.usda.gov/school-meals/nutrition-standards-school-meals)
- All meals are accessible to all students
- Withholding food as a punishment shall be strictly prohibited.
- All meals are appealing and attractive and served in a clean and pleasant setting.
- Drinking water is available for students during mealtimes.

Foods and Beverages Sold Outside of the School Meals Program

- All food and beverages sold and served outside of the school meal programs (“competitive” foods and beverages) shall, at a minimum, meet the standards established in USDA’s Nutritional Standards for All Foods Sold in Schools (Smart Snacks) rule. The standards are available at: <https://www.fns.usda.gov/cn.nutrition-standards-all-foods-sold-school-summary-chart>
- 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.
- School-related fundraising during and outside school hours use only non-food fundraisers, and the school encourages fundraisers promoting physical activity such as walk-a-thons, jump rope for heart, fun runs, etc.

Marketing

Resurrection Lutheran School 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 Food 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.

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Foods Provided but Not Sold

Resurrection Lutheran School encourages foods offered on the school campus to 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. Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior.

Nutrition Education

Resurrection Lutheran School shall provide nutrition education that helps students develop lifelong healthy eating behaviors. Teachers shall integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects.

Nutrition Promotion

Resurrection Lutheran School 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, and school media.

Physical Activity

Resurrection Lutheran School shall provide students with age and grade appropriate opportunities to engage in physical activity.

- Resurrection Lutheran School shall offer at least a total of 30 minutes of recess on all or most days during the school year (early dismissal/late arrival days are exempt.)
- Recess monitors/teachers shall encourage students to be active during recess.

Physical Education

- All students in each grade shall receive at least 60 minutes of physical education per week throughout the school year.

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Other School Based Activities that Promote Wellness

As appropriate, Resurrection Lutheran School shall support students, staff, and parents' efforts to maintain a healthy lifestyle. Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water.

Staff Wellness

Resurrection Lutheran School will implement the following activities below to promote healthy eating and physical activity among school staff.

- Create personal wellness plans at the start of each school year that emphasizes the importance of healthy eating and physical activity.
- Encouragement of staff members to set medical appointments for annual physicals, screening for cancer, heart disease, diabetes, and other diseases.

Community Engagement

Resurrection Lutheran School shall inform and invite parents to participate in school-sponsored activities throughout the year.

Monitoring and Evaluation

The Wellness Committee shall evaluate compliance with the Wellness Policy no less than once every three years. 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.