

Wellness Policy

Committee Members:

The following committee members are involved in the development of this policy and its implementation throughout the school year.

- Parents:
- Students:
- School Nutrition: Desarae Davis
- School administrator: Ann Marie Collard
- Physical education: Dee Darst
- Health professional: Elisamari Rosado

Preamble

Research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Good Shepherd Lutheran School recognizes that good nutrition and regular physical activity affect the health and well-being of all students. Good Shepherd Lutheran School is committed to providing nutritious meals through the schools' meal programs, supporting the development of good eating habits and promoting increased physical activity both in and out of school.

Physical Activity and Nutrition

Nutrition and Educational Goals

Nutrition. Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability, and ability to learn.

- (a) Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar, sodium, and served in appropriate portion sizes consistent with the USDA standards shall be established for all foods offered by Good Shepherd Lutheran School or contracted vendors. Menu and product selection shall utilize student, parent, staff and committee advisory groups whenever possible.
- (b) Nutrition services policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.
- (c) All other foods and beverages sold during the school day will meet USDA nutrition standards.

Health Education and Life Skills. Healthy life skills will be taught as part of the regular instructional program and provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

- (a) The school shall provide an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks.
- (b) Students shall have access to valid and useful health information and health promotion products and services.
- (c) Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day.
- (d) Students shall be taught communication, goal setting and decision-making skills that enhance personal, family and community health.

Nutrition Education:

- (a) Nutrition benchmarks included in Florida's Physical Education Standards will be taught during physical education classes and will be integrated into other subject areas, as appropriate.
- (b) Nutrition education will be taught in the classroom as well as in the dining room.
- (c) Staff will teach, model, encourage, and support healthy eating habits.
- (d) Parents are encouraged to follow this Wellness Policy as guidance to providing a healthy diet and daily physical activity for their children. The school will send home nutrition information and will encourage parents to pack healthy lunches and snacks. The school offers support by sharing nutritional information and educational material take-home materials.

Physical Activity Goals**A. Elementary**

- a. Participation in physical activity on a regular basis. Students will participate in moderate to vigorous physical activity daily for a minimum of 15 minutes. Twice a week the students will receive formal physical education courses taught by a state-certified instructor. The student to teacher ratio is comparable to other curricular areas, and state developed standards are used.

B. Elementary and Secondary

- a. Participation in several physical activity programs throughout the school year for all elementary school students. Programs Activities Include:
 - Recess
 - Jump Rope for Heart
 - Field Day
 - Fitness Gram
 - School Sports Program
 - Red Ribbon/ Drug Free activity
 - Walk-a-thon
 - Walk Safe Program
 - Roller Skating Program

Nutrition Standards for All Foods Available on School Campus during the School Day

Nutrition services policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.

School Meals: Meals served through the National School Lunch and Breakfast Program will:

1. Be appealing and attractive to children.
2. Be served in clean and pleasant seating.
3. Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.
4. Offer a variety of milk including fat free flavored milk and no more than 1% fat content.
5. Comply with the current USDA Dietary Guidelines for Americans.
6. Be baked, not fried.
7. Include more local fresh fruits and vegetables.
8. Include whole grain products.

Other Food Items Provided or Sold on Campus

1. High energy drinks with elevated levels of caffeine will not be available for sale on school campus.
2. Classroom parties or Celebrations will be after lunch and foods that meet Smart Snack Standards will be encouraged.
3. The school will accept bag lunches prepared from home but will not accept food and beverage drop-offs/deliveries that originate from outside eating establishments.

Goals for Other School-Based Activities Designed to Promote Student Wellness

Good Shepherd Lutheran School integrates wellness activities across the school setting. Good Shepherd promotes increased participation in school-based nutrition programs by making the participation and the return of the application a high priority. The school will make every effort to eliminate any social stigma attached to free and reduced-price meals. Good Shepherd Lutheran School promotes student well-being, optimal development and strong educational outcomes.

The school will:

- a. Promote the availability of the same meals to all students;
- b. Establish mealtimes consistent with Federal Regulations;
- c. Prohibit the withholding of food as punishment;
- d. Compliance with drug, alcohol, and tobacco free policies.
- e. Maximize the reduction of waste by reducing, reusing, and recycling; and;

Teachers will not use identifiable brand names in their nutritional instruction unless they are found to be necessary to the lesson being taught and any commercial advertising on

school campus will comply with the Smart Snacks in School Nutrition Standards. School personnel serve as nutrition educators and role models for healthy lifestyles. School staff is encouraged to model healthy eating by offering healthier choices at school meetings and events.

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students will be provided with different opportunities for physical activity. Toward this end, the school will:

- a. Discourage sedentary activities, such as watching television; playing computer games, etc.
- b. Provide opportunities for physical activity to be incorporated into other subject lessons;
- c. Encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate;
- d. Provide information about wellness resources and services to assist in identifying and supporting the health, safety, and well-being of students and staff.

Goals for Measurement and Evaluation

The principal, or the principal's designee, will monitor compliance with the established wellness policy by convening the Healthy School Team on a yearly basis. School Nutrition staff will monitor compliance with nutrition policies within the school food service area and will report on this matter to the Healthy School Team. In accordance with the NSLP, breakfast and lunch menus will be reviewed regularly to ensure USDA meal pattern compliance.

The Healthy School Team will ensure compliance with the policy, report on the school's compliance and recommend revisions as necessary to the Good Shepherd Lutheran School's Wellness Committee. Every three years, the Wellness Committee conducts an assessment and make recommendations to the Governing Board at a scheduled meeting. The evaluation process will address necessary changes to the nutrition education, physical activity, other school-based activities and changes to the nutritional quality of foods available to students that have occurred because of the wellness policy and because of new information, new standards or new guidance.

The evaluation process will answer questions relating to whether the goals stated in the policy have been met. Basic questions that are important to policymakers, students, school staff, parents, and the general public will be addressed in the evaluation process. For example:

- Did the school change to healthier food options?
- Did participation in the Breakfast and/or Lunch Program Change?
- Did the school promote good eating habits and healthy eating food options?
- Did the school provide students with opportunities to participate in a variety of physical activities?
- Did the students have a different number of minutes of physical activity?
- Did the school conduct student taste testing, introducing healthier food items?

Assessments will be repeated every three years to review policy compliance, assess progress, and determine areas in need of improvement.

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