



Atonement Lutheran School Wellness Policy

12/2/2019

In compliance with Healthy, Hunger-Free Kids Act of 2010 Section 201 and SP42-2011

As a Christian school, Atonement Lutheran School considers wellness a matter of worship and stewardship before God. "Offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship." Romans 12:2. "Do you not know that your body is a temple of the Holy Spirit. . . . You are not your own." I Corinthians 6:19. Therefore, wellness is part of the very fabric of Christianity.

Atonement Lutheran School provides guidance, support, and programs to help develop and practice **student wellness**. It does this through education, nutrition standards, food service, physical exercise, and other school-based activities. Measurement and evaluation will also be conducted annually. The school invites a diverse group of stakeholders to participate in the development, implementation, and review in the written policy. The stakeholders include but are not limited to: Todd Gorsline, Administration, Jake Seelman, grades 5-6 teacher, Rachel Johnson, Physical Education teacher, Dana Block, Food Service Representative, Kia Reed, parent, Renea McKnight, LPN and parent, Jennifer Sharp, MCFI Nutritionist, Jobban Chand, student, and Stephen Schafer, Food Service Director.

Nutrition Education Goals

The school will provide nutrition education that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is incorporated into classroom instruction in subjects such as math, science, language arts, and social sciences;
- includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as promotions, visits to farms, and school box gardens;
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices; □ emphasizes caloric balance between food intake and physical activity; and □ includes training for teachers and other staff.
- organizes and sponsors health and wellness education to students and their families through a school Health Fair.



- communicates the Atonement School Wellness Policy and Goals to the families and communities through the school website, publications, and notifications.

Physical Activity Goals

The school will provide physical education that:

- is for all students in grades 4K-8 for the entire school year;
- is taught by trained professionals;
- engages students in moderate to vigorous activity during at least 50 percent of physical education class time following a sequential physical education curriculum consistent with national and state standards for physical education.; and,
- insures that daily physical activity be at least 60 minutes a day, preferably outdoors, encourages moderate to vigorous physical activity, and discourages extended periods of inactivity.

Note: After-school care and enrichment programs will provide and encourage daily periods of moderate to vigorous physical activity for all participants. Atonement Lutheran School provides a variety of after school sport opportunities for eligible students throughout the school year.

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

The school will monitor all foods available on the school campus during the school day by:

- participating in the Fresh Fruits and Vegetable Program when available;
- eliminating the soda vending machine from the campus;
- restricting the consumption of soda;
- providing directives on birthday and party treats to families;
- encouraging parents to pack healthy lunches and snacks, and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages;
- providing general nutrition education and guidance to school families; and, □ directing staff to model healthy eating and nutritional practices to the students.

Goals in the School Meals Program

The school will provide meals that:

- meet the standards of the National School Lunch Program and Breakfast Program;
- are appealing and attractive to children;
- are served in clean and pleasant settings;
- offer a variety of fruits and vegetables;



- serve only low-fat and fat-free milk and nutritionally equivalent non-dairy alternatives;
- ensure that half of the served grains are whole grains;
- are easily accessible and convenient for all the children;
- are reasonably priced;
- support good nutrition and healthy eating practices;
- are equitable for all students; and
- are served under sanitized conditions.
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Goals for Other School-Based Activities Designed to Promote Student Wellness

The school will promote student wellness by:

- complying with state and federal immunization regulations and standards;
- following appropriate illness standards;
- inform parents of any injury or health concerns as soon as possible;
- encouraging parents to monitor and regulate student rest, food consumption, and physical activity;
- provide appropriate drug and sex education at the age appropriate level and time;
- directing staff to model healthy eating and nutritional practices to the students;
- providing appropriate nutrition and wellness training to staff;
- carefully monitoring student allergies and regulating food availability;
- restrict the sharing of food by students;
- strongly encouraging students to eat all of their meals;
- complying with all local, state, and federal health and safety regulations and standards;
- providing opportunities for students to participate in school garden programs and encouraging them to grow their own food;
- encouraging students and staff to make good wellness choices in their life; and □
including information on the school wellness policy in the Family Handbook.

Goals for Measurement and Evaluation

The school board will review and adopt the Atonement School Wellness Policy. The Principal will ensure compliance with established school nutrition and physical activity wellness policies. The food service staff will ensure compliance with nutrition policies within food service areas and will report on this matter to the Principal. A review of the school wellness policy will be conducted by the Principal and Food Service Administrator a minimum of three times a year followed by a written report to the school board and faculty. The school wellness policy will be updated annually to comply with goals, practices, and procedures used to help ensure student and staff wellness.

