

# WELLNESS POLICIES

## Physical Activity and Nutrition

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2-29 years) eat a healthy diet consistent with the five main recommendations from the Food Plate;

Whereas, nationally, the items most commonly sold from school vending machines, school stores and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, Cross Lutheran School is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Cross Lutheran School that:

- The school will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring and reviewing school wide nutrition and physical activity policies.
- All students in grades Pre-school-8<sup>th</sup> will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, our school will participate in the Federal School Meal Programs.
- Our school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

### **To achieve these policy goals:**

The school will create, strengthen, or work within our existing groups to develop,

implement, monitor, review, and revise school nutrition and physical activity policies. These groups will serve as resources to the school for implementing these policies.

Meals served through the National School Lunch Program will:

- Be appealing and attractive to children
- Be served in clean and pleasant settings
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
- Serve only low fat milk and nutritionally-equivalent and non-dairy alternatives
- Ensure that half of the served grains are whole grains

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meals programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about nutritional content of meals with parents and students. Such information could be made available on menus, website, on cafeteria menu boards, or other point-of-purchase materials.

Breakfast is not a need at this time however, if a need arises, a breakfast program will be implemented.

#### **Free and reduced meals:**

Every effort will be made to eliminate social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

### **Meal Times and Scheduling**

#### **Cross will:**

- Provide students with at least 20 minutes for eating after sitting down.
- Schedule meal periods at appropriate times (lunch will be served from 11:15 am – 11:40 daily).
- Not schedule tutoring, or any other activities during meal times unless students may eat during such activities.
- Provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- Discourage students from sharing foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some children's diet.
- Not sell foods or beverages through vending machines or ala carte at any time during the school day. Concession stand items sold at basketball games will provide for healthy food choices for students and adults.

#### **Qualifications of Cross School Food Service Staff**

Qualified professionals will administer the school meals programs. As part of the school's responsibility to operate a food service program, time will be provided for continuing professional development for all nutrition professionals in school.

### **Fundraising Activities**

To support children's health and school nutrition-education efforts, school fundraising

activities will not involve food or will use only food that meet nutrition and portion size standards. Our school will encourage fundraising activities that promote physical activity, when possible.

### **Nutrition and Physical Activity Promotion and Food Marketing**

Cross Lutheran School aims to teach, encourage, and support healthy eating by students. Cross will provide nutrition education and engage in nutrition promotion 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 part of not only health education classes, but also classroom instruction in subjects as math, science, language arts, social sciences, and elective subjects.
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as taste testing and farm visits.
- Promotes fruits, vegetables, whole grain products, low-fat and dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).
- Teaches media literacy with an emphasis on food marketing.
- Includes training for teachers and other staff.

### **Integrating Physical Activity into the Classroom Setting**

For students to receive the nationally-recommended amount of daily physical activity (at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education classes. Toward this end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities such as watching television;
- Opportunities for physical activities will be incorporated into other subject lessons
- Classroom teachers will provide short physical activity breaks between lessons and classes as appropriate.
- Cross will communicate with parents about healthy diet and physical activity for their children. Cross will support parents' efforts in diet and exercise for their children outside of the school day.
- Cross will support and value the health and well-being of every staff member and will support personal efforts to maintain a healthy lifestyle which includes diet and exercise.

### **Physical Activity Opportunities and Physical Education**

All students in Pre-school – 8<sup>th</sup> grade will receive daily physical education for the entire school year. This physical education will include 15-20 minutes of outdoor recess daily, as weather permits. Cross will offer opportunities for organized extra-curricular sport and will encourage organized sports play for students after school utilizing teams in their village or town.

### **Monitoring and Policy Review**

Cross Lutheran staff will ensure compliance with established nutrition and physical activity wellness policies. The Kitchen Supervisor will ensure compliance with nutrition

polices within school food service areas and will report on this matter to the Principal. The Kitchen Supervisor will develop a summary report every three (3) years on compliance by the school's established nutrition and physical wellness policies. That report will be provided to the school board, parent group, and school families.

*--Approved by Cross Lutheran School Staff on 10/24/07*

*--Approved by Cross Lutheran School Board on 11/1/07*