

**CONCORDIA LUTHERAN SCHOOL  
SCHOOL BOARD POLICY**

POLICY TITLE: Concordia Lutheran School Wellness Policy

POLICY CATEGORY: Student Health and Safety

ADOPTION DATE: September 5, 2006

MODIFICATION DATE: December 10, 2014

NOTIFICATION METHOD: School Board Policy Handbook Website

GROUPS NOTIFIED: Parents  
Teachers  
Staff

Concordia Lutheran School's Local School Wellness Policy is attached. It follows the template provided by the Lutheran Schools of Indiana and conforms to the standards of the Indiana Department of Education.

Specific areas of the policy with unique application to Concordia Lutheran School will be added to the policy as amendments over time. All constituent groups that may be impacted by the policy will be provided opportunities for input.

# Concordia Lutheran School Wellness Policy

*The Lutheran Schools of Indiana*

**IDOE #9230**

## **The Law Requires**

Congress recognizes that schools play a critical role in promoting student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical inactivity. To formalize and encourage this role, Congress passed a law (P.L. 108 - 265). Each local educational agency participating in a program authorized by the Richard B. Russell National School Lunch Act or the Child Nutrition Act of 1966, "shall establish a local school wellness policy by School Year 2006."

The legislation also places the responsibility of developing a wellness policy at the local level, so that the individual needs of each district can be addressed. According to the requirements for the Local Wellness Policy, school districts must set goals for nutrition education, nutrition standards, physical education and activity, and other school-based activities designed to promote student wellness. Additionally, districts are required to involve a broad group of individuals in policy development and to have a plan for measuring policy implementation. (*underscoring for emphasis by the policy writing team*)

## **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 useable 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.

(Adapted from “Fill’er Up-With Good Food,” by Steve Grunewald, writer/editor of Better Health, a quarterly wellness letter published by Concordia Plan Services of the Lutheran Church-Missouri Synod and published in Shaping the Future, a publication of the Lutheran Education Association, Winter, 2005.)

## **This Policy Overview**

Part 1.0, the following three pages, gives general language that all Lutheran schools in the Indiana District are invited to use. The four sections in this first part are:

- 1.1     Nutrition Education**
- 1.2     Nutrition Standards**
- 1.3     Physical Education and Physical Activities**
- 1.4     Implementation and Monitoring**

Part 2.0, page 5, contains seven topics that require local conversation and decisions. Answers to those questions should be discussed and included with the local Lutheran school’s final document. The “broad group of individuals” to be involved in the development of Part 2.0 might include the administrator, a board member, a classroom teacher, a physical education teacher, one or more parents, a food service worker, and/or other individuals with an interest in the topics.

## **Part 1.0 A School Wellness Policy**

### **1.1 Nutrition Education**

Nutrition education, a component of comprehensive health education, shall be offered every year to all students. Nutrition education topics shall be integrated into the entire curriculum when appropriate. A quality nutrition education program addresses the following:

#### **Curriculum:**

- Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.
- Has a curriculum that promotes Christian standards and values as written in Holy Scripture.
- Is aligned with state standards.

#### **Instruction and Assessment:**

- Aligns curriculum, instruction, and assessment.
- Addresses the state guidelines for recommended instruction.
- Builds students' confidence and competence in making healthy nutrition choices.
- Engages students in learning that prepares them to choose a healthy diet.
- Is taught by highly qualified teachers, health professionals and qualified volunteers.

#### **Opportunity to Learn:**

- Includes students of all ages and abilities.
- Provides adequate instructional time to build students' confidence and competence in health-enhancing skills.

Nutrition education shall also be made available to parents and the community. Nutrition education may be provided in various forms, including school newsletters, parent and teacher handbooks, additional handouts, posters, banners, website postings, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

### **1.2 Nutrition Standards**

Lutheran Schools of Indiana that offer school meal programs shall design menus that meet the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). Schools shall encourage students to make food choices based on the most current Dietary Guidelines for Americans.

Food and beverages that compete with the school's policy of promoting a healthy school environment shall be discouraged.

Lutheran Schools of Indiana will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans* for food and beverages.

Lutheran Schools of Indiana will draw upon qualified child nutrition professionals and provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.

Lutheran Schools of Indiana will provide clean, safe, and pleasant settings and adequate time for students to eat.

Lutheran Schools of Indiana that participate in meal programs are encouraged to follow USDA guidelines.

Lutheran Schools of Indiana will provide nutrition education that fosters lifelong habits of healthy eating and physical activity, will establish linkages between health education and school meal programs, and will utilize related community services.

### **1.3 Physical Education and Physical Activities**

Developmentally appropriate physical education shall be offered to all students. In addition, physical education topics may be integrated into the entire curriculum when appropriate. Lutheran Schools of Indiana shall implement a quality physical education program that addresses the following:

**Curriculum:**

- Equip students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Has a curriculum that promotes Christian standards and values as written in Holy Scripture.
- Influences personal and social skill development.
- Is aligned with state standards.

**Instruction and Assessment:**

- Aligns curriculum, instruction, and assessment.
- Builds students' confidence and competence in physical abilities.
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- Includes students of all abilities
- Is taught by highly qualified teachers.
- Keeps all students involved in purposeful activity for a majority of the class period.

**Opportunity to Learn:**

- Builds students' confidence and competence in physical abilities.
- Has an age-appropriate student-to-teacher ratio.
- Has enough functional equipment for each student to actively participate.
- Includes students of all abilities.
- Addresses the state guidelines for recommended instruction.
- Provides facilities to implement the curriculum for the number of students served.

Lutheran Schools of Indiana may offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students Pre-K through grade eight. Recess should be in addition to physical education class time and not a substitute for physical education. Proper equipment and a safe area designated for supervised recess is necessary. Teachers are discouraged from withholding participation in recess from students or cancel recess to make up for missed instructional time.

Lutheran Schools of Indiana are encouraged to provide extra-curricular opportunities for physical activity, including an athletic program for boys and girls.

Lutheran Schools of Indiana are encouraged to use physical activity as a reward, such as teacher or principal walking or playing with students at recess.

Lutheran Schools of Indiana are discouraged from using physical activity as a punishment.

Parents, teachers, administrators, students, and community members are encouraged to serve as role models in practicing healthy eating and being physically active.

## **1.4 Implementation and Monitoring**

The school principal will ensure compliance with this nutrition and physical activity wellness policy.

- School service staff will ensure compliance with nutritional policies within school food service areas and will report to the school principal.
- Physical education and health curriculum are aligned with state standards and the Local Wellness Policy.
- Local schools will comply with all applicable federal and state requirements.
- This policy is subject to ongoing review and modification as necessary to assure compliance with the purpose and intent of the Lutheran Schools of Indiana.

Students, staff, and the school community will be informed about the local wellness policy. Records of annual inspections and reports will be available at the local school.