

Wellness Policy for Immanuel Lutheran School

Alpena, Michigan

Purpose and Goal

Teaching and believing that our bodies are temples of the Holy Spirit, Immanuel Lutheran School strives to educate the students, parents, and staff to develop habits that promote healthy living. To this end, we have developed a school wellness policy that encompasses both nutrition education and physical activity goals. Through the educational process outlined in this policy, students, parents, and staff will be enabled to adopt a lifestyle which includes healthy eating habits and regular physical activity.

Nutrition Education Goals

- * Nutrition education will be implemented at all grade levels.
- * School meals will meet U.S.D.A. requirements.
- * Healthy daily classroom snacks will be encouraged.
- * Classroom snacks and parties will provide opportunities to model healthy eating habits.
- * Students will be exposed to healthy nutritional messages throughout the school.
- * Staff will be encouraged to model appropriate nutrition choices.
- * Parents will be educated on the importance of packing healthy school lunches.

Physical Activity Goals

- * Students will be educated on the short and long term benefits of a physically active lifestyle.
- * Students will be given opportunities for physical activities through physical education classes, and daily recess periods.
- * Withholding recess for various reasons will be avoided using other alternatives as much as possible.
- * Students will be encouraged to participate in community physical recreational activities.
- * Students will be encouraged to participate in physical activities with their families.
- * Staff will be encouraged to model appropriate physical fitness activities.

Other School Based Activities

- * Encourage food service staff and teachers to attend nutrition and physical education training classes when available.
- * Provide a clean, safe, and enjoyable meal environment for students.
- * Encourage fundraising efforts which are supportive of healthy eating habits.
- * Provide non-food related fundraisers.
- * Provide adequate time for students to enjoy eating healthy foods with friends, scheduled as near the middle of the school day as possible.

Nutrition Guidelines and Standards

- * U.S.D.A. nutritional guidelines will be followed for all foods sold in the school cafeteria.
- * Encourage the use of U.S.D.A. guidelines for foods served at parties, meetings, and celebrations during the school day.
- * Encourage the use of U.S.D.A. guidelines for lunches not purchased in the cafeteria.
- * When applicable, Grade Level Content Expectations (GLCE) in Health Education for K-8 will be encouraged and taught to provide a clearer understanding of nutrition wellness and healthy choices.

Implementation

The Wellness Committee, consisting of the principal, athletic director, school cook, school board member, and parents will:

- * Assure that U.S.D.A. school meal guidelines are being met.
- * Review school menus and introduce more nutritional foods for school meals.
- * See that lunch menus are made available in the school newsletter and on the school website.
- * Ask for student and parent input and feedback on meals, and give attention to their comments.
- * Sponsor an annual Family Fun Day in the spring.
- * When possible, partner with the faculty in the implementation of the Presidential and National Physical Education Program.
- * Schedule daily recess time for each student.
- * Increase exposure to good nutrition habits using various posters throughout the school.

(Reviewed Dec. 11, 2023 updated January, 2024)