

Wellness Policy: Deshler Lutheran School 2017-2018

Mission Statement: The mission of Deshler Lutheran School is to promote a healthy lifestyle for students, parents and staff which will lead to lifelong maintenance of healthy habits. This mission will be accomplished by the development and implementation of our wellness policy which will incorporate nutrition education and standards, physical activity and any other school related activities.

Nutrition Education Goals

#1 The school will educate, encourage and support healthy eating by all students of all ages.

Physical Education Goals

#1 The school will provide opportunities for students to maintain physical fitness.

#2 The school will adopt or exceed the state standards for physical activity.

Nutrition Standards

Goal #1 The school will comply with the current USDA Dietary Guidelines for Americans and the Nebraska Public Schools Nutrition Policy.

Goal #2 The school will adhere to the following restrictions:

- Fund raisers
- Class parties

Other School Related Activities

#1 The school will create a total environment that is conducive to being physically active.

Wellness Policy, Implementation, Monitoring and Committee

#1 The school will establish goals for and oversee health and safety policies and programs.

Nutrition Education Guidelines

Goal #1 The school will educate, encourage and support healthy eating for all students of all ages.

Guidelines:

- The school will promote fruits, vegetables, whole grains, low fat & fat free dairy, healthy food preparation and health enhancing nutrition practices.
- Students will be allowed at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Nutrition Education will be part of not only health education classes, but also classroom instruction in subjects such as Math, Science, Language Arts, Social Studies and elective subjects.
- The school cafeteria serves as a “Learning Lab” to all students to apply critical thinking skills taught in the classroom.
- Nutrition Education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- The school will promote enjoyable, developmentally and culturally appropriate participatory activities.
- The school will offer nutrition education at each grade level to provide students with the knowledge and skills necessary to promote and protect their health.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.

Physical Activity Guidelines

Goal #1 The school will provide opportunities for students to regularly participate in physical activity and maintain physical fitness.

Guidelines:

- Children should have several opportunities for physical activity lasting 15 to 20 minutes or more during the daytime hours.
- The school will implement physical activities from adopted curriculums.
- The school will encourage classroom teachers to provide short activity breaks between lessons or classes.

Goal #2 The school will adopt or exceed the state standards for physical activity.

Guidelines

- Policies ensure that state physical education classes have student teacher ratio similar to others.
- Policies ensure a state-certified physical education instructor.
- The school will provide opportunities for activity through physical education classes, recess and integration in curriculum.

Nutrition Standards Guidelines

Goal #1 The school will comply with the current USDA Dietary Guidelines for Americans and the Nebraska Public Schools Nutrition Policy.

Goal #2 The school will adhere to the following restrictions:

Fund raisers

- Food and beverages sold during the day will meet Smart Snacks nutrition standards.
- Food and beverages sold at fundraisers will include healthy choices and provide age appropriate selections for all school levels.

Celebrations and Rewards

- Celebrations and parties. The school will provide a list of healthy party ideas to parents and teachers.
- Classroom snacks brought by parents. The school will provide to parents a list of food and beverages that meet Smart Snacks nutrition standards.
- Rewards and incentives. The school will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Others

- Promotional activities to encourage physical activity, academic achievement in compliance with local guidelines.
- Promotional activities connected to healthy lifestyles.

Other School Based Activities Guidelines

Goal #1 The school will create a total school environment that is conducive to being physically active.

Guidelines:

- After-school programs will encourage physical activity and promote healthy habits.

Wellness Policy Implementation, Monitoring, and Accountability

The school will bring together a representative school wellness committee to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this wellness policy.

The Principal or designee will convene the school's wellness committee and facilitate development of and updates to the wellness policy, and will ensure the school complies with the policy.

School Wellness Committee

Name	Title/Relationship to the School	Signature
Todd Voss	School Principal	
Jean Schardt	Hot Lunch Coordinator	
Pam Werner	Classroom Teacher	
Amy Voss	Classroom and PE Teacher	
Karen Schardt	School Nurse	
Rachelle Jarchow	Food Service Manager	