

Wellness Policy: Deshler Lutheran School 2023-24

Mission Statement: The mission of Deshler Lutheran School is to promote a healthy lifestyle for its students (Grades K-8), 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 healthy school meals, nutrition education and standards, physical activity, and any other school-related activities.

Section 1. Nutrition Education

The school will educate, encourage, and support healthy eating by all students (Grades K-8).

*The school will promote fruits, vegetables, whole grains, low fat and fat free dairy, healthy food preparation, and health-enhancing nutrition practices.

*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 school will promote enjoyable, developmentally, and culturally appropriate participatory activities.

*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.

Section 2. Standards for USDA Child Nutrition Programs and School Meals

The school is committed to serving healthy lunches to children with plenty of fruits, vegetables, whole grains, and low fat and fat free dairy products.

The school participates in the USDA child nutrition program, and is committed to offer school lunches through the National School Lunch Program (NSLP). In so doing, the meals:

*Are accessible to all students;

- Families are encouraged to complete the *Family Application for Free and Reduced Meals*.
- For those families who qualify for free or reduced meals, their privacy is protected.

*Are appealing and attractive to children;

*Are served in a clean and pleasant setting;

*Students are allowed at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.

*The school offers reimbursable school meals that meet USDA nutrition standards.

*Promote healthy food and beverage choices such as:

- Canned or fresh fruit

- Two vegetable options offered daily

The servers have been trained to politely prompt students to select and consume the daily vegetable options with their meal.

- White milk is placed in front of other beverages on the cart.

- A school newsletter lists the weekly menu to promote and market the school meals.

Procedure for Billing

School families will be notified when five meals remain in the child's hot lunch account. A reminder will be given the following week if the child is eating on credit. Reminders continue until the bill is paid. The child is not penalized for the parent's delinquency.

Staff Qualifications and Professional Development

The food service manager will meet or exceed annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. She will refer to the USDA's Professional Standards for School Nutrition Standards website to search for training that meets her learning needs.

Water

To promote hydration, safe, unflavored drinking water will be available to all students throughout the school day. At meal time, a glass can be obtained and filled at the drinking fountain as the child returns to his or her classroom to eat lunch.

Section 3. Nutrition Standards for Competitive and Other Foods and Beverages

Competitive Foods and Beverages

The school does not sell foods or beverages during the school day, nor do they have a way to do so.

Celebrations and Rewards

The school will encourage that all foods and beverages available to students outside of the school meal program support healthy eating. The USDA Smart Snacks in School nutrition standards will be used as a guideline.

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

Section 4. Physical Education and Physical Activity

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

Physical Education

The school will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits.

All students will be provided equal opportunity to participate in physical education classes. They will receive physical education for at least 50-90 minutes per week throughout the school year.

Physical Activity (Recess for Grades K-6)

- Children should have several opportunities for physical activity lasting 15 to 20 minutes or more during the daytime hours. Exceptions may be made appropriate, such as on early dismissal or late arrival days.
- Outdoor recess will be offered when weather and other conditions make it feasible for outdoor play.
- The teachers will serve as role models by being physically active alongside the students whenever feasible.

Physical Activity (Classroom Breaks for Grades K-8)

-Students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The school recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

The school will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through the USDA and the Alliance for a Healthier Generation.

Before and After School Activities

The school will offer an opportunity for students to participate in physical activity before the school day. Students in Grades 3-8 are given the opportunity to participate in seasonal interscholastic sports throughout the school year.

Section 5. Wellness Promotion and Marketing

In-School Physical Activity

The school encourages physical activity as a reward, and will discourage the lack of physical activity as a punishment.

Marketing

The only marketing allowed in the school is next to the school kitchen. Only foods and beverages that meet Smart Snacks standards are displayed.

The school families will participate in corporate-incentive programs that provide funds to the school in exchange for proof of purchases of company products, such as *Box Tops for Education* and *Best Choice* food products.

Section 6. Implementation, Evaluation, and Communication

Implementation

The School Wellness Policy team will be comprised of the school principal, classroom teachers, PE teacher, school nurse, food service manager, and community members. They will maintain a plan for implementation to manage and coordinate the execution of this wellness policy.

Recordkeeping

The school will retain records to document compliance with the requirements of the wellness policy in the principal's office. Documentation maintained in this location will include but not be limited to:

- *The written wellness policy;
- *Documentation demonstrating that the policy has been made available to the public;
- *Documentation to demonstrate compliance with the wellness policy;
- *Documentation of efforts to review and update the school wellness policy; including an indication of who is involved in the update;
- *Documentation to demonstrate compliance with the annual public notification requirements; (continued...)

*The most recent assessment on the implementation of the school wellness policy;

*Documentation demonstrating the most recent assessment on the implementation of the school wellness policy has been made available to the public.

Communication

The school will actively inform the school board, families, and the public each year of basic information about this policy including its content, any updates to the policy, and implementation status. This information will be made available through the school's website. The school will also publicize the name of the officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Committee Role and Membership

The school wellness committee will meet at least one to two times a year to establish goals for and oversee school health policies and programs including development, implementation, and periodic review and update of this school's wellness policy.

Triennial Progress Assessments

At least once every three years, the school will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

*The extent to which the school is in compliance with the wellness policy;

*A description of the progress made in attaining the goals of the school's wellness policy. The person responsible for managing the triennial assessment and contact information is the principal or the principal's designee.

School Wellness Committee

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

