**WELLNESS POLICY FOR IMMANUEL LUTHERAN SCHOOL - SILO**

**PURPOSE**

The purpose of this wellness policy for Immanuel Lutheran School (Silo) is to serve as a guide for all aspects of the school environment so that student health, well-being, and ability to learn is maximized. Suggestions and recommendations are grouped into four categories: Hot Lunch, Snacks, Exercise, and General.

**HOT LUNCH**

The Hot Lunch program will comply with and meet the standards of the National Hot Lunch Program. The philosophy of the Immanuel Lutheran School - Silo Hot Lunch Program is to put visually appealing, well-prepared, and nutritious food in front of the students on a daily basis. Further, the school will help the students to grow in their understanding of a balanced and nutritious diet by having each classroom participate in a menu for one day’s lunch. The menus are published in two locations: the monthly church newsletter and the school website. The teaching staff and the hot lunch personnel will ask and encourage parents to both model and encourage their children to try new foods. Additionally, these same two groups will teach, model, and encourage good "restaurant manners" in the lunchroom.

Immanuel Lutheran School – Silo hot lunch program chooses to serve all five components of what needs to be offered to students. This includes a bread, meat, milk, vegetable, and fruit.

**SNACKS**

Between-meal snacks will be limited in frequency and quantity and will be strongly encouraged to be healthy snacks which will provide energy without the empty calories. Birthday treats should be healthy also, and need to be commercially produced.

Concessions that are sold at sporting events will be the exception to this policy. However, the organizers of these events are encouraged to offer a healthy choice such as fruit.

**EXERCISE**

It is strongly believed by all involved that the current opportunities for exercise and movement are very adequate. These include, but are not limited to, a morning recess, a noon recess, a formal physical education class weekly, and competitive extra-curricular sports opportunities for students in grades 3-8.

**GENERAL**

The overarching concern voiced in this policy is that Immanuel Lutheran School - Silo will respond sensitively to individual dietary needs of students and adults. An example of this would be a student who has a peanut allergy.

The school will not deny a student food or beverages as a punishment.

This policy, hot lunch menus, and related items will be communicated to parents, students, and teachers using the usual channels for communication.

This policy applies to all students, classrooms, and teachers in the school.

The administrator of the school is responsible to oversee the implementation of this policy.

This policy will be reviewed annually by the faculty, food service director, administration, and board of education. When deemed appropriate a representative committee will be summoned to recommend revisions to the policy and then request approval from the board of education.

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Lois Sauer, Food Service Manager Kim Burns, Classroom Teacher

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Abby Pitzen, Parent Lexie Pitzen, Student

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Cletus Pfeiffer, Administrator