

**Immanuel Lutheran School – Silo
22591 County Road 25
Lewiston, MN 55952**

WELLNESS POLICY

I. PURPOSE

The purpose of this policy is to assure a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

II. GENERAL STATEMENT OF POLICY

- a. The school board recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
- b. The school environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- c. The school encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing school district nutrition and physical activity policies.
- d. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- e. All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- f. Qualified food service personnel will provide students with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

III. GUIDELINES

- a. Foods and Beverages
 - i. All foods and beverages made available on campus will be consistent with the current USDA Dietary Guidelines for Americans.

- ii. Food service personnel will take every measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and guidelines.
- iii. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.
- iv. The school will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.
- v. The school will provide students access to hand washing before they eat meals or snacks.
- vi. The school will provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.

b. School Food Service Program/Personnel

- i. The school will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
- ii. The school shall designate an appropriate person to be responsible for the school food service program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available on campus to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.
- iii. As part of the school responsibility to operate a food service program, the school will provide continuing development for all food service personnel in schools.

c. Nutrition Education and Promotion

- i. The school will encourage and support healthy eating by students and engage in nutrition promotion that is:
 - 1. Offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - 2. Part of health education classes as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, where appropriate, and

- c. The school district's food service program administrator will provide an annual report to the school board setting forth the nutrition guidelines and procedures for selection of all foods made available on campus.
- d. The principal or food service administrator will ensure compliance with the wellness policy and will provide an annual report of the school district's compliance with the policy to the school board.

Practice and Procedure

Physical Activity Structured into Classroom Schedules

	Kind.	1st Grade	2nd Grade	3rd Grade	4th Grade	5th Grade	6th Grade	7th Grade	8th Grade
Recess	225 min.	225 min.	250 min.	250 min.	225 min.	225 min.	225 min.	225 min.	225 min.
P.E.	40 min.	40 min.	40 min.	40 min.	60 min.	60 min.	60 min.	60 min.	60 min.
Total Weekly Min.	265 min.	265 min.	295 min.	295 min.	285 min.	285 min.	285 min.	285 min.	285 min.

Health and Nutrition Topics

Kindergarten - 4th Grade

- food groups
- healthy food vs. unhealthy food
- dental health
- menu planning
- human body and how it uses food for energy
- food portions and servings for nutrition
- healthy snacks
- the five senses

- personal and spatial awareness

5th-8th Grade

- human body: cells, tissues, organs
- first aid
- food pyramids
- body systems
- physical fitness
- social cues
- personal hygiene

Physical Activity - All Grades

- Calisthenics
- Large motor skills: running, jumping, skipping, hopping, throwing, etc.
- agility drills

- stretching
- Balance
- team relays and games

All School Activities that Promote Nutrition & Fitness

- Hot lunch program
- Jump Rope for Heart / Hoops for Heart
- Marathon Event: Biking, Walking, Jogging
- Athletic Program for Grades 3-8
- Ice Skating
- Health Fair / Blood Drive

Local Resources: Minnesota Department of Education, www.education.state.mn.us

Minnesota Department of Health, www.health.state.mn.us

County Health Departments

Actions for Healthy Kids Minnesota, www.actionforhealthykids.org and www.actionforhealthykids.org/filelib/toolsforteam/recom/MN-Healthy%20Foods%20for%20Kids%208-2004.pdf

Committee Participation: Please contact Mrs. Anderson at eanderson@immanuelssilo.org if you would like to be part of the ongoing wellness committee. We'd love to have a variety of perspectives help guide this plan. Thank you.

Sample Documentation of Wellness Events

Date	Event	Wellness Links
Aug. 23, 2017	CPR Training	Staff Training
Sept. 30, 2017	Marathon Event	Physical fitness; healthy snacks

Sept. 13-15, 2017	Camp Omega Retreat	Social and emotional wellness; physical activity; team building
Oct. 10, 2017	Hearing / Vision Screening	Physical Health
Nov. 17, 2017	Youth Fun Night	
Feb. 1, 2018	Hoops for Heart	Physical Activity; helping others
Apr. 2, 2018	Blood Drive	
Sept. 22, 2018	Marathon Event	
Nov. 8, 2018	Parent Education Night	Protective Factors for Children