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WELLNESS POLICY

Belief Statement

Divine Redeemer Lutheran School of Hartland, Wisconsin is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle and recognizes the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn. The school environment shall be aligned with healthy school goals to positively influence students' beliefs and habits and promote health and wellness, good nutrition and regular physical activity as a valuable part of daily life.

Intent

The purpose of this policy is to ensure a total school environment that promotes and supports student health and wellness, helps to reduce childhood obesity and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004. This policy includes goals for nutrition education, physical activity and other school-based activities designed to promote student wellness; nutrition guidelines for foods available during the school day; and a plan for measuring implementation.

Rationale

We believe that God created us and gives us all things, including our health. Therefore, we thank God for the gift of life and health He has given us – imperfect as it may be with problems of illness and diseases as a result of sin. But knowing what God has done for us through Jesus Christ, - the forgiveness of sins, life and salvation – our response is to care for the body that is on loan to us as a way of giving glory to God. If we view our bodies as His temple, we can begin to see the importance of daily maintenance in order to keep it useable for His service. By keeping our bodies well-maintained and filled with the right kinds of fuel (foods) needed to sustain us, we will be ready at a moment's notice for the demands and tasks He is calling us to do.

(Adapted from "Fill 'er Up – With Good Food," by Steve Grunewald, writer/editor of Better Health, a quarterly wellness letter published by Concordia Plan Services of the Lutheran Church-Missouri Synod and published in Shaping the Future, a publication of the Lutheran Education Association, Winter 2005)

On April 5, 2006, USA Today online reported that the latest data from the National Health and Nutrition Examination Survey shows that a third of U.S. children and teens (about 25 million kids) are either overweight or on the brink of becoming so. A disturbing number of children are inactive and do not eat well. Congress passed the child Nutrition and WIC Reauthorization Act of 2004 on June 30, 2004. Recognizing the role schools can play in health promotion; this law requires local education agencies participating in a program authorized by the National School Lunch Act or the Child Nutrition Act of 1996 to develop a local wellness policy.

The link between nutrition and learning is well documented. Healthy eating patterns are

essential for students to achieve their full academic potential, full physical and mental growth and lifelong health and well-being. Healthy eating is demonstrably linked to reduce risk for mortality and development of many chronic diseases. Schools and school communities have a responsibility to help students acquire the knowledge and skills necessary to establish and maintain lifelong healthy eating patterns. Well-planned and well-implemented wellness programs have been shown to positively influence children's health.

Schools also have a responsibility to help students establish and maintain lifelong habits of being physically active. According to the U.S. Surgeon General, regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer, and diabetes.

NUTRITION EDUCATION GOALS

- Students in all grades, pre-school through grade eight, will receive nutrition education that teaches the skill they need to adopt healthy eating behaviors.
- The message of making healthy choices will be consistent throughout the school, classrooms, lunch room, and other areas where the message can be presented.
- Making healthy decisions will be infused as appropriate throughout all curricula areas.
- The school will seek additional ways to present the message of healthy choices in other events sponsored by the school.
- The school will seek ways to involve the parents, students, and the community in nutrition education activities.

PHYSICAL ACTIVITY GOALS

- Students will be given opportunities for physical activity during the school day through physical education classes, recess periods, and the integration of physical activity into the academic curriculum.
- Students will be given opportunities for physical activity through before, and/or after school activities such as intramurals and athletic programs.
- The school will encourage parents and guardians to support their child's participation in physical activities and will work to offer physical activities in family events.
- The school will provide training for the staff to promote physical activity in enjoyable, lifelong activities.

NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE AT SCHOOL

- Food and beverages in the food service program will represent good choices for a balanced and nutritional diet.
- The school does not allow student access to the vending machines at Divine Redeemer Lutheran School.

- During school sponsored activities, healthy alternatives will be offered in the concession stands so that parents and students can make choices.
- Healthy choices and nutritional food value will be a consideration in selecting school-sponsored fundraising activities. Physical activity fundraising alternatives will be considered when planning the yearly fundraising events.
- When school parties and classroom activities include food, efforts will be made to limit the number of high calorie, low-nutrition snacks and instead provide children with nutritional alternatives.
- All students who bring food to school for snack time, lunch or birthday treats will be encouraged to bring those foods that are lower in fat and sugar content and higher in fiber, vitamins and minerals.

GOALS FOR OTHER SCHOOL-BASED ACTIVITIES

- The school will maintain the lunch area to insure that it is a clean, safe, and enjoyable meal environment.
- The school will arrange a lunch schedule that provides adequate time for serving meals, for students to eat, and for clean-up following the meal.
- Drinking fountains will be available in the school buildings, and students will be given opportunity to have water throughout the day.
- Students will be encouraged to participate in the meal program. The staff will monitor lunches brought from home and encourage families to provide nutritious meals.
- The identity of students who receive free or reduced lunches will be protected.
- Lunch periods will be scheduled near the middle of the school day with adequate time for students to eat before needing to leave the lunch area.
- Food will not be used as a reward or punishment in the school. Children who have been removed from the classroom for disciplinary reasons will be provided with lunch.
- Teachers will be encouraged to provide all students with physical activities at recess and other times when physical education or activity is scheduled.
- The school will make efforts to provide students and families opportunity to participate in physical activities in after-school programs
- The staff will strive to be role models in practicing healthy habits.

IMPLEMENTATION AND EVALUATION

- Teachers will oversee the implementation of the policy and report any problems to the principal.
- The principal will be responsible for overseeing the implementation of the wellness policy

- Through observation and reports from the teachers, the principal will note any difficulties with the implementation of the wellness policy, and make changes to the policy if necessary.