

Faribault Lutheran School

Wellness Policy

Mission Statement of Faribault Lutheran School (FLS): Our mission at FLS is to empower and equip all students for Christian Discipleship and Academic Success in serving other for Christ and His church.

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 FLS Board of Directors recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters students' 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. Students will have access to a variety of affordable, nutritious, and appealing food that meet the health and nutrition recommendations of the U.S. Dietary guidelines for Americans. Our school will participate in the federal school meals programs including the School Breakfast Program and National School Lunch Program.
- d. Our school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.
- e. All students K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- f. We encourage that all snacks brought in or sold at school functions or school activities promote good health and nutritional healthy eating.

III. Nutrition and Environment Guidelines

a. Food Environment

1. Students will be encouraged to start each day with a healthy breakfast since children who come to school hungry may find it difficult to stay alert and learn.
2. It is a goal that bus schedules be coordinated to allow students ample time before school starts to eat breakfast if they have not eaten at home.
3. We will provide adequate breaks for children in the morning for a light snack and milk or juice.
4. Lunch periods will be scheduled near the middle of the day allowing ample time for students to eat in an area that includes ample seating or table space. Food will be served in a manner that is clean, appealing, and in a timely manner.

5. We encourage hand-washing for all students before they come to lunch to prevent the spread of germs and reduce the risk of illness.
6. Drinking water will be available for the students at break time and at lunch time.

b. Food Service Operations

1. Faribault Lutheran School will strive to provide lunches that are reasonably priced to ensure maximum participation in the school lunch program.
2. We will ensure that students eligible to receive free or reduced-price meals and milk are given those meals. We will also make sure that no student is treated differently from other students or easily identified because they are receiving free or reduced meals.
3. It is our goal to make sure that all food service personnel are properly qualified and trained to administer the school food service program and satisfy reporting requirements and that on-going development is encouraged.
4. Our goal is to plan menus that will meet the nutritional standards and requirements recommended by the School Meal Program.
5. Foods will be rich in whole grain products, fiber rich fruits and vegetables and minimize use of fats, sodium, and sugar.
6. Foods will be served at proper temperature and stored in clean, dry storage areas.
7. Portion sizes will be age appropriate for the students.

c. Food and Beverage Served/Sold During or After the School Day

1. We encourage all students to bring healthy snacks for break time.
2. If food is provided for classroom celebrations the goal is that they reinforce the importance of healthy choices. Families will receive information from the school on foods that are appropriate for such celebrations.
3. It is a goal that when fundraisers involve selling food, they should promote positive health habits. Selection of items for fundraisers will be done with healthy choices in mind.
4. Foods served/sold at FLS sporting events and other school functions will also promote healthy eating and healthy choices in their menus.

IV. Curriculum

- a. Our school will provide education to foster lifelong habits of healthy eating and physical activity. We will establish connections between health education, school meal programs, and related community services.
- b. Integrating nutrition education into the classroom setting
 1. Our school's goal is to offer at each grade level a comprehensive program of education that will promote and protect their health.

2. We will encourage and educate the children in healthy eating using fruits and vegetables, whole grain foods, low-fat and fat-free dairy products and proper exercise along with a healthy diet.
3. Our goal is to include training for staff in healthy, lifelong diet and exercise.
4. Health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television.
5. Staff are encouraged to model healthy nutrition and exercise.

V. Physical Education and Physical Activity

- a. All students will be provided weekly opportunities for physical education as defined by Faribault Lutheran School and its physical education department.
- b. Physical education should be designed to build interest and proficiency in the skills, knowledge, and attitudes essential to lifelong physically active lifestyles. It should include providing information, fostering a positive atmosphere, encourage self-discipline, develop motor skills and promote activities that can be carried over the course of students' lives.
- c. Students will spend a portion of their class time in preparing for exercise.
- d. Students should be encouraged to participate in physical activities outside of the school day.
- e. Classroom teachers are encouraged to develop opportunities for physical activity incorporated into the various subject lessons and are encouraged to provide short, physical activity breaks during class.
- f. Faribault Lutheran School will work to offer a variety of after school sports for students to participate in and will also encourage students to participate in sports at other schools if we are unable to offer them.

VI. Communication with Parents and Community

- a. It is important that students receive consistent messages throughout school, home, and community regarding good nutrition and healthy lifestyles.
- b. Our school recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being. We will support this role by encouraging parents in healthy decisions and providing educational opportunities for the parents through our newsletter and PTL activities, material that will assist them in making healthy choices related to nutrition and physical activity.
- c. Our school will encourage parents to pack healthy lunches, snacks, treats, and beverages. Parents will be provided with suggestions for healthy snacks and lunches.
- d. Our school will provide parents information on physical activity and support parents' efforts to provide their children with opportunities to be physically active outside of school.

- e. Our school will encourage physical activity for both parents and children.
- f. The wellness policy will be made available for all parents, board members, and congregational members to view.

VII. Implementation and Monitoring

- a. After approval by the Board of Directors, the wellness policy will be implemented throughout the school and will be reviewed annually by the staff.
- b. The staff and Board will work to assess the development of the program and measure its effectiveness with the children, staff, and parents.
- c. Staff will be assigned to further update and improve areas of health and wellness within the school.

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