



# Wellness Policy

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## Foreword

Don't you know that you yourselves are God's temple and that God's Spirit lives in you? 1  
Corinthians 3:16

In Him (Christ) the whole building is joined together and rises to become a holy temple in the Lord. And in Him you too are being built together to become a dwelling in which God lives by his Spirit. Ephesians 2:21 & 22

Zion Lutheran School recognizes its responsibility to help parents nourish the entire person: body, mind and soul. Poor eating habits and less physical activity by today's youth are resulting in an obesity rate that has doubled in children and tripled in adolescents over the last two decades. Several adult illnesses are linked directly to obesity and physical inactivity and the risk factors for those diseases, including unhealthy eating habits and inactivity are often established in childhood.

**Zion Lutheran School is committed to providing safe environments that promote and protect community members' health and well-being.**

The Wellness Policy developed by Zion Lutheran School complies with the minimum requirements of federal and state law to establish guidelines that address the nutritional and health issues of the students, faculty, staff and parents.

## **Part 1: Preamble**

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, community participation is essential to the development and implementation of successful school wellness policies; and

Whereas, Zion Lutheran School is committed to providing a school environment that promotes and protects children's health, well-being and ability to learn by supporting healthy eating and physical activity;

## **Part 2: School Policy**

Therefore, it is the policy of Zion Lutheran School that:

- Wellness guidelines will be implemented as specified in the State of Iowa Department of Education's Wellness Policy Report for each school level.
- Students, parents, teachers, food service staff, and other interested community members will be engaged in developing, implementing, monitoring and reviewing school-wide nutrition and physical activity policies.
- All students in grades K-8 will have opportunities, support and encouragement to be physically active on a regular basis.
- Foods and beverages served at school will meet the minimum nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.
- Students will be provided with adequate time to eat in settings that are clean, safe, and pleasant.
- To the maximum extent practicable, Zion Lutheran School will participate in available federal school nutrition programs.
- Zion Lutheran School will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education, school nutrition programs and related community services.

## **Introduction and Overview**

The Zion Lutheran School Wellness Policy addresses guidelines with particular attention given to providing healthful foods and beverages, physical activities and wellness education with the goal of preventing and reducing childhood obesity. Research shows that children learn better if they fuel the start of their day with breakfast participation and continue with healthful lunch participation. Health problems are preventable with proper diet and adequate physical activity.

Zion Lutheran School's Wellness Policies & Recommendations for Administrative Rules include:

## **School Nutrition**

### **School Meals:**

- All school meals must comply with USDA regulations and state policies.

### **General Atmosphere:**

- The dining area is clean and orderly.
- The dining area has a reasonable noise level and an inviting atmosphere.
- The dining area has adequate seating to accommodate all students during serving periods.
- The dining area has adequate adult supervision.
- Students are allowed to converse with one another while they eat their meals.
- Lunch hour is closed. Students must have permission to leave school campus.

### **Lunch:**

- Time allowed for students to eat lunch (NOT including time spent walking to/from class or waiting in line) is at least 20 minutes.
- Not less than 5 different fruits and 5 different vegetables are offered weekly.
- Desserts with more than 5 g of fat per serving are offered not more than 2 times per week.
- An entrée choice with total fat of 16 g or less per serving is offered at least 3 days per week.
- All salad dressings contain 6 g or less of fat per ounce.
- Fresh fruit or vegetables are offered daily to grades K-8.

### **A La Carte:**

- All milk sold A La Carte is low fat (1% or ½%) and/or skim (nonfat) with 35% or less of weight from total sugar (or less than 9g per 100 calories).

### **Foods Served During the School Day:**

- All foods and beverages are offered in compliance with USDA regulations prohibiting the sale of “foods of minimal nutritional value” where school meals are served or eaten during the meal period.
- 50% or more of fundraising activities will not involve the sale of food and/or beverages.
- Foods and beverages offered as classroom rewards, at parties and celebrations will not be provided until at least one hour after the end of the last lunch period.
- Fundraising activities involving the sale of food or beverages will not take place until after the end of the last lunch period.
- Students are allowed to have individual water bottles in the classroom.

## **Nutrition Education**

### **Events During The School Day:**

- Each year, individual classrooms will participate in one or more events that are either centered on nutrition or include nutrition as a main component.

### **Cafeteria:**

- Students will be encouraged to start each day with a healthful breakfast and choose nutritious foods throughout the day.
- Teachers will use the cafeteria as a learning laboratory that allows students to apply critical thinking skills.

### **General Guidelines and Classroom:**

- All students will have the opportunity to participate in a variety of learning experiences that support development of healthful eating habits.
- The nutrition education curriculum will be sequential and consistent with the current Iowa State Board of Education approved health education teaching standards.
- Nutrition education will be taught by a teacher licensed by the Iowa State Department of Education or under the direct supervision of such a teacher.
- The licensed teacher will approve the instructional nutrition and physical activities materials and method; and have ongoing, open communication with the individual providing instruction.
- Schools will be encouraged to use qualified personnel to provide nutrition education from organizations such as the Iowa State Department of Education, Iowa State Extension Service, health and agriculture organizations, universities and consulting registered dietitians.
- Nutrition education will be based on the most recent Dietary Guidelines for Americans.
- Teachers will be able to secure recommended nutrition education resources in adequate quantities for their students.
- At least 25% of nutrition education will be comprised of hands-on activities that engage students in enjoyable developmentally-appropriate, culturally relevant, participatory

learning. Whenever feasible, the active learning will involve the students in food preparation.

- Organizations operating concessions or other school functions (parties, celebrations, reception, festivals, sporting events, etc.) are encouraged to make available food choice options to students. Some suggested foods are listed below:
  - Raw vegetable sticks / slices with low-fat or yogurt dip
  - Fresh fruits and 100% fruit juices
  - Frozen fruit juice pops
  - Dried fruit (raisins, banana chips, etc.)
  - Trail Mix (dried fruits and nuts)
  - Dry roasted peanuts, tree nuts, and soy nuts (not coconut or palm nuts)
  - Low-fat meats and cheese, nuts, pretzels, etc.)
  - Angel food and sponge cakes
  - Flavored yogurt and fruit parfaits
  - Jell-O and low-fat pudding cups
  - Low-fat ice creams, frozen yogurts, sherbets
  - Low-fat and skim milk products
  - Pure ice cold water

**Staff Wellness:**

- The school will encourage each member of the staff (both certified and non-certified) to serve as healthy role models for students.

**Other Nutrition Education:**

- Parents will be invited to join students for school meals.

## **Physical Activity**

**General Guidelines and Physical Education Classes:**

- Students will receive 100-150 minutes of physical activity per week.
- During physical education classes, students will engage in moderate to vigorous physical activity at least 15 minutes per week.
- The school will provide a physical and social environment that encourages safe and enjoyable physical activities for all students, including those who are not athletically gifted. Students will have the opportunity to participate in lifetime physical activities.
- The physical education curriculum will be sequential and consistent with Iowa State Board of Education approved physical education teaching standards.
- Physical education classes will have a student/teacher ratio that is the same as normal classes.
- Adequate age-appropriate equipment will be available for all students to participate in physical activities.
- Physical activity facilities on school grounds will be safe.

- Classroom health education will reinforce the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities.

**Physical Activity Throughout the Day:**

- When circumstances make it necessary for students to remain indoors and inactive for two or more hours, the students will be given periodic breaks during which they will be encouraged to be moderately active.
- Opportunities for physical activity will be regularly incorporated into other subject areas (math, language arts, social studies, etc.).
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
- Physical activity will not be used or withheld excessively (running laps, push-ups, recess, and physical education) as a consequence. This guideline does not apply to extracurricular sports teams.

**Recess:**

- Moderate to vigorous physical activity will be encouraged verbally and through the provision of adequate space and age-appropriate equipment.
- Daily periods of moderate to vigorous physical activity for all students will be encouraged by providing adequate space, equipment and opportunities.
- Elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors.

**Before and After School:**

- The school will assess and, if necessary to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work with local public works, public safety and/or police departments in those efforts.

**Family and Community:**

- Parents are invited to join students for school meals.
- Information will be provided to help families incorporate physical activity into the lives of all household members.
- Families and community members will be encouraged to implement programs that support physical activity.

## **Clean-up**

**Vomiting and Diarrhea Cleanup Procedure:**

- Block off affected area
- Absorb any fluids

- Clean with bleach and water
- Sanitize with disinfecting spray
- Throw away any open food
- Put all affected articles in garbage bag and throw in dumpster

**Monitor Implementation of the Wellness Policy:**

**Nutrition**

- A. School Meals-General Atmosphere: Principal / Food Service Director
- B. School Meals-Lunch: Food Service Director

**Nutrition Education**

- A. General Guidelines and Classroom: Principal / Classroom Teachers
- B. Cafeteria: Food Service Director / Principal
- C. Events During the School Day: Adult Sponsor / Staff
- D. Family and Community: Administration / Staff
- E. Staff Wellness: Administration / Staff

**Physical Activity**

- A. General Guidelines and Physical Education Classes: Administration / Staff
- B. Throughout the Day: Administration / Staff
- C. Punishment: Administration / Staff
- D. Recess: Administration / Staff
- E. Before and After School: Administration / Staff
- F. Family and Community: Administration / Staff

**Clean-up**

- A. Vomiting and Diarrhea: Administration / Custodial

The policy will be evaluated yearly for changes, clarification, and compliancy.