



Local Wellness Policy

Updated June 2020

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Preface

In accordance with 7 CFR 210.31(c), a Local Education Agency that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. As of June 30, 2017, Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010.

Local Wellness Policies are a valuable tool in the promotion of student health and wellness through the NSLP and SBP. Schools play an essential role in preparing students for successful futures, and proper nutrition and physical activity are key to creating constructive learning environments. Local Wellness Policies provide guidance to further support schools efforts to provide students with a successful and healthy future.

Wellness Policy Committee

Wellness Policy Leadership

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Wellness Policy Committee Members

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Wellness Policy Committee Responsibilities

Public Involvement

Immanuel Lutheran School permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, Immanuel shall invite a variety of stakeholders within the general public to participate in Local Wellness Policy processes. The following methods of communication will be utilized to notify the general public of the opportunity to participate in these processes:

- Lancer Ledger
- Google Calendar

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Immanuel Lutheran School shall conduct assessments of the Local Wellness Policy at least every three years and will evaluate compliance with the Wellness Policy. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare Immanuel Lutheran School's wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in the LEA's wellness policy

Updates

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of Immanuel Lutheran School. Immanuel Lutheran School shall make the following available to the public:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy

Through the following channels:

School website; school@ourgodwithus.com
Lancer Ledger

Records

Immanuel Lutheran School shall maintain a record of the Local Wellness Policy. This includes keeping a copy of the current wellness policy on file and maintaining documentation of the following actions:

- The most recent assessment of the policy
- Availability of the wellness policy and assessments to the public
- Reviews and revisions of the policy, including the individuals involved and the efforts made to notify stakeholders of their ability to participate in the process

Nutrition

Immanuel Lutheran School recognizes the important role nutrition plays in academic performance as well as overall quality of life. The National Education Association references numerous articles supporting the effects of nutrition on the classroom, for example, hunger often has a negative impact on students' success, attendance, and behavior.

According to the Centers for Disease Control and Prevention, approximately 18.5 percent of the nation's youth was considered obese in 2015-16. This percentage increased 1.3 percent when compared to the previous year. Conversely, 15.7 percent of American families experienced food hardship in 2017. Through participation in the U.S. Department of Agriculture's School Nutrition Programs, the LEA commits to serving nutritious meals to students in order to prevent both overconsumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

Nutrition Standards

Meals

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e. Grains, Meat/Meat Alternates, Fruits, Vegetables, and Milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans-fat.

Competitive Foods

All competitive foods and beverages sold must comply with the USDA Smart Snacks in Schools nutrition standards (7 CFR 210.31(c)(3)(iii)). Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus (i.e. locations on the school campus that are accessible to students) during the school day

(i.e. the midnight before to 30 minutes after the end of the school day). This includes, but is not limited to, vending machine and à la carte items.

Other Foods and Beverages

The following policy refers to all foods and beverages provided, but not sold to students. Immanuel Lutheran School will limit the use of food as a reward or as part of a celebration. Providing alternatives to food as a reward promotes healthier habits by reducing exposure to less nutritious food items and, therefore, the amount of calorie-dense food items consumed (e.g. cakes, cookies, candy, etc.). This helps children develop improved food preferences and hunger cues to carry them throughout life. Instead, schools will implement the following methods for rewards and celebrations:

- Extra recess/outdoor time, playing an educational computer game or class game, extra reading time, holding class outdoors, watching an educational age appropriate movie, Arts & Crafts time, no homework passes, awards; pencils, erasers, stickers, puzzles etc.

Fundraisers

All fundraisers promoting food and/or beverage items that are held on school campus during the school day, (i.e. the midnight before to 30 minutes after the end of the school day) must meet Smart Snacks nutrition standards.

The school shall also utilize non-food fundraisers to promote healthy habits and well-being. School fundraisers must be approved by Immanuel Lutheran School's administrator

Nutrition Education

In accordance with the Illinois Learning Standards, Immanuel Lutheran School shall meet all Illinois requirements and standards for Health Education. The Local Education Agency shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate. The school will teach, model, encourage, and support healthy eating by all students. We will provide nutrition education and engage in nutrition promotion that:

Health education will help students develop the knowledge, attitudes, skills and behavior for lifelong healthy eating habits and physical activity. Nutrition education shall be integrated into the lesson plans of other school subjects like math, science, language arts, physical education, health, and social sciences. It shall support the philosophy that the quality of life is dependent upon the student's interaction with their total environment, which includes their physical, mental and social well being.

Nutrition Promotion

The District shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home.

The District shall make cafeteria menus and nutrition information available through the following platforms:

- Monthly menu flyer
- School Website-www.ourgodwithus.com
- Bulletin board
- Classroom posting of menu

The Smarter Lunchrooms Movement uses behavioral economics to positively influence food choices made by children. The evidence-based techniques implemented through the Movement have been proven to increase children's consumption of nutritious foods. The District shall participate in the Smarter Lunchrooms Movement by utilizing the Smarter Lunchrooms 60-point Scorecard and other educational and promotional tools. The District shall implement the following Smarter Lunchrooms techniques:

- Offering sliced fruit or raw vegetables with low fat dip in pick-up cups
- Offering fruit from a colorful bowl
- Food tasting-offer an unusual food item tasting once a month
- Manage portion sizes
- Display attractive food or health related posters or student artwork in the cafeteria

Farm to School efforts positively impact School Nutrition Programs by serving fresh and nutritious food items. Additionally, Farm to School programs have been linked to increased consumption of fruits and vegetables. The District shall participate in the following Farm to School activities:

- Offering Agriculture in the Classroom monthly newsletters and activities as options to staff and visits from local Ag in the classroom educator.
- Offer locally grown or fresh produce when in season

Marketing

Immanuel Lutheran School will limit the marketing and advertising of all foods and beverages on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). The marketing standards described above apply, but are not limited to, oral, written, and graphic statements made for promotional purposes. Items subject to marketing requirements include, but are not limited to, posters, menu boards, vending machines, coolers, trash cans, scoreboards, and other equipment. This policy does not require schools to immediately replace equipment that does not meet this

requirement; however, the District shall implement these standards as equipment needs replaced in the future.

Physical Activity

Physical activity is a key component of the health and well-being of all students. Physical activity lowers the risk for certain diseases, including obesity, heart disease, and diabetes. Physical activity also helps improve brain function, allowing students to perform better in school.

The Centers for Disease Control and Prevention recommends adolescents get at least 60 minutes of physical activity five days per week. Nearly 79 percent of school-age children fall short of meeting this requirement. Immanuel Lutheran School recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

Physical Education

The physical education curriculum teaches children the importance of exercise and wellness, and exposes the students to a wide range of physical activities and skills in order for students to be able to develop the knowledge and skills to be physically active for life. Physical education teachers will follow a physical education curriculum and the physical education curriculum will be aligned with the Physical Education Standards and relate to the State Standards.

Other Opportunities for Physical Activity

Immanuel Lutheran School shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following:

- Daily recess outdoors on days during the school year weather permitting. Indoors on inclement days.

Extracurricular activities offered for middle school/junior high school students may include volleyball, cross country, basketball, cheer, and track & field.

Physical Activity Promotion

- Physical Activity should be included in the schools daily education program from grades Pre-K-8.
- Students will receive physical education, meeting the minimum state recommendation for minutes per grade level.
- Students can be offered a variety of physical activities outside of the daily education program, including a daily supervised recess period for elementary students and extracurricular after school programs.

Immanuel Lutheran School recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical week. The school recommends teachers provide short, (3-5 minute) physical activity breaks to students during and between classroom times at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess and class transition periods.

Other School-Based Activities

Worship is at the center of the Christian life. It is through regular worship that we strengthen our relationship with God. You are encouraged to worship regularly at your church or ours. If you do not have a church home, Immanuel welcomes you to worship with us. Immanuel offers worship opportunities on Monday evenings as well as on Sunday morning. Parents, guardians, grandparents are welcome to worship with us at Wednesday morning chapel. If you do not have a church home and are interested in Immanuel, contact the school office. _

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