

Good Shepherd's Lutheran School

LOCAL WELLNESS POLICY

Good Shepherd's Lutheran School, in keeping with God's holy Word, is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy lifestyles, healthy eating and physical activities that support student achievement.

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body. 1 Corinthians 6:19-20

Nutrition Education

Every year, all students shall receive nutrition education that teaches the knowledge, skills and importance of healthy eating behaviors. Staff members who provide nutrition education shall have the appropriate training.

Nutrition Standards

Good Shepherd's Lutheran School shall encourage students to make nutritious food choices. Nutritional information will be sent home to the student's family regarding healthy lunch and snack foods and healthy portion sizes. There will be no vending machines on the premises.

Physical Education and Physical Activity Opportunities

Physical education will be available to all students that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills and desire necessary for lifelong physical activity.

Every year, all students shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short and long-term benefits of a physically active and healthy lifestyle.

Other School-Based Activities Designed to Promote Student Wellness

Good Shepherd's Lutheran School will implement other appropriate programs that help create a school environment that conveys consistent wellness messages.

Implementation and Evaluation

The **principal of Good Shepherd's Lutheran School and the Board of Education** shall implement this policy and evaluate how well it is being managed and enforced. Input from teachers, school nurse, parents/guardians, students, and the board of education shall be considered before implementing such rules. **The principal** shall report to the board of education, as requested, on the programs and efforts to meet the purpose and intent of this policy.

Regarding Good Shepherd's Lutheran School's Local Wellness Policy

To assist in the maintenance of a healthy school environment, **the principal and athletic director** will provide an ongoing review and evaluation of the Local Wellness Policy.

Good Shepherd's Lutheran School recognizes that students come in all shapes and sizes. Students should receive consistent healthy messages and support for: life-long wellness, i.e., positive life choices, healthy eating and physical activity.

These guidelines will be reviewed and modified, as necessary, to help assure compliance with the purpose and intent of Good Shepherd's Lutheran School's Local Wellness Policy. Students, staff, and community will be informed about the Local Wellness Policy.

Nutrition Education

Nutrition education, a component of comprehensive health education, will be offered to students of Good Shepherd's Lutheran School. Nutrition education topics will be integrated into the curriculum when appropriate.

Good Shepherd's Lutheran School will implement a quality nutrition education program that addresses the following:

Curriculum

- ◆ Developing a curriculum aligned with the *Wisconsin Health Education Content Standards and Benchmarks, or other as designated by Good Shepherd's Lutheran School.*
- ◆ Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.

Instruction and Assessment

- ◆ Instruction and assessment are aligned.
- ◆ Builds students' confidence and competence in making healthy nutrition choices.
- ◆ Engages students in learning that prepares them to choose a healthy diet.
- ◆ Assess program and its elements.

Nutrition Standards

- ◆ Good Shepherd's Lutheran School will discourage using food as a reward.
- ◆ Good Shepherd's Lutheran School will encourage serving healthy food at school parties
- ◆ Good Shepherd's Lutheran School will strive to create a healthy school environment that promotes healthy eating and physical activity.
- ◆ Good Shepherd's Lutheran School will provide drinking fountains so that students can get water at meals and throughout the day.
- ◆ Good Shepherd's Lutheran School will provide adequate time for students to eat.

Physical Education and Physical Activity Opportunities

- ♦ Physical education will be offered to all students.
- ♦ Good Shepherd's Lutheran School shall implement a quality physical education program that addresses the following:

Curriculum

- ♦ Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- ♦ Influences personal and social skill development.

Instruction and Assessment

- ♦ Instruction and assessment are aligned.
- ♦ Builds students' confidence and competence in physical abilities.
- ♦ Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- ♦ Assess program and its elements.

Physical Education Standards

- ♦ Good Shepherd's Lutheran School will offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students 4K through grade 8.
- ♦ Encourage using additional physical activity as a reward.

Other School Based Activities Designed to Promote Wellness

- ♦ Encourage ongoing professional training and development for staff and faculty in the areas of nutrition and physical education.
- ♦ Make efforts to keep Good Shepherd's Lutheran School owned physical activity facilities open for use by students outside school hours.
- ♦ Encourage faculty and staff to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- ♦ Good Shepherd's Lutheran School will encourage staff wellness.