

SCHOOL WELLNESS COMMITTEE

- *Wellness Committee* – Julie Turney (parent); Natalie Reynolds (Teacher); Melanie Springer (Kitchen Manager); Gene Koch (PE/Health Teacher); Jeanine Bernabe (School Nurse, pro tem); Sharon Jennings (School Nurse) (Parents Rotate)
- *Statement* – We believe that God has made all people. He created them to be fruitful and to multiply. We believe that a person's body is a temple of the Holy Spirit, where He lives and moves us to service in Jesus' Name. Therefore, it is vital for us to take care of our bodies and to support others' efforts to be healthy people.

GOALS FOR NUTRITION EDUCATION

- *Classroom Teaching* – Each year, teachers of religion, health/Physical Education, social studies, language arts, and art will any of the following concepts. During our transition to common core standards and also toward more comprehensive curricular planning, we will monitor these efforts through the review of lesson plans.

Objectives/Standards for Nutrition Education

- *Education Outside Classroom* – Each year the marketing department and kitchen staff will meet to determine what monthly educational displays, gifts, or notices will be given to students and the overall LSUS community. (e.g. brochures, email/web links, school web site postings, etc.) A total of 7 nutrition/physical activity/wellness topics will be explored over the course of the school year.

Ideas for Additional Nutrition Education

- *Teacher Training* – All full-time staff members are part of the Concordia Health Plan which includes wellness and healthy living newsletters, blogs, and incentive-based programs from which both the staff and the school benefit. All staff meeting snacks are to be considered in light of these guidelines. (e.g. vegetables/crudite, fruits, low-sodium, nuts, low-sugar, low-fat, etc.) Annual review of the wellness policy and on-going curriculum mapping processes ensure that teaches are aware of changing trends in nutrition education.

SUGGESTED GOALS FOR PHYSICAL ACTIVITY AND PHYSICAL EDUCATION

- *Physical Education (classroom format and instruction)* – Physical Education is required for each grade level. Daily stretching and stress-reducing movement is done in classroom settings for transitions. Physical Education Classes take place for 40 minutes each of two days per week in K-G8. Students change clothing for PE in G5-8 because it is expected that students will sweat during class. Running, stretching, and simple strengthening exercises are part of each activity, generally games to promote balance, coordination, teamwork, self-awareness, etc. PE curriculum follows Indiana State Standards and is moving toward Common Core. PE class is not considered an "optional" class. Students may not have this class removed for poor behavior or because they are unprepared for class. Each year consideration will be given to start/continue a healthy living club for students in K-4, since they are not yet permitted to participate in athletic activities. 80% of students in G5-8 participate in at least one extracurricular sport offered at LSUS, including: soccer, basketball, track (boys and girls); volleyball, cheerleading (girls); football, wrestling (boys)
- *Physical Education (teacher-to-student ratio)* – Teachers will have just one homeroom, or up to 25 students in a class.
- Students and staff are encouraged to ride bikes to school, parking their bikes under the eaves of the front of the school building.

GOALS FOR OTHER SCHOOL BASED ACTIVITIES

- *Recess*: Each day students have the opportunity for recess in the following the number of minutes per day or week: K-5 25 minutes, G6-8 15 minutes. Teachers often use physical activity such as recess for student rewards.
- *Marketing of Food and/or Beverages* – Because LSUS has a standard menu for students each day, with the exception of fruit and vegetable choices, it is unlikely that education about “healthy choices” between two types of food will be part of our plan. Instead, we offer healthy menu choices to begin with. Kitchen staff generally share a tidbit or two each day with students, as they walk through the lunch line, regarding the whole wheat pasta or the low-fat mozzarella in their sandwiches.
- *Sustainable Food Practices* – LSUS currently uses local fruit suppliers. Unfortunately our on-site food service area is inadequate for our needs regarding dishwashing practices, so we currently use disposable flatware and trays.
- *After-School Program* -LSUS operates an Extended Care Program for any LSUS student. This program promotes physical activity and healthy snack options. Daily physical activity of up to 30 minutes is included in the program’s general schedule. LSUS no longer uses the Child and Adult Federal Nutrition Program. Program guidelines were prohibitive and did not add value to the Extended Care Program. LSUS ECP staff currently use snack portions, rotations, and measures similar to the school’s lunch program.
- LSUS Parent Club promotes National Red Ribbon Week each September, which raises awareness of choices students can make avoiding the use of alcohol, tobacco, and drugs. This popular program will continue indefinitely.
- LSUS operates a guidance program based on Character Education. Topics include those related to wellness, friendship, conflict management/resolution, suicide prevention, health, and positive self-image. Conversation and focus generally take place during religion classes, but can also be part of any class as needed. At times, professional or lay counselors will be called upon to serve students at campus. In addition to this program, LSUS students, families, and staff are able to be referred to counseling services through CrossConnections, Inc. and Crosswinds at reduced rates. The principal is currently the “gatekeeper” for such referrals.
- *Health Services* – LSUS is a member of the Allen County Non-Public Schools Association, which supports health services for non-public schools in Allen County. LSUS has a school nurse and offers eye exams, hearing screenings, and immunization records reviews.
- *Witness*- Parents, teachers, administrators, fellow students, and community members are encouraged to serve as role models for healthy eating and physical activity practices.

THE NUTRITIONAL GUIDELINES FOR ALL FOODS

- *Nutritional Value of Foods and Beverages* – Each month our Kitchen Manager will describe one of our standard menu options with nutritional detail in our weekly newsletter.
- *Concession Stands* – All concessions will offer at least one fruit or vegetable option in addition to popcorn, low-sodium hotdogs, whole wheat buns, and the like.
- *Vending Machines* – LSUS does not offer a vending machine to students, though a pop and water vending machine is located in a room not accessible to students and infrequently used by staff members. This machine is more than 50% diet or water offerings. Proceeds support the athletic program.
- *Parties, Celebrations, or Meetings* – Students in K-2 are encouraged to avoid bringing cupcake treats for special occasions. Families are encouraged to send healthy snacks, even if sweet, for student celebrations and parties. Teachers’ discretion is used in the case of classroom parties.
- *Food Rewards* – LSUS permits small bites of candy to be used as positive incentives for students. Said rewards may not be used more than once in a days’ time.
- *Hydration* – LSUS classrooms, K-8 have water sources. Students are also permitted to have water bottles with them throughout the school day. Water bottles are to be sanitized at home on a semi-weekly basis.
- *Food or Beverage Contracts* – LSUS Kitchen Manager and Athletic Director review food and beverage contracts on an annual basis to ensure that healthy options are available.

STATEMENT ABOUT SCHOOL MEALS PROGRAM

- *Statement* – All foods and beverages comply with USDA (set forth under 7 CFR Part 210 and Part 220) and state regulations; or meet the more rigid Healthier US School Challenge menu criteria. Our menus meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans* for food and beverages.
- *Portion Size* – Portion sizes and food choices meet the health and nutrition needs of students.
- *Access to School Nutrition Programs* – all children who require food are able to obtain it in a non-stigmatizing manner
- *Time and Scheduling for Meals* - time allotted for students to eat, and the scheduling of mealtimes to not interfere with students' participation in school nutrition programs; schedule recess before lunch
- *Surroundings for Eating* – LSUS uses the gymnasium and rollaway tables/benches for eating lunch. These tables/benches are cleaned between each of the three lunch seatings. Students eat in grade level teams: K-2, 3-5 and 6-8 with teacher supervision and also support from teaching assistants. Students become familiar with guidelines and practices in the lunch lines, lunch eating space, and with regard to cleaning up after themselves. This promotes teamwork, manners, safety, and community in the lunchroom setting. Teachers are conscious of student table seating arrangements so that all students have a “buddy” with whom to lunch.
- *Qualifications of Foodservice Staff* – Staff have had basic training and or experience in food science, nutrition, food safety, management, and cooking. First Aid, CPR/AED, Blood-borne Pathogens, Wellness, and Teamwork training to be areas of learning over time, being updated as needed.

PLAN FOR MEASURING THROUGH IMPLEMENTATION AND EVALUATION

- *Implementation* – a plan for executing the policy, including objectives, dates and person(s) responsible
 - Annual Review: January of each school year with full team
 - Objectives are included in health and religion classes, as well as PE classes. They are not kept separate since this area is pervasive and extensive.
 - Each teacher and staff member are responsible for carrying out the plans made throughout the year.
 - Healthy Living Awareness events will occur each trimester, in addition to regular classroom activity.
 - Examples include:
 - 2015 Zumba/Aerobics added to PE classes for all grade levels for 12 weeks
 - Red Ribbon Week activities and reminders (whole school)
 - November 18, 2016 Healthy Living Awareness event: Whole school Zumba classes, chapel partners explore healthy eating video and article together, lunch menu is tacos with emphasis on the fresh vegetables eaten, healthy afternoon snack given out by principal for her birthday, early dismissal which encourages outdoor play while it is still light outside
 - Teachers/Staff Events/Resources:
 - Full-time staff have access to wellness practices through the health insurance providers. Staff are able to access mental health resources which can also help them to stay with a healthy lifestyle plan.
 - Faculty meeting snacks are health conscious and rarely include simply chips and dip or some such thing. Generally the snacks include proteins, vegetables, as well as more limited, but chiefly complex carbohydrates.
 - Attention is paid to developing staff lunch or breakfast menus when staff choose to bring such things to share with others. Low-sodium, low-meat/no meat options are always available since staff are aware of people’s various dietary needs.

- *Monitoring, Evaluation and Revision* - a plan for monitoring and evaluating the implementation phase, reporting on the status of the policy to schools, parents, or the community, and a process for making changes to the policy based on evidence of effectiveness
 - Each year at least one survey is made which incorporates wellness issues and needs. The findings of this survey are given to the Wellness Team to use during revisions. This survey is generally made in late November or Early December in order to get information for the January review meeting.
 - Plans and progress is shared as follows:
 - BOD reports about annually in accordance with BOD review policies.
 - Newsletters share upcoming events and activities for families, including the mandatory hearing and vision screenings, menu updates, guest speakers, etc. Parents are also asked to participate in wellness events and activities as their schedules permit.
 - Teachers regularly use birthday treats as a way to encourage healthy, tasty eating.

STATEMENT OF PERSON RESPONSIBLE

- *Statement* – The school principal is responsible for oversight of this policy and the annual plan.