

# Wellness Policy

Altamont Lutheran Interparish School

2018-2019

## Statement of Belief

The Board of Education of Altamont Lutheran Interparish School of Altamont, IL is committed to providing a learning environment which promotes the beauty of God's creation, supports and promotes wellness, good nutrition, an active lifestyle, and recognizes the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.

The entire school environment shall be aligned with the vision of the school. It shall provide healthy school goals that support, positively influence students' beliefs and habits, and promote health and wellness, good nutrition and regular physical activity. In addition, school staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life.

## Purpose

The purpose of this policy is to ensure a Christ centered school environment that promotes and supports student health and wellness, helps to reduce childhood obesity and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004 and the Illinois School Code, including, without limitation, goals for nutrition education, physical activity and other school-based activities designed to promote student wellness; nutrition guidelines for all foods available during the school day; a plan for measuring implementation including designating one or more persons charged with operational responsibility; and involving parents, students, school food service providers, the school board, school administrators, and the public in developing this policy.<sup>2,3</sup>

## A. Goals for Nutrition Education

### Nutrition Education

The primary goal of nutrition education, which may be defined as "any set of learning experiences designed to facilitate the voluntary adoption of eating and other nutrition related behaviors conducive to health and well-being," (ADA 1996) is to influence students' treating their bodies as temples of God. The following areas are addressed.

1. Classroom Teaching
2. Education, Marketing and Promotions outside Classroom Links with School
3. Teacher Training

#### Classroom Teaching

- Students in kindergarten through grade 8 shall receive nutrition education as part of a sequential program that is coordinated within a comprehensive health education curriculum. The program shall be designed to provide students with the knowledge and skills necessary

to adopt healthy eating behaviors and aimed at influencing students' knowledge, attitudes and eating habits.

- The curriculum shall promote Christian standards and values as written in Holy Scripture. They shall also be consistent with and incorporate relevant Illinois Learning Standards. To maximize classroom time and to achieve positive changes in students' eating behaviors, nutrition education shall be integrated into the standards-based lesson plans of other school subjects like math, science, language arts, physical education, health, and social sciences.
- Students in grades k-8 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- School health education curriculum standards and guidelines include both nutrition and physical education.
- Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts).
- School links nutrition education activities with the coordinated school health program.
- Student health education curriculum meets the needs of students of all ages and abilities.

### **Education, Marketing and Promotions outside Classroom Links with School**

- To achieve positive changes in students' eating behaviors, adequate instructional time and nutrition education opportunities will be provided to students each year.
- Contact hours may include a combination of classroom instruction; nutrition education provided in the cafeteria; or health fairs, field trips and assemblies providing nutrition education.
- The nutrition education program may include enjoyable interactive activities such as contests, promotions, taste testing, and field trips.
- Nutrition education is offered in the school dining room as well as in the classroom, with coordination between the foodservice staff and teachers.
- Students receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community and media.

### **Teacher Training**

- Staff who provide nutrition education have appropriate training.
- Nutrition education shall be provided by highly qualified Lutheran teachers and other health professionals who are trained and well-supported with adequate preservice and in-service training. Preparation and professional development shall provide basic knowledge of nutrition along with activities, instructional techniques and strategies designed to change students' attitudes and behavior.

## **B. Goals for Physical Activity**

The primary goal for a school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthy lifestyle. The following areas are addressed.

Physical Education (Student Requirements)

Physical Education (Time, Frequency, and/or Intensity)

Physical Education (Teacher-to-Student Ratio)

Physical Education (Standards/Requirements Based)  
Physical Education (Staff Training/Certification)  
Physical Activity Outside of Physical Education  
Recess to Promote Physical Activity

### **Physical Education (Student Requirements)**

- ALIS shall implement a quality physical education program that facilitates a curriculum that promotes Christian standards and values as written in Holy Scripture.
- In addition, students in k-8 shall participate in daily physical education that enables them to achieve and maintain a high level of personal fitness; emphasizes self-management skills including energy balance (calories in minus calories out); is consistent with state/district's standards/guidelines/framework; and is coordinated within a comprehensive health education curriculum. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.

### **Physical Education (Time, Frequency, and/or Intensity)**

- It is *recommended* that elementary students participate in physical education for a minimum of 150 minutes per week, and middle and high school students participate for 225 minutes per week (National Association for Sport & Physical Education recommendations). Accommodations shall be made for students with disabilities, 504 plans, and other limitations.

### **Physical Education (Teacher-to-Student Ratio)**

- Physical education classes shall have a student to teacher ratio comparable to those in other curricular areas.

### **Physical Education (Standards/Requirements Based)**

- Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.
- Students in k-8 shall participate in daily physical education that enables them to achieve and maintain a high level of personal fitness; emphasizes self-management skills including energy balance (calories in minus calories out); is consistent with state/district's standards/guidelines/framework; and is coordinated within a comprehensive health education curriculum. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.

### **Physical Education (Staff Training/ Certification)**

- The school provides training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.
- The school will provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education.
- Physical education shall be provided by trained, qualified, and well-supported staff. All physical education teachers shall regularly participate in continuing education activities that impart the knowledge and skills needed to effectively promote enjoyable lifelong healthy eating and physical activity among students.

### **Physical Activity Outside of Physical Education**

- Students shall be provided opportunities for physical activity through a range of before- and afterschool programs including intramurals, interscholastic athletics, and physical activity clubs.
- Because students should engage in a minimum of 60 minutes of physical activity a day, the physical education program shall actively engage families as partners in providing physical activity beyond the school day.
- Students are given opportunities for physical activity through a range of before- and/or afterschool programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
- The school encourages parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events

### **Recess to Promote Physical Activity**

- Schools shall provide a daily supervised recess period to elementary students.
- Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.
- Physical activity facilities and equipment on school grounds shall be safe.
- School personnel shall not use physical activity as a punishment or withhold participation in recess or physical education class as a punishment.
- The school will not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time.

## **C. Goals for Other School-based activities designed to promote Student Wellness**

Policies established under this category create a school environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.

### **The following areas are addressed.**

1. Access to School Nutrition Programs
2. Time and Scheduling for Meals
3. Surroundings for Eating
4. Marketing of Food and/or Beverages
5. Sustainable Food Practices
6. Access to Facilities for Physical Activity after School Hours
7. After-school Programs
8. Coordinated School Health Approach
9. School Health Councils
10. Community/Family Involvement
11. Staff Wellness

### **Access to School Nutrition Programs**

- The school shall support parents' efforts to provide a healthy diet and daily physical activity for their children.
- Parents shall be provided information to help them incorporate healthy eating and physical activity into their student's lives. This information may be provided in the form of handouts, postings on the school/district website, information provided in school/district newsletters, presentations that focus on nutrition and healthy lifestyles and any other appropriate means available for reaching parents.
- Food providers may involve families, students and other school personnel in choosing nutritious food and beverage selections for their local schools through surveys, committees, taste-testing and similar activities designed to provide input into the decision-making process.
- For the safety and security of food, access to any area involved in storage, preparation or service of food on the school campus shall be limited to authorized personnel.
- Although Altamont Lutheran School does not participate in the National School Lunch Program, the school does encourage all students to participate in school hot lunch program.

### **Time and Scheduling for Meals**

- The school will ensure an adequate time for students to enjoy eating healthy foods with friends in school.
- The school will schedule lunch time as near the middle of the school day as possible.
- The school will schedule recess for elementary schools before or after lunch.
- School meals shall be served in clean, safe and pleasant settings with adequate time provided for students to eat, at a minimum, in accordance with state and federal standards and guidelines. The National Association of State Boards of Education recommends that students have adequate time to eat, relax and socialize: at least 10-20 minutes after sitting down for lunch depending on whether lunch recess takes place prior to or post lunch time.

### **Surroundings for Eating**

- The school provides a clean, safe, enjoyable meal environment for students.
- The school provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- School meals shall be served in clean, safe and pleasant settings with adequate time provided for students to eat, at a minimum, in accordance with state and federal standards and guidelines. The National Association of State Boards of Education recommends that students have adequate time to eat, relax and socialize: at least 10 - 20 minutes after sitting down for lunch.
- The school makes drinking fountains pitchers of water available, so that students can get water at meals and throughout the day. Pitchers of water are also available during lunch serving times.

### **Marketing of Food and/or Beverages**

- Partnerships between schools and businesses are encouraged and many commercial advertising relationships involve foods or beverages. To meet wellness objectives, it is recommended that commercial advertising relationships involve only foods and beverages that meet nutrition standards (Attachment A).

### **Sustainable Food Practices**

- To reduce competition with nutritionally balanced school meals and enhance student safety, it is recommended that, to the extent practicable, students are not permitted to leave school grounds to purchase foods or beverages.
- School shall take efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System (MyPyramid) such as fruits, vegetables, low-fat dairy foods and whole grain products.
- All foods and beverages made available on campus shall comply with the federal, state and local food safety and sanitation regulations.

### **Access to Facilities for Physical Activity after School Hours**

- The school will make efforts to keep school-owned physical activity facilities open for use by students outside school hours.
- Schools are encouraged to provide student and community access to and promote use of the school's physical activity facilities outside of the normal school day.

### **After-school Programs**

- School shall take efforts to develop community partnerships with other child-serving organizations such as The After School Care Program at Immanuel Lutheran Church, park districts and YMCA's to provide students with opportunities to be active.

### **Coordinated School Health Approach**

- The school shall take efforts to encourage all students to participate in school hot lunch program and protect the identity of students who eat free and reduced price meals.
- Food providers shall work with suppliers to obtain foods and beverages that meet the nutrition requirements of school meals and nutrition standards for those sold individually.
- Food providers shall work closely with school instructional staff to reinforce nutrition instruction and foster an environment where students can learn about and practice healthy eating.
- The physical education program shall be closely coordinated with the other components of the overall school health program. Physical education topics shall be integrated within other curricular areas. In particular, the benefits of being physically active shall be linked with instruction about human growth, development, and physiology in science classes and with instruction about personal health behaviors in health education class.
- The school shall take efforts to limit extended periods of inactivity. When activities such as mandatory testing make it necessary for students to be inactive for long periods of time, it is recommended that schools give students periodic breaks during which they are encouraged to stand and be moderately active.
- School personnel shall not use physical activity as a punishment or withhold participation in recess or physical education class as a punishment.
- The school will not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time.
- The school shall take efforts to encourage parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- The school shall take efforts to provide opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas.

### **School Wellness Committee**

- School administration shall appoint a school wellness team/council that includes parents, students, and representatives of the school food authority, the school board, school administrator, and the public to oversee development, implementation and evaluation of the wellness policy. In addition, it is recommended that teachers and health professionals also be appointed as members of the team/council.
- The term of wellness committee members shall be staggered for continuity.
- The appointed wellness committee shall be responsible for:
  - creating and maintaining policy for operation;
  - assessment of the current school environment;
  - development of a wellness policy;
  - presenting the wellness policy to the school board for approval;
  - measuring the implementation of the wellness policy; and
  - recommending revision of the policy, as necessary.

### **Community/Family Involvement**

- It is recommended that food providers share or make available information about the nutritional content of school meals and/or individually sold foods with students, family and school staff.
- Food providers shall involve families, students and other school personnel in choosing nutritious food and beverage selections for their local schools through surveys, committees, taste-testing and similar activities designed to provide input into the decision-making process.

### **Staff Wellness**

- The school encourages parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- The school encourages and provides opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas.
- Staff are encouraged to give consistent messages and support for:
  - Giving glory, honor, and praise to God, their Creator
  - Self-respect
  - Respect for others
  - Healthy eating
  - Physical activity

## **D. Nutrition Guidelines for all foods**

Student's lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Schools must establish standards to address all foods and beverages sold or served to students, including those available outside of the ALIS Hot Lunch program. The standards should focus on increasing nutrient density, decreasing fat and added sugars, and moderating portion size. Food and beverages that compete with the school's policy of promoting a healthy school environment shall be discouraged.

1. Nutritional Value of Foods and Beverages
2. Portion Size
3. A la carte, Vending, Student Stores, or Concession Stands
4. After-school Programs, Field Trips, or School Events
5. Parties, Celebrations, or Meetings
6. Food Rewards
7. Food-related Fundraising
8. Food or Beverage Contracts
9. Qualifications of Food-service Staff

## **Nutritional Value of Foods and Beverages**

### **Portion Size**

- ALIS shall offer school meals with menus using the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA) as a guideline.
- Food providers shall take every measure to ensure that student access to foods and beverages on school campuses meets federal, state and local laws and guidelines.

### **A la carte, Vending, Student Stores, or Concession Stands**

#### **Food-related Fundraising**

- All foods and beverages sold individually on school campus during the school day shall meet nutrition standards (Attachment A). This includes:
  - a la carte offerings in the food service program;
  - food and beverage choices in vending machines, snack bars, school stores; and
  - foods and beverages sold as part of school-sponsored fundraising activities.
- The school will ensure that all schools' fundraising efforts are supportive of healthy eating.
- School-based organizations shall be encouraged to raise funds through the sale of items other than food (Attachment C).

#### **Food Rewards**

- School personnel shall be encouraged to use nonfood incentives or rewards with students (Attachment D) and shall not withhold food from students as punishment.
- The school will prohibit the use of food as a reward or punishment in schools

### **After-school Programs, Field Trips, or School Events**

#### **Parties, Celebrations, or Meetings**

- Nutritious and appealing foods and beverages, such as fruits, vegetables, low-fat dairy foods and whole grain products, shall be available wherever and whenever food is sold or otherwise offered at school.
- Students, parents, school staff and community members bringing foods and beverages to school for parties/celebrations/meetings shall be encouraged to provide healthful options and shall be provided with a list of recommended food and beverage options (Attachment B).



### **Food or Beverage Contracts**

- Food providers shall offer a variety of age-appropriate, appealing foods and beverage choices and employ food preparation, purchasing and meal planning practices consistent with the current Dietary Guidelines for Americans (e.g. provide a variety of fruits and vegetable choices; serve low-fat and fat-free dairy products; ensure that whole grain products are served).
- Food providers shall work with suppliers to obtain foods and beverages that meet the nutrition requirements of school meals and nutrition standards for those sold individually.

### **Qualifications of Food-service Staff**

- The school will provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education.
- Nutrition education shall be provided by trained and well-supported staff with adequate preservice and in-service training. Preparation and professional development shall provide basic knowledge of nutrition along with activities, instructional techniques and strategies designed to change students' attitudes and behavior.
- All food service personnel shall have adequate pre-service training and regularly participate in professional development activities that provide strategies for providing tasty, appealing and healthy school meals; nutrition education strategies including coordination of classroom and cafeteria activities; and effective promotional techniques to encourage healthy eating habits.

## **E. Measuring Implementation**

The following areas have been addressed.

1. Funding Support for Policy
2. Monitoring and Evaluation

### **Funding Support for Policy**

### **Monitoring and Evaluation**

- ALIS administration shall be charged with the operational responsibility for ensuring that the school meets the local wellness policy requirements.
- School administration shall appoint a school wellness team/council that includes parents, students, representatives of the school food authority, the school board, school administrator, and the public to oversee development, implementation and evaluation of the wellness policy. In addition, it is recommended that teachers and health professionals also be appointed as members of the team/council.
- The term of wellness committee members shall be staggered for continuity.
- The appointed wellness committee shall be responsible for:
  - creating and maintaining policy for operation;
  - assessment of the current school environment;
  - development of a wellness policy;
  - presenting the wellness policy to the school board for approval;
  - measuring the implementation of the wellness policy; and
  - recommending revision of the policy, as necessary.

- The principal shall be responsible for implementation of the local wellness policy and shall appoint a school-based evaluation team to develop and implement an annual evaluation plan.
- The wellness committee shall evaluate policy implementation and identify areas for improvement. The evaluation team shall report their findings to the principal and develop with him/her a plan of action for improvement, as needed.
- The wellness committee shall hear reports annually.
- Before the end of each school year the wellness team/council shall recommend to the school board and district superintendent any revisions to the policy it deems necessary.
- The wellness committee shall report to the principal, superintendent and school board annually on the progress of the wellness team/council and the status of compliance by the school.
- The school sets guidelines for foods and beverages in a la carte sales in the food service program on the school campus.
- The school sets guidelines for foods and beverages sold in vending machines, snack bars, school stores, and concession stands on the school campus.
- The school sets guidelines for foods and beverages sold as part of school-sponsored fundraising activities.
- The school sets guidelines for refreshments served at parties, celebrations, and meetings during the school day.
- The school makes decisions on these guidelines based on nutrition goals, not on profit making.

## Grievance

These guidelines are subject to ongoing review and modification as necessary to assure compliance with the purpose and intent of ALIS wellness policy. Any ALIS stakeholder wishing to express a viewpoint, opinion, or concern regarding these rules should contact:

ALIS Administrator  
 7 South Edwards Street  
 Altamont, IL 62411  
 618-483-6428

# Attachment A

Food or Beverage	Healthier US School Challenge Nutrition Standards* These criteria focus on decreasing fat and added sugar, increasing nutrient density, and moderating portion size.
Fruits and Non-fried Vegetables	Fruits and vegetables may be fresh, frozen, canned or dried
Approved Beverages	<ul style="list-style-type: none"> <li>• Flavored or plain reduced fat (2%), low-fat (1%), skim/nonfat fluid milk meeting State and local standards for pasteurized fluid milk and/or USDA approved alternative dairy beverages</li> <li>• 100% full-strength fruit and vegetable juices; and</li> <li>• Water (non-flavored, non-sweetened, and non-carbonated)</li> </ul>
Any Other Individual Food Sales/Service	<ul style="list-style-type: none"> <li>• Portion size for a la carte sales in the school cafeteria are not to exceed the serving size of the food served in the initial meal.</li> </ul>

4 There are no USDA approved alternative dairy beverages at this time. Public Law 108-265 (Child Nutrition Program Reauthorization) authorizes the Secretary of Agriculture to establish nutritionally equivalent non-dairy beverages by July 1, 2005. Please check with the Illinois State Board of Education for clarification.

Local policy makers may wish to modify the standards but should be aware that this may make schools ineligible to meet the criteria for the Healthier US School Challenge.

\*\*The Dietary Guidelines for Americans 2005 recommend a total fat intake of 20 to 35% for school-age children.

# Attachment B

## Healthful Food and Beverage Options for School Functions\*

At any school function (parties, celebrations, meetings, etc.) healthful food options should be made available to promote student, staff and community wellness. Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans are listed below.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges – cantaloupe, honey dew, watermelon, pineapple, oranges, tangelos, etc.
- Sliced fruit – nectarines, peaches, kiwi, star fruit, plums, pears, mangos, apples, etc.
- Fruit salad
- Cereal and low-fat milk
- 100% fruit or vegetable juice
- Frozen fruit pops with fruit juice or fruit as the first ingredient
- Dried fruits – raisins, cranberries, apples, apricots
- Single serving applesauce or canned fruit in juice
- Peanut butter with apple wedges or celery sticks
- Fruit smoothies made with fat-free or low-fat milk
- Trail mix (dried fruits and nuts)
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
- Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
- Party mix (variety of cereals, nuts, pretzels, etc.)
- Pretzels or reduced fat crackers
- Baked chips with salsa or low-fat dip (Ranch, onion, bean, etc.)
- Low-fat muffins (small or mini), granola bars and cookies (graham crackers, fig bars)
- Mini bagels with whipped light or fat-free cream cheese
- Pasta salad
- Bread sticks with marinara
- Fat-free or low-fat flavored yogurt & fruit parfaits
- Fat-free or low-fat pudding cups
- Fat-free or low-fat milk and milk products (string cheese, single-serving cottage cheese, cheese cubes)
- Flavored soy milk fortified with calcium
- Pure ice cold water

\*This list is not all inclusive and is meant **only** to provide parents and school staff with guidance for healthier food and beverage choices. Not all food and beverage items on this list will necessarily meet district nutrient standards (Attachment A) as items vary in sugar, fat and calorie content from brand to brand. However, all of the items in the list are believed to be consistent with the intent of the wellness policy to promote student health and reduce childhood obesity.

# Attachment C

## Fundraising Ideas

- Candles
- Book sale
- Cookbook
- \*Car wash
- \*Walkathons
- Student artwork
- Stuffed animals
- Stadium pillows
- School photo ID
- Educational games
- Holiday decorations
- Shopping donation programs
- School mascot temporary tattoos
- Faculty and/or student talent show
- Teacher/student sports competition
- Auction of donated goods and services
- Balloon bouquets for special occasions
- Bottled water with the schools own label
- Refillable water bottle with the school logo
- Glow in the dark novelties (popular at dances)
- Greeting cards, especially designed by students
- School calendars with all the important school dates on them
- Party bags for kids' birthday parties filled with non-food novelties
- Sale of flowers and balloons for the family to purchase for student graduates
- School spirit items — tee-shirts, sweatshirts, sweatpants, lanyards, pennants, bracelets and caps
- Growing and/or selling flowers and plants for holidays such as Valentine's Day and Mother's Day

\*These fundraisers have the added benefit of promoting physical activity for students.

# Attachment D

## Classroom Rewards

- A smile
- Going first
- Verbal praise
- Sit by friends
- Teaching the class
- Helping the teacher
- Enjoy class outdoors
- A field trip for the class
- Choosing a class activity
- Walk with a teacher during lunch
- Eat lunch outdoors with the class
- Eat lunch with a teacher or principal
- Extra credit or class participation points
- Taking care of the class animal for a day
- Have lunch or breakfast in the classroom
- A photo recognition board in a prominent location in the school
- A note from the teacher to the student commending his or her achievement
- A phone call, email, or letter sent home to parents or guardians commending a child's accomplishment
- Recognition of a child's achievement on the school-wide morning announcements or school website
- Ribbon, certificate in recognition of achievement or a sticker with an affirming message (e.g. "Great job")
- Take a trip to the treasure box (filled with: stickers, temporary tattoos, pencils, pens, highlighters, sidewalk chalk, notepads, erasers, bookmarks, etc.)