Lutheran Special School
Wellness Policy

The primary goal of nutrition education is to influence students’ eating behaviors. Building nutrition knowledge and skills helps children make healthy eating and physical activity choices. To accomplish goal, Lutheran Special School will develop this policy to encourage and educate students on the benefits of maintaining healthy choices throughout life.

NUTRITION EDUCATION GOALS

▪ Students in all grades will receive nutrition education that is interactive and teaches the skill they need to adopt healthy eating behaviors.
▪ The message of making healthy choices will be consistent throughout the school, classrooms, lunch room, and other areas where the message can be presented.
▪ The curriculum for health education will include both nutrition and physical education.
▪ Health education and making healthy decisions will be infused as appropriate throughout the other curricula areas.
▪ The school will seek additional ways to present the message of healthy choices in other events sponsored by the school.
▪ Staff who provide nutrition education will be offered appropriate training opportunities.
▪ The school will seek ways to involve the parents, students, and the community in nutrition education activities.

NUTRITION GUIDELINES

▪ Academic performance and quality of life issues are affected by the choice and availability of good foods in our school. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.
▪ All school meals served by Lutheran Special School meet the guidelines of the Healthy Hunger-free Kids Act of 2010 and the state of Wisconsin nutrition guidelines.
▪ A system is in place so that students entitled to free or reduced lunches are served and treated the same as all lunch program users. No child is refused lunch due to the lack of ability of parents to pay for it.
▪ Food service personnel take classes on nutrition, health, and food safety offered by DPI.
▪ The school kitchen is inspected by a public health inspector according to city and state guidelines twice a school year.
▪ Appropriate measures will be taken to protect students with food allergies documented by proper medical personnel.
▪ Students are not allowed access to vending machines during school hours. In addition, carbonated beverages are not allowed at snack or lunch time. Caffeinated items are minimized. To limit the number of high calorie, low-nutrition foods, parents are encouraged to provide a healthy snack and bag lunch choices.
▪ To develop a healthy taste for a variety of foods, all students are strongly encouraged to take a courtesy bite of all foods served on their tray during lunch.
▪ Lutheran Special School participates in the National School Breakfast and Lunch Program.
NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE AT SCHOOL

- Food and beverages in the food service program will represent good choices for a balanced and nutritional diet following the Healthy Hunger-free Kids Act of 2010.
- During school sponsored activities, healthy alternatives will be offered.
- When school parties and classroom activities include food, efforts will be made to limit the number of high calorie, low-nutrition snacks and instead provide children with nutritional alternatives.

GOALS FOR OTHER SCHOOL-BASED ACTIVITIES

- The school insures that the lunch area where we eat is a clean, safe, and enjoyable meal environment.
- The school will arrange a lunch schedule that provides adequate time for students to eat, and for clean-up following the meal.
- Drinking fountains are available in the school buildings and students will be given opportunity to have water throughout the day.
- Students will be encouraged to participate in the meal program. The staff will monitor lunches brought from home and encourage families to provide nutritious meals.
- Lunch periods will be scheduled near the middle of the school day with adequate time for students to eat before needing to leave the lunch area.
- Teachers will be encouraged to provide all students with physical activities at recess and other times when physical education or activity is scheduled.
- Teachers will receive proper training in nutrition and physical education.
- The staff will strive to be role models in practicing healthy eating habits.

PHYSICAL ACTIVITY GOALS

- Students will be given opportunities for physical activity during the school day through physical education classes, recess periods, and the integration of physical activity into the academic curriculum.
- Students will be given opportunities for physical activity through before and/or after school activities such as intramurals and athletic programs.
- The school will work with the community to help provide safety for students walking, riding bikes, or otherwise using physical activities to get to school.
- The school will encourage parents and guardians to support their child’s participation in physical activities and will work to offer physical activities in family events.
- The school will provide training for the staff to promote physical activity in enjoyable, lifelong activities.
- Students will have outside recess daily as weather permits.
HEALTHY AND SAFE ENVIRONMENT

- Lutheran Special School shall strive to provide a healthy and safe environment for all, before, during and after school because that supports academic success. Safer schools promote healthier students. Healthier students do better in school and make greater contributions to their community.
- School buildings and grounds, structures, and equipment shall meet all current health and safety standards, and be kept inviting, clean, safe and in good repair.
- Lutheran Special School offices shall maintain an environment that is free of tobacco, alcohol and other drugs.
- Lutheran Special School shall work to create an environment where all students, parents/guardians and staff are respected, valued and accepted with lofty expectations for personal behavior and accomplishments.
- Lutheran Special School will regularly conduct safety drills (fire evacuation and severe weather, and intruder alert).

IMPLEMENTATION AND EVALUATION

- The wellness policy will be implemented at Lutheran Special School by the school staff.
- Teachers will be responsible for operating the policy and reporting any problems to the principal.
- The principal will be responsible for overseeing the implementation of the wellness policy.
- Through observation, and reports from the teachers, the principal will report any difficulties with the implementation of the wellness policy to the Board of Directors.

Approval March 20, 2006, updated May 21, 2018