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.

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.

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.
▪ 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.

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