

Woodburn Lutheran School Wellness Policy

The Lutheran Schools of Indiana

IDOE #9230

The Law Requires

Congress recognizes that schools play a critical role in promoting student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical inactivity. To formalize and encourage this role, Congress passed a law (P.L. 108 - 265). Each local educational agency participating in a program authorized by the Richard B. Russell National School Lunch Act or the Child Nutrition Act of 1966, “shall establish a local school wellness policy by School Year 2006.” By July 2014, schools participating in the National School Lunch Program, USDA, requires that a School Wellness Policy must be implemented, evaluated, and monitored.

The legislation also places the responsibility of developing a wellness policy at the local level, so that the individual needs of each district can be addressed. According to the requirements for the Local Wellness Policy, school districts must set goals for nutrition education, nutrition standards, physical education and activity, and other school-based activities designed to promote student wellness. Additionally, districts are required to involve a broad group of individuals in policy development and to have a plan for measuring policy implementation.

The Gospel Motivates

As leaders of Lutheran schools, we believe that God created us and gives us all things, including our health. Therefore, we thank God for the gift of life and health He has given us – imperfect as it may be with problems of illness and diseases as a result of sin. But knowing what God has done for us through Jesus Christ – the forgiveness of sins life and salvation – our response is to care for the body that is on loan to us as a way of thanking and praising God. If we view our bodies as His temple, we can begin to see the importance of daily maintenance in order to keep it useable for his service. By keeping our bodies well-maintained and filled with the right kinds of fuel (foods) needed to sustain us we will be ready at a moment’s notice for the demands and tasks He is calling us to do.

(Adapted from “Fill’er Up-With Good Food,” by Steve Grunewald, writer/editor of Better Health, a quarterly wellness letter published by Concordia Plan Services of the Lutheran Church-Missouri Synod and published in Shaping the Future, a publication of the Lutheran Education Association, Winter, 2005.)

Woodburn Lutheran School Wellness Policy

Woodburn Lutheran School is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Woodburn Lutheran School that:

- The school will permit students, parents, teachers, food service professionals, health professionals, and other interested community members to participate in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades Pre-K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- Woodburn Lutheran School will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity

1. Nutrition Education

Nutrition education, a component of comprehensive health education, shall be offered every year to all Woodburn Lutheran School students. Nutrition education topics shall be integrated into the entire curriculum when appropriate. A quality nutrition education program addresses the following:

Curriculum:

- Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.
- Has a curriculum that promotes Christian standards and values as written in Holy Scripture.
- Is aligned with state standards.

Instruction and Assessment:

- Aligns curriculum, instruction, and assessment.
- Addresses the state guidelines for recommended instruction.
- Builds students' confidence and competence in making healthy nutrition choices.
- Engages students in learning that prepares them to choose a healthy diet.
- Is taught by highly qualified teachers, health professionals and qualified volunteers.

Opportunity to Learn:

- Includes students of all ages and abilities.

- Provides adequate instructional time to build students' confidence and competence in health-enhancing skills.

Nutrition education shall also be made available to parents and the community. Nutrition education may be provided in various forms, including school newsletters, parent and teacher handbooks, additional handouts, posters, banners, website postings, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

2. Nutrition Standards

Woodburn Lutheran School will design menus that meet the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). Schools shall encourage students to make food choices based on the most current Dietary Guidelines for Americans. Food and beverages that compete with the school's policy of promoting a healthy school environment shall be discouraged.

Woodburn Lutheran School will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans* for food and beverages.

Woodburn Lutheran School will draw upon qualified child nutrition professionals and provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.

Woodburn Lutheran School will provide clean, safe, and pleasant settings and adequate time for students to eat.

Woodburn Lutheran School will follow USDA guidelines.

Students are discouraged from sharing their foods or beverages with one another during meal or snack times.

Woodburn Lutheran School will provide nutrition education that fosters lifelong habits of healthy eating and physical activity, will establish linkages between health education and school meal programs, and will utilize related community services.

Woodburn Lutheran School will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Woodburn Lutheran School will limit celebrations that involve food during the school day and food that does not meet nutrition standards will be limited.

Snacks served during the school day will make a positive contribution to children's diets and health. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. Woodburn Lutheran School will disseminate a list of healthful snack items to teachers and parents.

The concession stand, used for school events, will not be opened within 30 minutes before or 30 minutes after the school day.

3. Physical Education and Physical Activities

Developmentally appropriate physical education shall be offered to all students. In addition, physical education topics may be integrated into the entire curriculum when appropriate. Woodburn Lutheran School will implement a quality physical education program that addresses the following:

Curriculum:

- Equip students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Has a curriculum that promotes Christian standards and values as written in Holy Scripture.
- Influences personal and social skill development.
- Is aligned with state standards.

Instruction and Assessment:

- Aligns curriculum, instruction, and assessment.
- Builds students' confidence and competence in physical abilities.
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- Includes students of all abilities
- Is taught by highly qualified teachers.
- Keeps all students involved in purposeful activity for a majority of the class period.

Opportunity to Learn:

- Builds students' confidence and competence in physical abilities.
- Has an age-appropriate student-to-teacher ratio.
- Has enough functional equipment for each student to actively participate.
- Includes students of all abilities.
- Addresses the state guidelines for recommended instruction.
- Provides facilities to implement the curriculum for the number of students served.

Woodburn Lutheran School offers daily opportunities for unstructured physical activity, commonly referred to as recess, for all students' Pre-K through grade eight. Recess should be in addition to physical education class time and not a substitute for physical education. Proper equipment and a safe area designated for supervised recess is necessary. Teachers are discouraged from withholding participation in recess from students or cancel recess to make up for missed instructional time.

Woodburn Lutheran School provides extra-curricular opportunities for physical activity, including an athletic program for boys and girls.

Woodburn Lutheran School uses physical activity as a reward, such as teacher or principal walking or playing with students at recess.

Woodburn Lutheran School does not use physical activity as a punishment.

Parents, teachers, administrators, students, and community members are encouraged to serve as role models in practicing healthy eating and being physically active.

4. Implementation and Monitoring

The school principal will ensure compliance with this nutrition and physical activity wellness policy.

- School service staff will ensure compliance with nutritional policies within school food service areas and will report to the school principal.
- Physical education and health curriculum are aligned with state standards and the Local Wellness Policy.
- Woodburn Lutheran School will comply with all applicable federal and state requirements.
- This policy is subject to ongoing review and modification as necessary to assure compliance with the purpose and intent of the Lutheran Schools of Indiana.

Students, staff, and the school community will be informed about the local wellness policy. Records of annual inspections and reports will be available at the local school.

Any Woodburn Lutheran School stakeholder wishing to express a viewpoint, opinion, or complaint regarding these rules should contact:

David Van Spankeren – Principal
Woodburn Lutheran School
4502 St. Rd. 101
Woodburn, IN 46797
David.VanSpankeren@wlsedu.org
260-632-5493


Woodburn Lutheran School

Wellness Policy - Annual Review

The Wellness Policy is to be reviewed every three years. Changes are to be made as required by new state mandates or as the WLS Board of Education deems necessary.

Date of Review: December 17, 2019

Principal: David Van Spankeren

Signature: 

WLS Board Representative: _____

Signature: _____