

# Immanuel Lutheran School Nutrition & Wellness Policy

## MISSION

To encourage students to adopt a life long healthy life style through education and regular physical activity.

## GOALS

To provide programs that will teach our students good eating habits, give them the tools they need to make healthy eating choices, and teach the importance of regular exercise.

## NUTRITION

ILS Hot Lunch staff will continue to meet dietary guidelines set forth by State and Federal Agencies.

ILS will encourage healthy snacks and beverages for all classroom parties. We are in the process of developing a healthy snack menu for parents. We also plan on offering to make these snacks and deliver them to the classroom.

ILS will provide healthy snacks on all testing days.

ILS will offer a good environment that is clean and conducive to eating and socializing.

ILS does not have any vending machines on school campus.

ILS does not allow soda pop in the cafeteria. Students who bring cold lunch are encouraged to drink milk or 100% juice products.

ILS Hot Lunch staff discourages any scheduling of tutoring, clubs or organization meetings during lunch time, unless students may eat during these activities.

## COMMUNICATION WITH PARENTS

ILS will provide health information monthly, on the reverse side of the menu, such as:

- Healthy snack recipes
- Physical activity ideas
- Nutrition information
- Any special activities or menus happening during the month

## PHYSICAL ACTIVITY

ILS will continue to support fitness through daily physical education programs for Kindergarten – 5<sup>th</sup> grades.

- Annual 5<sup>th</sup> grade participation in a week long Outdoor Education program at Camp Perkins
- Before school exercise program
- Soccer for 3<sup>rd</sup> – 5<sup>th</sup> grades
- High school supervised Olympics
- Use physical activity as a reward

ILS teachers will be encouraged to allow their students to participate in P.E. and recess instead of restricting participation as a form of discipline.

## STAFF INVOLVEMENT

ILS Hot Lunch staff will continue to receive training in wellness and fitness. We will also aid teachers by providing instruction and awareness in nutrition and fitness.

- Curves fitness memberships will be offered at a discounted price
- The school gym is available for walking before and after school
- The staff is asked to demonstrate healthy examples by their choice of snacks and beverages

ILS principle will ensure compliance with the State Wellness Guidelines.

ILS Hot Lunch staff will ensure compliance with nutritional policies within the Child Nutrition service areas.

The Wellness Policy Committee will meet each year to review the policies and make suggestions that will have a positive impact on our students.