

## **NUTRITION AND WELLNESS POLICY- Assessment Checklist FOR GRACE LUTHERAN SCHOOL**

*Each area will be verified by a member of the wellness policy team on an annual basis.*

Mission: To encourage students to adopt a life-long healthy lifestyle through education, activity, and modeling of good eating habits.

Setting Nutrition Education Goals:

Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level, pre-kindergarten through eighth as prescribed in the Idaho standards.

A. Nutrition education shall be designed to help students learn:

1. Nutritional knowledge, including but not limited to the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements and safe food preparations, handling and storage;
2. Nutrition-related skills, including but not limited to planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information, misinformation, and commercial food advertising; and
3. How to assess one's personal eating habits, set goals for improvement, and achieve those goals.

\_\_\_\_\_ The school wellness policy reinforces nutrition education to help students practice these themes in a supportive school environment.

B. Wellness Education for Students, Parents, and Staff.

\_\_\_\_\_1. The school will make available information that encourages parents to provide their children with nutritious foods, regular exercise, and healthy lifestyle choices via parent mailings, handouts, and menu information.

\_\_\_\_\_2. Food service staff shall receive the training needed to comply with this policy.

\_\_\_\_\_3. Wellness education (nutrition, fitness, safety, and physical and emotional health) is to be included through the normal curriculum adoption process in each elementary grade and appropriately integrated into other courses.

\_\_\_\_\_4. Staff members have a wellness benefit as part of their medical benefits compensation package that allows for 100% coverage for many wellness medical services.

\_\_\_\_\_5. Staff members also have incentives for participation in weekly fitness activities through our medical plan for which they can receive monetary compensation for fitness memberships and other wellness programs.

#### Setting Physical Activity Goals

Every year, all students, Pre-K-8, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle.

\_\_\_\_\_A. Physical Education (P.E.) Students in grades K-8 will receive health/wellness and physical education instruction as required by district policy and the Idaho State Board of Education.

\_\_\_\_\_B. Daily Recess. All elementary students will have supervised recess periods during which they are encouraged to participate in moderate to vigorous physical activity.

\_\_\_\_\_C. The junior high will offer interscholastic sports programs. A wide range of activities will be offered that meet the needs and interests of the populations involved. Curricular programming will involve many life-time sport experiences.

#### Establishing Nutrition Standards for All Foods Available on School Campus during the School Day

\_\_\_\_\_A. Grace Lutheran School Hot Lunch Program will offer lunch when children attend a full day of school. Lunch will be provided on half days for children who attend the child care center only. Students and staff are highly encouraged to promote and participate in these programs. Menus offered meet the nutrition standards established by the U.S. Department of Agriculture and the Idaho State Department of Education. School meals are consistent with the current Dietary Guidelines for Americans published by the United States Department of Agriculture. Meals will feature a variety of healthy choices that are tasty, attractive, of excellent quality and served at the proper temperature. The Hot Lunch Program will encourage students to make nutritious food choices, such as whole grains, fruits and vegetables, and lower fat dairy. Pricing strategies will encourage consumption of the reimbursable school meal. Program will implement the new Nutrition Standards for Idaho Schools for fall of 2009.

\_\_\_\_\_B. School Food Service staff is properly qualified according to current professional standards and regularly participates in professional development activities for the child nutrition program. Food safety and sanitation is a key part of the hot lunch program.

C. The Hot Lunch Program will attempt to provide a pleasant eating experience for students and adults using the following procedures:

- \_\_\_\_\_ 1. Student input is solicited for meal choices.
- \_\_\_\_\_ 2. Nutrient analysis is available to students, teachers, parents and health professionals.
- \_\_\_\_\_ 3. School activities should not be scheduled during school meal times, such as tutoring, assemblies, club/organization meetings, and other activities.
- \_\_\_\_\_ 4. Adequate time to eat in a pleasant dining environment is provided. School personnel will schedule enough time for each lunch period so students do not have to spend too much time waiting in line.
- \_\_\_\_\_ 5. The Hot Lunch Program will attempt to meet the needs of children with special diets whenever possible within regulatory guidelines.
- \_\_\_\_\_ 6. Adults will properly supervise dining areas and serve as role models to students by demonstrating proper conduct, and by eating with the students. Parents are encouraged to dine with students in the cafeteria.
- \_\_\_\_\_ 7. Parents will be encouraged to send snacks for parties or for personal use that are healthy choices promoting good nutrition. Suggested ideas will be given to parents each year at home visits or in newsletters.

#### Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

- \_\_\_\_\_ Grace Lutheran School will encourage serving healthy food at school parties. Information will be sent to parents/guardians either separately or as part of a school newsletter, encouraging them to provide healthy treats for students
- \_\_\_\_\_ Educators are discouraged from using foods and beverages as rewards. Concessions and occasional class parties and celebrations are exempt from the above guidelines; however, providing healthful options is strongly encouraged.
- \_\_\_\_\_ Vending sales of soft drinks or artificially sweetened drinks are not permitted on school grounds.

Setting Goals for Measurement and Evaluation

Grace Lutheran School's principal will meet with the school health committee each year to review and revise the Nutritional and Wellness policy. This committee should be made up of parents/patrons, students, school board, staff, and administration and/or those people deemed to be involved with school nutrition and fitness.

**Monitoring and Policy Review**

The principal will ensure compliance with established school nutrition and physical activity wellness policies. School food service staff will ensure compliance with nutrition policies within school food service areas. This assessment tool will be used annually to evaluate compliance to the wellness policy.

School Health Committee: Robert Raschke- Executive Director, Anne Bopp- Principal, Hanne Krause- High School Principal, Lyssa Sauer- Lunch Program Director, Jeremy Hess- Athletic Director, Rusty Young- Parent and School Board Chairman, yearly representative of GLS Student Government (junior high student co-presidents, High School All Student Body President/Vice President).

Verification Date: \_\_\_\_\_

Reviewers: \_\_\_\_\_ Position: \_\_\_\_\_