

Zion Lutheran School  
Alexandria, MN 56308

Wellness Policy  
Adopted November 26, 2013

I. Purpose

We believe, according to scripture, that our bodies are not our own, but belong to God through the sacrifice of His Son, Jesus Christ, and that our bodies are the “temple of the Holy Spirit.” Enabling students to better care for their God-given bodies is, therefore, part of the responsibility of Zion Lutheran School. As stated in our Family Handbook, Zion Lutheran School “nurtures our students to their full potential in their spiritual, academic, **physical**, and emotional growth.” With all this in mind, the purpose of this policy is to assure a school environment that promotes and protects students’ bodies, health, well-being, and ability to learn by supporting healthy eating and physical activity.

II. General Statement of Policy

- A. The school board recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
- B. The school environment should promote and protect students’ health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. Zion encourages the involvement of students, parents, teachers, food service staff and other interested persons in implementing, monitoring, and reviewing school nutrition and physical activity policies.
- D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- E. All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- F. Qualified food service personnel will provide students with access to a variety of affordable, nutritious, appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

### III. Guidelines

#### A. Food and Beverages

1. All foods and beverages made available on campus (including concessions) will be consistent with the current USDA Dietary Guidelines for Americans.
2. Food service personnel will take every measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and guidelines.
3. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.
4. Zion will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.
5. Zion will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
6. Zion will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.

#### B. School Food Service Program/Personnel

Zion Lutheran School provides a noon meal for students and staff that meets government standards for Class A lunch. Each family has a lunch account. Lunch should be paid for in advance through the business office. Parents will be notified when their account reaches a negative balance. If a notice has been sent to the parent and payment has not been received within a week they will be contacted by phone, and their child(ren) will receive a cheese sandwich, fruit, and milk for lunch.

Because Zion church and School staff share their lunch spaced with school children and are directly supervising students during their lunch break, Zion School has chosen to offer staff members lunches at a reduced cost. This is considered to be a non taxable payroll benefit.

1. Zion School will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
2. Zion School shall designate an appropriate person to be responsible for the school's food service program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available on campus to ensure food and beverage choices are consistent with current USDA Guidelines for Americans.
3. As part of Zion's responsibility to operate a food service program, Zion will provide continuing professional development for all food service personnel in the school.

### C. Nutrition, Education and Promotion

1. Zion School will encourage and support healthy eating by students and engage in nutrition promotion that is:
  - a. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
  - b. part of the curriculum and instruction in subjects such as religion, math, science, language arts and social sciences where appropriate;
  - c. enjoyable, developmentally appropriate and culturally relevant.
2. Zion School will encourage all students to make age appropriate, healthy selections of foods and beverages including those sold individually outside the reimbursable school meal programs, such as through vending machines, fundraising events, concession stands, and student stores.

### D. Physical Activity

The primary goal for Zion Lutheran School's physical activity component is to provide opportunities for every student to: develop the knowledge and skills for specific physical activities; maintain physical fitness; regularly participate in physical activity; and understand the short and long term benefits of a physically active lifestyle.

1. Students in kindergarten through grade 8 will receive scheduled, developmentally appropriate physical education.
2. Physical education should be designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle. It should include providing information, fostering a positive atmosphere, encouraging self-discipline, developing motor skills, and promoting activities that can be carried over the course of students' lives.
3. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate.
4. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
5. Students will be required to walk or run laps on the school's fitness course each day. (See attached)

#### E. Communications with Parents

1. Zion School recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. Zion School will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. Zion School encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
4. Zion Lutheran School will encourage all parents to refrain from bringing food from fast food establishments for their children's lunch.
5. Zion School will provide information about physical education and other school-based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school.

#### F. Mental Health

1. Zion School will provide, through Ind. School District 206, the following services: Individual and group support for students with potential mental health issues, identify possible warning signs of mental health issues, refer students to a mental health professional, assist teachers with interventions that may be used to help a student with mental health issue.
2. The school secretary/health aide may administer medication, as prescribed, according to school policy as stated in Zion's Family Handbook.

#### IV. Implementation and Monitoring

- A. After approval by the school board, the wellness policy will be implemented throughout the school.
- B. Zion's food service staff will ensure compliance within the school's food service areas and will report to the business manager and principal as appropriate.
- C. The school's food service program administrator and business manager will provide an annual report to the school board setting forth the nutrition guidelines and procedures for selection of all foods made available on campus.
- D. The principal or designee will ensure compliance with wellness policy and will provide an annual report of the school's compliance with the policy to the school board.

### Fitness Course (Length: 200 m lap)

1. Students can run or walk.
2. All students should do at least one lap a day.
3. Each classroom teacher will be responsible for having a method of recording laps.
4. Laps accumulate from year to year.
5. During winter an alternative course may be set.
6. Laps can be recorded only:
  - a. during recess
  - b. during school hours
  - c. when a complete lap is finished
  - d. walking or running is continuous
  - e. is completed in one direction
7. Laps will not count:
  - a. when a partial lap is done
  - b. when part of the track program
  - c. when outdoor teachers and students must wait for the lap to be completed (teacher discretion)
  - d. when corners are cut
  - e. when balls or other equipment is on the course
  - f. The teacher has discretion not count a lap that is in question.

### K- 8 Rewards

1. Certificate given in chapel at 100 laps
2. 500 laps: t-shirt
3. 1000 laps: shorts
4. 1500: sweat pants
5. The same rewards are given at 2000 laps and up, but the color of the clothing changes.