

Wellness Policy

Rochester Central Lutheran School

Purpose

The purpose of this policy is to assure an environment at RCLS that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

Statement of Philosophy for Rochester Central Lutheran School

1. We believe that our bodies and health are gifts from God and need to be treated as the precious gifts that they are. Our response needs to be one of thanks, praise, and gratitude so that we are prompted to care for this body in a way that returns all glory to God.
2. RCLS recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters positive student attendance and education.
3. The school environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
4. RCLS 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.
5. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive. All students at RCLS will have opportunities, support, and encouragement to be physically active on a regular basis.
6. Qualified food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

Physical Activity

The Primary goal for our school is to provide opportunities for every student to develop the skills and knowledge of physical activities, maintain physical fitness, regularly participate in physical activity and understand the short and long term benefits of physical activity and healthy lifestyles.

1. Students will be offered a variety of physical activities outside of the daily education program, before or after school, including but not limited to: extra-curricular activities, school age child care, and access to play areas on school grounds as appropriate for their age level.
2. Students from K-8th grade will receive regular, age appropriate physical education.
3. Physical education curriculum is designed to build interest and proficiency in the skills, knowledge and attitudes essential to lifelong physical activity.
4. Opportunities for physical activity will be incorporated into other subject lessons, field trips and special activities such as "track and field days", as able and appropriate.

Nutrition Education

The primary goal of nutrition education is to influence students' eating behaviors. Building nutrition knowledge and skills helps children make life healthy eating choices and understand the benefits of maintaining healthy choices throughout life.

1. Students in all grades pre-K through 8 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
2. The message of making healthy choices will be consistent throughout the school, classrooms, lunchroom and other areas where the message can be presented.

3. The curriculum for health education will include both nutrition and physical education and reinforce the importance of physical activity and the health risks associated with a sedentary lifestyle.
4. Health education and making healthy decisions will be infused as appropriate throughout the other curricula areas.
5. RCLS will seek additional ways to present the message of healthy choices in other events sponsored by the school.
6. RCLS will seek ways to involve the parents, students and community in nutrition education activities.
7. Wellness concepts will be reinforced by all school personnel.

Foods and Beverages

1. All foods and beverages made available by the meal program (including ala-carte items) will be consistent with the current USDA Dietary Guidelines for Americans.
2. Food and beverage providers should offer modest, age appropriate portion sizes
3. Food Service personnel will take every measure to ensure that the student has access to foods and beverages meet or exceed all federal, state and local laws and guidelines.
4. Food Service Personnel will adhere to all federal, state and local food safety and security guidelines.
5. RCLS 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 priced meals.
6. RCLS will make every effort to provide students with sufficient time to eat after sitting down for school meals and will make every effort to schedule meal periods at appropriate times during the school day.
7. RCLS will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
8. RCLS will provide continuing professional development for all food service personnel in schools.

Food and Beverage Guidelines

1. Foods and beverages offered over the course of the school week should be nutrient dense, including whole grain products and fiber rich fruits and vegetables to provide students a variety of choices to maintain a balanced diet.
2. Food and beverages should be offered in modest, age appropriate portion sizes.
3. Foods and beverages available during the school day should include a variety of healthy choices that are of excellent quality, appealing to students and served at the proper temperatures.
4. Foods and beverages available during the school day should minimize the use of trans and saturated fats, sodium and sugar.
5. School-sponsored events (such as, but not limited to, athletic events, dances, or performances) The RCLS Athletic Department Concessions while specifically designed to be profitable will offer and encourage a variety of healthy and nutritious foods and beverages whenever possible. Other school-sponsored events, such as concerts and plays, will also be encouraged to offer healthy and nutritious choices whenever possible.
6. 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.
7. RCLS will encourage fundraisers that promote positive health habits such as the sale of non-food and nutritious food items, as well as fundraising to support physical activity events.
8. Food will not be used as reward or punishment.
9. The school staff will strive to be role models in practicing healthy eating habits.

Communication with Parents

1. RCLS recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. RCLS will support parent's efforts to provide a healthy diet and daily physical activity for their children.
3. RCLS encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
4. RCLS will offer parents, guardians and students information regarding nutritious snacks and meals.
5. RCLS will provide information about physical education and other school based physical activity opportunities and will support parents' and guardians' efforts to provide their children with opportunities to be physically active outside of school.

Implementation and Monitoring

1. After approval by the Board of Directors, the wellness policy will be implemented throughout the school.
2. The food service director will ensure compliance within the food service area and will report to the principal.
3. The teachers will be responsible for operating the policy and reporting any problems to the principal.
4. The principal will be responsible for overseeing the implementation of the wellness policy.
5. 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.