



Local Wellness Policy for Immanuel Lutheran School

Immanuel Lutheran School-Frankentrost is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

Nutrition Education

Immanuel Lutheran aims to teach, model, encourage, and support healthy eating. All students, Pre-K-8, shall receive nutrition education throughout the school year. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

Nutrition Standards

Immanuel Lutheran School shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The school shall encourage students to make nutritious food choices.

The school shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. The school shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students.

Physical Education and Physical Activity Opportunities

The school shall offer physical education opportunities that include components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity.

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.

Implementation and Measurement

The principal shall implement this policy and measure how well it is being managed and enforced. The principal shall develop and implement administrative rules consistent with this policy. Recommendations from the staff and Board of Education shall be considered before implementing such rules. The principal shall report to the Board of Education on the school's programs and efforts to meet the purpose and intent of this policy.

Administrative Regulations

In order to enact and enforce the School Wellness Policy, the principal and the administrative team will have developed these local administrative rules.

To assist in the creation of a healthy school environment, Immanuel Lutheran School shall establish a Coordinated School Health Team that will provide an ongoing review and evaluation of its Wellness Policy and these administrative rules.

The Board of Education shall appoint a member of the Board of Education of the school to organize the Coordinated School Health Team and invite appropriate school stakeholders to become members. The Coordinated Health Team may include representatives from the following areas:

- Administration
- Counseling/psychological/and social services
- Food Services
- Health Education
- Parent/guardian, student and community (including health care providers, hospital and public health department staff, non-profit health organizations, physical activity groups, community youth organizations, and university or other governmental agencies).
- Physical Education

(Note: An existing committee may assume the responsibility of the Coordinated School Health Team)

Staff should be reminded that healthy students come in all shapes and sizes. Students should receive consistent messages and support for:

- Self-respect
- Respect for others
- Healthy eating
- Physical Activity
- Education to support lifelong healthy lifestyle choices

These rules are subject to ongoing administrative review and modifications as necessary to help assure compliance with the purpose and intent of Immanuel Lutheran School-Frankentrost Local Wellness Policy. Any school stakeholder wishing to express a viewpoint, opinion, or complaint regarding these local rules should contact:

Mark Brenner, Principal

8220 E. Holland Rd.

Saginaw, MI 48601

Students, staff and community will be informed about the Local Wellness Policy annually. Any updates will be posted in the JIVE. This Wellness policy should probably be included in the School Handbook as well.

Nutrition Education

Nutrition education, a component of comprehensive health education, shall be offered every year to all students. Immanuel Lutheran School may offer age-appropriate nutrition education classes. In addition, nutrition education topics shall be integrated into the entire curriculum when appropriate.

The school shall implement a quality nutrition education program that addresses the following:

- Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.
- Builds students' confidence and competence in making healthy nutrition choices.
- Includes students of all abilities.

Nutrition education should also be made available to parents/guardians and the community. This nutrition education may be provided in the form of handouts, wall or bulletin board posters or banners, postings on the school website, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

Nutrition Standards

Immanuel Lutheran School shall offer school meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). The school 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.

Immanuel Lutheran School shall offer and promote the following food and beverages in all venues outside federally regulated child nutrition programs:

- Whole grain rich products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with the current USDA standards.
- Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques, and 100 percent fruit or vegetable juice in 12-ounce servings or less.
- Fat free, low-fat, plain and/or flavored milk and yogurt, nonfat and/or low-fat real cheese, rather than imitation cheese. Offer the following serving sizes: yogurt in eight-ounce servings or less, milk in 16-ounce servings or less, cheese in two-ounce servings or less.
- Nuts, nut butters, seeds, trail mix, and/or soybean snacks in one-ounce portions or less, portions of two ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques.
- Low fat or fat free, low sodium accompaniments (sauces, dressing and dips) offered in one-ounce servings or less.

Immanuel Lutheran School shall monitor food service distributors to ensure that they provide predominantly healthy food and beverage choices that comply with this wellness policy.

Immanuel Lutheran School shall discourage using food as a reward.

Immanuel Lutheran School shall encourage serving healthy food in the classrooms (Birthdays, Holiday Parties, Special Treat Days, etc). All treats should meet Smart Snack Standards (whole grain rich, low sugar content, no saturated fats). Examples of good snacks: Whole Grain Gold Fish Crackers, fruit, vegetables, granola bars, raisins, etc.

Immanuel Lutheran School shall encourage healthy fundraisers or non-food items as alternate forms of fundraising.

Due to Health Code Regulations, Immanuel Lutheran School will not heat student food brought from home using school ovens and or microwaves. Exceptions are for students with Dietary Restrictions who will follow procedures that have been pre-approved by Administration.

Physical Education and Physical Activity Opportunities

Developmentally appropriate physical education shall be offered every year to all students of Immanuel Lutheran School. In addition, physical education topics shall be integrated into the entire curriculum when appropriate.

Immanuel Lutheran School shall implement a quality physical education program that addresses the following:

Curriculum:

- Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity
- Has a curriculum aligned with the Michigan Physical Education Content Standards and Benchmarks
- Influences personal and social skill development

Instruction and Assessment:

- Aligns curriculum, instructions 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
- Is taught by a certified physical education teacher trained in best practice physical education methods
- 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 a teacher to student ratio consistent with those of other subject areas and/or classrooms
- Has enough functional equipment for each student to actively participate
- Includes students of all abilities
- Offers instructional periods totaling 90 minutes per week
- Provides facilities to implement the curriculum for the number of students served

Immanuel Lutheran School should offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students Pre-K through 8th grade. Recess should be in

addition to physical education class time and not be a substitute for physical education. Proper equipment and a safe area designated for supervised recess is provided. The school should provide opportunities for physical activity for all students, Pre-K-8, apart from physical education class and organized sports. Physical activity opportunities might include: before and after school extracurricular physical activity programs, ACES, Mile Maker Club, and Safe Routes to School Programs

Other School Based Activities to Promote Student Wellness

Immanuel Lutheran shall strive to create a healthy school environment that promotes healthy eating and physical activity. In order to create this environment, the following activities shall be considered:

Dining Environment

Immanuel Lutheran School shall provide:

- A clean, safe, enjoyable meal environment for students
- Drinking fountains and water bottle fillers available, so that students can get water at meals and throughout the day
- Identity protection of students who eat free and reduced-price meals
- Encouragement to maximize student participation in school meal programs
- Healthy food options will be displayed prominently in the food service line

Time to Eat

Immanuel Lutheran School shall ensure:

- Adequate time for students to enjoy healthy foods with friends in school
- Lunch time is scheduled as near to the middle of the school day as possible

Food or Physical Activity as a Reward or Punishment

- Encourage using physical activity as a reward, such as a teacher or principal walking or playing with students at recess

Consistent School Activities and Environment

- Encourage school fundraising efforts to support healthy eating and physical activity
- Encourage parents/guardians, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home
- Provide information and outreach material about other Food and Nutrition Service programs such as Food Stamps, Women, Infants, and Children (WIC) to students and parents/guardians
- Encourage all students to participate in school meals programs (i.e. the National School Lunch Program and School Breakfast Program)

Updated 3/6/23