



Local Wellness Policy

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Preface

In accordance with 7 CFR 210.31c, a Local Education Agency (LEA) that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. As of June 30, 2017 Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation under the Healthy, Hunger-Free Kids Act of 2010.

Local Wellness Policies are a valuable tool in the promotion of student health and wellness through the NSLP and SBP. Schools play an essential role in preparing students for successful futures, and proper nutrition and physical activity are key to creating constructive learning environments. Local Wellness Policies provide guidance to further support schools efforts to provide students with a successful and healthy future.

Wellness Policy Committee

Wellness Policy Leadership

Tim Hipenbecker, Principal

Wellness Policy Committee Members

Lisa Darby, Kitchen Manager

Julie Kearley, Immanuel Office Manager

Ron Robinson, Immanuel Board of Governance President

Kristen O'Connor, Immanuel PE Teacher

Misty Zimmerman, Kitchen Staff

Heather Voss, Kitchen Staff

Words of Truth 1 Corinthians 6:19-20

“Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought with a price; therefore glorify God in your body and in your spirit, which are God’s.”

Belief Statement

Immanuel Lutheran School is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle. We recognize the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn.

As Christians, we understand that we were created in the image of God. In addition, we understand that our bodies are a gift from God and should be treated as such. God did not intend for us to be inactive. Therefore, we were not made to exercise our brains only; our bodies were meant to be used too. If we fail to get any exercise at all, we could be at risk of getting a number of different illnesses and life threatening diseases.

The *entire school environment* shall be aligned with healthy school goals to positively influence students’ beliefs and habits to promote health and wellness, good nutrition and regular physical activity. In addition, school staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life.

Wellness Policy Committee Responsibilities

Public Involvement

Immanuel Lutheran School includes a copy of the Local Wellness Policy, with updates, in the Parent-Student Handbook for all parents, teachers and staff. We invite any parent, teacher and staff to participate in the development or implementation of the Local Wellness Policy. Opportunities for this will be announced in the weekly school newsletter.

Assessments

Under the Healthy, Hunger-Free Kids Act of 2017, assessments of the Local Wellness Policy must occur no less than every three years. Immanuel Lutheran School shall conduct assessments of the Local Wellness Policy every three years, beginning in January 2019 and occurring every three years thereafter. These assessments will:

- Ensure the Wellness Policy is in compliance with USDA, State and Local rules and regulations.
- Compare the LEA's wellness policy to model wellness policies.
- Measure the progress made in achieving the goals as outlined in the LEA's wellness policy.

Updates

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of Immanuel Lutheran School. Immanuel shall make the following available to the public:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis.
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy.

Through the following channels:

- Immanuel will use their website, weekly newsletters and/or email to inform the public of the updates made to the policy and reviews conducted.

Records

Immanuel shall maintain record of the Local Wellness Policy. This includes keeping a copy of the current policy on file and maintaining documentation of the following actions:

- The most recent assessment of the policy.
- Availability of the Local Wellness Policy and assessments to the public.
- Reviews and revisions of the policy, including the individuals involved and the efforts made to notify stakeholders of their ability to participate in the process.

Nutrition

Immanuel recognizes the important role nutrition plays in academic performance as well as overall quality of life. The National Education Association references numerous articles supporting the effects of nutrition on the classroom, for example, hunger often has a negative impact on students' success, attendance, and behavior.

According to the Centers for Disease Control and Prevention, approximately 18.5 percent of the nation's youth was considered obese in 2015-16. This percentage increased 1.3 percent when compared to the previous year. Conversely, 15.7 percent of American families experienced food hardship in 2017. Through participation in the U.S.

Department of Agriculture's School Nutrition Programs, Immanuel commits to serving nutritious meals to students in order to prevent both overconsumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom

Nutrition Standards

Meals

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e. grains, meats/meat alternative, fruits, vegetables and milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated and trans fat.

Immanuel seeks out and uses fresh, unprocessed foods or minimally processed foods as much as reasonably practical. We are pursuing local partnerships to bring more fresh local foods into our lunch program that will continue to support our scratch cooking based kitchen and daily salad bar options.

Competitive Foods

All competitive foods and beverages sold must comply with the USDA Smart Snacks in Schools nutrition standards (7 CFR 210.31c(3)(iii)). Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). This includes, but is not limited to, vending machine and à la carte items.

Immanuel does not allow pop or sugary drinks to be served at lunch and does not have a standard ala carte service at lunch. An extra entrée portion, without sides, is available for grades 6-8 for an upcharge.

Other Foods and Beverages

As rewards in the classrooms, the teachers at Immanuel, offer toys and trinkets as opposed to food rewards. For celebrations of holidays and birthdays, Immanuel requires healthy snacks and foods that are store bought and follow the same standards as USDA Smart Snacks.

Fundraisers

Fundraisers promoting food and/or beverage items that are held on school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day) must meet Smart Snacks nutrition standards. However, Immanuel may participate in infrequent exempted fundraising days, in which food and beverage items do not meet Smart Snacks standards, as Immanuel sees fit. These exempted fundraising days shall not exceed nine days within one year. Immanuel shall comply with the following procedures when managing exempted fundraising days:

- All individuals requesting to provide a fundraiser not meeting Smart Snacks standards must file a formal request with the building Principal. Request will then be presented to the Wellness Committee and granted based on number of exempted fundraisers used and the asking entity's use of previous exempted fundraisers in the current school year.

Immanuel uses mostly non-food fundraisers such as Race for Education and AHA's Kids Heart Challenge to promote healthy kids.

Nutrition Education

Immanuel shall include nutrition education within the health education curriculum of Immanuel Lutheran School and integrate nutrition education into other core subjects, as appropriate. This will be modeled after the Illinois requirements and standards for Health Education but within the confines of our religious beliefs. Various grade levels and curriculums shall use nutrition education information, research, and materials as age appropriate from secular sources (ie MyPlate, USDA) and non-secular sources. Immanuel shall incorporate nutrition education into PE classes as age appropriate.

- Students in all grades, pre-K through 8 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- The message of making healthy choices will be consistent throughout the school, classrooms, lunch room, and other areas where the message can be presented.
- The curriculum for health education will include both nutrition and physical education.
- Health education and making healthy decisions will be infused as appropriate throughout the other curricula areas.
- The school will seek additional ways to present the message of healthy choices in other events sponsored by the school.
- Staff who provide nutrition education will be offered appropriate training opportunities.
- The school will seek ways to involve the parents, students, and the community in nutrition education activities.
- The curriculum for the cooking elective will cover skills, nutrition and food safety with a focus on unprocessed or minimally processed foods in the recipes.

Nutrition Promotion

Immanuel shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home. Immanuel shall make cafeteria menus and nutrition information available through the following platforms:

- School wellness website (<https://www.immanuelcl.org/health-wellness>)
- Lunch room bulletin board
- Paper menus sent home monthly

Farm to School efforts positively impact School Nutrition Programs by serving fresh and nutritious food items. Additionally, Farm to School programs have been linked to increased consumption of fruits and vegetables. Immanuel shall participate in the following Farm to School activities:

- Wellness-based or food education Field Trips
- Participation in the “Local Foods for Schools” programming and funding.

Food loss and waste continue to be an issue facing the nation’s food supply. In order to prevent food waste, the LEA will make every effort to produce an accurate number (within 10% predicted meal overage) of meals needed on any given day by using production records and resources such as the USDA’s Food Buying Guide. However, in the event excess food remains, the LEA will continue to be good stewards of such resources in accordance with Public Act 102-0359, and federal and local regulations and sanitation codes:

- All foods that can be safely stored for re-service as leftovers are properly stored under refrigeration for use within 6 days or frozen.
- Foods are not taken for re-service from the lunch room and a “share table” is not offered due to lack of trained non-kitchen staff to monitor safe holding temperatures and allergy concerns. This is in line with guidance from the local health department.
- All cleaning and storing of food within these procedures will be completed by a member of the kitchen staff (e.g., food handling certificates).

Marketing

Immanuel will prohibit the marketing and advertising of all foods and beverages on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). The marketing standards described above apply, but are not limited to, oral, written, and graphic statements made for promotional purposes. Items subject to marketing requirements include, but are not limited to, posters, menu boards, vending machines, coolers, trash cans, scoreboards, and other equipment. This policy does not require schools to immediately replace equipment that does not meet this requirement, however, the District shall implement these standards as equipment needs replaced in the future.

Physical Activity

Physical activity is a key component of the health and well-being of all students. Physical activity lowers the risk for certain diseases, including obesity, heart disease, and diabetes. Physical activity also helps improve brain function, allowing students to perform better in school. The Centers for Disease Control and Prevention recommends adolescents get at least 60 minutes of physical activity five days per week. Nearly 79 percent of school-age children fall short of meeting this requirement. Immanuel recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

Within the confines of our religious beliefs and in accordance with the Illinois Learning Standards, Immanuel shall model all Illinois requirements and standards for Physical Education. Immanuel shall offer Physical Education class as follows:

- Kindergarten: 120 minutes weekly
- 1st-5th: 150 minutes weekly
- 6th-8th: 200 minutes weekly

Opportunities for Physical Activity

Immanuel shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following:

- K-8: 30 minutes of recess per day
- The following opportunities for participation in school-based sports shall be offered to students each year:
 - Cross-country, volleyball, basketball, track
- Students will be given opportunities for physical activity during the school day through the integration of physical activity into the academic curriculum (i.e. brain breaks).
- The school will work with the community to help provide safety for students walking, riding bikes, or otherwise using physical activities to get to school.
- The school will encourage parents and guardians to support their child's participation in physical activities and will work to offer physical activities in family events (i.e. yoga events, dances).
- The school will provide training for the staff to promote physical activity in enjoyable, lifelong activities.

Physical Activity Promotion

Immanuel shall promote physical activity through the participation in the following initiative(s):

- AHA Kids Heart Challenge
- Race for Education

Other School-based Activities

Just as it takes a comprehensive curriculum to provide education to support students' futures, Immanuel's wellness approach must also be comprehensive in its intent to provide students with the tools they need to live a healthy lifestyle. In order to further establish positive behaviors related to nutrition, physical activity, and health, Immanuel commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

Immanuel shall offer other school-based activities to support student health and wellness, including coordinated events and clubs. The following events shall be organized and promoted each year:

- Field Day
- Student Art, Science, Social Studies and International Fairs
- School Dances
- Cooking elective for grades 6-8 that focuses on healthy cooking and skill sets for life.
- The LEA will make efforts to provide students and families opportunity to participate in physical activities in after-school programs.
- The staff will strive to be role models in practicing healthy eating habits.

The following health, wellness and/or nutrition clubs shall be offered to students each year:

- Running Club