

Bethlehem Lutheran School Local Wellness Policy

Purpose:

Bethlehem Lutheran School is committed to creating a healthy school that promotes the beauty of God's creation and enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

Nutrition Education:

Every year, all students Pre-K- 8, shall receive nutrition education that promotes treating bodies as temples of God. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum and displayed throughout the school campus. Staff members who provide nutrition education shall have the appropriate training.

Nutrition Standards:

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

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

Physical Education and Physical Activity Opportunities:

Bethlehem Lutheran School will offer physical education opportunities that include the 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, will 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.

Other School-Based Activities Designed to Promote Student Wellness:

Bethlehem Lutheran School may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

Implementation and Measurement:

The principal will implement this policy and measure how well it is being managed and enforced.

Administrative Rules Regarding Bethlehem's Wellness Policy:

In order to enact and enforce Bethlehem's Local Wellness Policy, the principal, with input from teachers, parents/guardians, students, representatives of the school food service program, the school board, and the public have developed these administrative rules.

Faculty and staff shall 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

These rules are subject to ongoing review and modification as necessary to help assure compliance with the purpose and intent of Bethlehem Lutheran School's Wellness Policy.

Nutrition Education:

Nutrition education, a component of comprehensive health education, shall be offered every year to all students. Nutrition education topics shall be integrated into the entire curriculum when appropriate. Bethlehem shall implement a quality nutrition education program that addresses the following:

Curriculum:

Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.

Instruction and Assessment:

Aligns curriculum, instruction and assessment.

Builds students' confidence and competence in making healthy nutrition choices.

Engages students in learning that prepares them to choose a healthy diet.

Includes students of all abilities.

Opportunity to Learn:

Includes students of all ages and abilities.

Provides adequate instructional time to build students' confidence and competence in health-enhancing skills

Nutrition education shall also be made available to parents and the community. This nutrition education may be provided in the form of handouts, posters, banners, postings on Bethlehem's website, community and students oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

Nutrition Standards:

Bethlehem 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 (i.e. fast food for lunch is not allowed.)

Bethlehem shall offer and promote the following food and beverages:

Whole and enriched grain products that are high in fiber, low in added fats and sugars, served in appropriate portion sizes consistent with USDA standards.

Bethlehem shall monitor food service distributors and snack vendors to ensure that they provide predominantly healthy food and beverage choices that comply with this wellness policy. The school shall discourage using food as a reward.

Bethlehem shall encourage serving healthy food at school parties. Notices shall be sent to parents reminding them of the necessity of providing healthy treats for students and the use of non-food treats for birthdays and award celebrations.

Bethlehem shall encourage healthy fundraisers as alternatives to fundraising that involves selling food items of limited nutritional value.

Physical Education and Physical Activity Opportunities:

Developmentally appropriate physical education shall be offered every year to all students. In addition, physical education topics shall be integrated into the entire curriculum when appropriate. Bethlehem shall implement a quality physical education program that addresses the following:

Curriculum:

- Equip students with the knowledge, skills, and attitudes necessary for lifelong physical activity
- Has a curriculum that promotes Christian standards and values as written in Holy Scripture
- Influences personal and social skill development

Instruction and Assessment:

- Align curriculum, instruction 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
- Includes students of all abilities
- Is taught by highly qualified teachers
- 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 student-to-teacher 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
- Offer instructional periods totaling 120 minutes per week
- Provides facilities to implement the curriculum for the number of students served

In addition, Bethlehem will offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students Pre-K through grade eight. Recess should be in addition to physical education class time and not a substitute for physical education. Proper equipment and a safe area designated for supervised recess is necessary. School staff should not withhold participation in recess from students or cancel recess to make up for missed instructional time.

Other School-Based Activities Designed to Promote Student Wellness:

Bethlehem shall strive to create a healthy school environment that promotes healthy eating and physical activity. In order to create this environment, the following actions shall be implemented:

Dining Environment:

A clean, safe, enjoyable meal environment for students

Enough space and serving areas to ensure all students have access to school meals with minimum wait time

Drinking fountains so that students can get water at all meals and during the day

Encouragement to maximize student participation in school lunch program

Time to Eat:

Adequate time for students to enjoy eating healthy with friends in school

Lunch time is scheduled as near to the middle of the day as possible

Food or Physical Activity as a Reward or Punishment:

Prohibit the use of food as a reward or punishment
Not deny class participation in recess or other physical activities as a form of discipline or for classroom make-up time
Encourage using physical activity as a reward, such as teacher or principal walk or playing with students at recess

Consistent School Activities and Environment:

Strive to complete the Michigan Healthy School Action Tool to ensure that school activities and environment support health behaviors
Strive for all school fundraising efforts to support healthy eating and physical activity
Provide on-going professional training and development for food service staff and faculty in the areas of nutrition and physical education
Make efforts to keep school physical activity facilities open for use outside school hours

Encourage parents, teachers, administrators, students and community members to serve as role models in practicing healthy eating and being physically active in the school, its dining areas, and at home
Provide information and outreach materials about other food and nutrition service programs
Encourage all students to participate in school meal programs and implement physical activity across the curriculum throughout the school day or in all subject areas

Implementation and Measurement:

All employees of Bethlehem Lutheran School are encouraged to be a positive healthy lifestyle role model for students by following, at a minimum, these administrative rules. Students can learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models in their lives.

In order to send consistent messages to students, all adults in the school environment are encouraged to make healthy food choices and engage in physical activity. Bethlehem will work through its faculty and staff to find cost effective ways to encourage staff wellness.

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
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