

Subject: Wellness Policy on Physical Activity and Nutrition

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, school family participation is essential to the development and implementation of successful school wellness policies;

Thus, Bethlehem Lutheran School is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Bethlehem Lutheran School that:

- All students in grades 3K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Bethlehem will provide clean, safe, and pleasant settings and adequate time for students to eat.
- Our school will participate in available federal school lunch programs.
- Bethlehem will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. Nutritional Quality of Foods and Beverages Sold and Served on Campus School Meals

Bethlehem Lutheran School has created its own food program. That program will be regulated by the standards set forth by the State of Wisconsin and the United States National Lunch Program. The food service director will be responsible for implementing said standards. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals.

Meals served through the National School Lunch will

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- ensure that half of the served grains are whole grain.

Free and Reduced-priced Meals. Bethlehem 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. Toward this end, our school will promote the availability of school meals to all students.

Meal Times and Scheduling. Bethlehem School:

- will have snack time at 10:15 or earlier;
- will provide students with at least 20 minutes for lunch;
- will schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.;
- will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

Sharing of Foods and Beverages. Bethlehem School will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods and Beverages Sold Individually Foods and beverages sold during the school day or at school-sponsored events outside the school day will include those that meet the nutrition standards for meals or for foods and beverages sold individually (see attached).

Snacks. Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and milk, water, or juice as a beverage. Bethlehem School will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The school will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

Rewards. Bethlehem School will seldom use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Parties. Bethlehem School will limit parties that involve food during the school day to no more than one party per class per month. The school will disseminate a list of healthy party ideas to parents and teachers.

School-sponsored Events (such as, but not limited to, athletic events, dances, or performances). Foods and beverages offered or sold at school-sponsored events outside the school day will include those that meet the nutrition standards for meals or for foods and beverages sold individually (see attached).

II. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. Bethlehem School aims to teach, encourage, and support healthy eating by students. Our school should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- are part of classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise) as appropriate to the age of the children;
- includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting. For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents. Bethlehem School will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the listed nutrition standards for individual foods and beverages. The school will provide parents a list of foods that meet the school's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.

The school will provide information about physical education and other school-based physical activity opportunities during and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a newsletter or other take-home materials or special events.

III. Physical Activity Opportunities and Physical Education

Physical Education (P.E.) K-8. All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education for the entire school year. For SK - gr. 4, this will involve 4 classes per week; for gr. 5-8, this will include two classes per week. Student involvement in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.

Daily Recess. All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors.

When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, the school will give students periodic breaks during which they are encouraged to stand and be moderately active.

Next Review Date: Prior to August 1, 2021

Approved by Bethlehem Board of Christian Day School - August 21, 2006

Amended by the Board of Christian Day School - August 15, 2011

Reviewed by the Board of Christian Day School – August 20, 2016