

**Christ Lutheran School**

**32312 122nd Ave.**

**Columbus, NE 68601**

**402-564-3531**

**Wellness Policy – updated May 27, 2020**

**Wellness Policy – per the Special Milk Program guidelines**

Christ Lutheran School is committed to the optimal development of every student. CLS believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and healthy-promoting learning environments at every level, in every setting, throughout the school year. CLS participates in the USDA child nutrition program Special Milk Program (SMP) which outlines the quality and type of milk which is available for student purchase. Students are given the opportunity each quarter to purchase milk for the upcoming quarter.

**Wellness Plan**

The primary goal of nutrition education is to influence students' eating behaviors. Building nutrition knowledge and skills helps children make healthy eating and physical activity choices. To accomplish goal, Christ Lutheran School will develop this policy to encourage and educate students on the benefits of maintaining healthy choices throughout life.

**Nutrition Education Goals**

- Students will 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, and other areas where the message can be presented.
- Health education about making healthy decisions the other curricula areas.

**Physical Activity Goals**

- Students will be given opportunities:
- For physical activity during the school day through physical education classes, recess periods, and the integration of physical activity into the academic curriculum. Outdoor recess will be offered when weather is feasible for outdoor play.

- 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.
- CLS recognizes that students are most attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Christ Lutheran teachers work to provide short (3-5 minute) physical activity breaks to students during and between classroom time at least three days per week.

### **Nutrition Guidelines For All Foods And Beverages Available At School**

- Food and beverages utilized for the once a month hot meal catered by parents will represent good choices for a balanced and nutritional diet.
- Healthy choices and nutritional food value will be a consideration in selecting school-sponsored activities.

### **Goals For Other School-Based Activities**

- The school will...
- Maintain the classroom area to ensure that it is a clean, safe, and enjoyable meal environment.
- Arrange a lunch schedule that provides adequate time for heating of meals, for students to eat, and for clean-up following the meal.
- Provide drinking fountains in the school buildings and students will be given opportunity to have water throughout the day.
- Scheduled near the middle of the school day with adequate time for students to eat before needing to leave the classroom area.
- Provide all students with opportunities for physical activities at recess and other times when physical education is scheduled.

**Staff Wellness and Health Promotion** - CLS will encourage and support staff in actively promoting and modeling healthy eating and physical activity behaviors.

**Review** – Christ Lutheran School will review the Wellness Policy every three (3) years beginning with the school year 2017. CLS will evaluate compliance with the Alliance for Healthier Generation's model wellness policy. This Wellness Policy is available in the annual Faculty, Staff, Volunteer Handbook and Student Handbook and can also be found at [www.christcolumbus.org](http://www.christcolumbus.org) website under the School tab.

### **Implementation and Evaluation**

- The wellness policy will be implemented at Christ Lutheran School by the school staff. Teachers will be responsible for operating the policy and reporting any problems to the head teacher.
- The head teacher will be responsible for overseeing the implementation of the wellness policy.
- Through observation, and reports from the teachers, the head teacher will report any difficulties with the implementation of the wellness policy to the Board of Education.
- *Adopted June 13, 2006.*
- *Reviewed and modified August 8, 2017.*
- **Review and modified May 27, 2020**