Emmanuel-Faith Lutheran School Board Policies

Wellness Policy

Section 204 of Public Law 108-265

Adopted by School Board, June, 2006
Revised by School Board, January, 2016
Revised by School Board, June 11, 2017
Revised by School Board, July 16, 2023

A mission of Emmanuel-Faith Lutheran School is to provide curriculum, instruction, and experiences in a health-promoting school environment to instill habits of lifelong learning and health. Therefore, the Board adopts the following School Wellness Policy.

Goals to Promote Student Wellness:
The School has established the following student wellness goals that are designed to promote student wellness in a manner that the School determines to be appropriate:

- Nutrition Education. To implement a curriculum that meets or exceeds the health and nutrition education objectives established by the Nebraska Department of Education.
- Physical Activity. To implement a curriculum that meets or exceeds the health and physical education objectives established by the Nebraska Department of Education.
- Other School Activities. To offer other suitable opportunities for students to engage in health-promoting activities.

The Principal or School Board shall establish such further goals as are determined appropriate to meet the stated mission.

Nutrition Guidelines:
Nutrition guidelines have been selected by the School for all foods available in each school building during the school day with the objective of promoting student health and reducing childhood obesity. The guidelines are as follows:

1. Lunch programs will be offered which meet or exceed the requirements of federal and state law and regulatory authorities and:
2. No foods in competition with the school lunch shall be sold or otherwise made available to students anywhere on school premises during the period of one-half hour prior to the serving period for breakfast and lunch and lasting until one-half hour after the serving of breakfast and lunch. The Principal or designee shall establish such further nutrition guidelines as are determined appropriate to meet the stated mission.

Assurance for Reimbursable School Meals:
The School gives the assurance that the School's guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and sections 9(f)(1) and

17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)), as those regulations and guidance apply to the District.

Plan for Measuring Implementation and Designation of Responsible Persons:
The Principal or the Principal's designee is charged with operational responsibility for ensuring that the school meets the Wellness Policy. The Principal or designee shall measure implementation of the Wellness Policy by conducting periodic reviews or receiving periodic reports.

Development of Policy:
The School assures that development of the Wellness Policy involved parents, students, representatives of the School's nutrition services department, the School Board, and the school administrators.

Legal Reference: The Child Nutrition and WIC Reauthorization Act of 2004, 42 USC 1751; Regulations and Procedures for Accreditation of Schools, NDE Rule 10; National School Lunch Program, 42 U.S.C §§1751-1760, 1770; 7 CFR § 210

Additional Wellness Goals, Nutrition Guidelines and Implementation Plan

The School Wellness Policy establishes a mission of providing a curriculum, instruction, and experiences in the environment of a health-promoting school community, to instill habits of lifelong learning and health. The School Wellness Policy authorizes the Principal to establish such further goals and nutrition guidelines as are determined appropriate to meet the stated mission. This regulation sets forth additional goals and nutrition guidelines as appropriate to meet the School's school wellness mission and implement the School Wellness Policy.

Nutrition Education and Promotion Activities to Promote Student Wellness
The base goal is to implement a curriculum that meets or exceeds the health and nutrition education objectives established by the Nebraska Department of Education. The administration establishes the following additional goals and actions to achieve such goals:

1. Curriculum: Nutrition education will be integrated into other subjects to complement, but not replace, the health and nutrition education curriculum that is provided in accordance with NDE Rule 14. Educators are to incorporate the promotion of healthy eating nutrition lifestyles in all subject areas as appropriate.
2. Display Nutrition Education Materials: The cafeteria shall display posters or other communications suitable to the ages of students served that promote healthy nutrition choices (e.g., display food pyramid). Educators are encouraged to incorporate such communications in their classrooms as well.
3. Nutrition Health Events: Educators are encouraged to search for and take advantage of events that promote nutrition education. Activities may include:
    a. health fairs
    b. traveling health exhibits
    c. field trips to farm or food production facilities

   d. school gardens
   e. health speakers (school assemblies or class speakers on nutrition)
4. Family:
   a. Parents are to be welcomed to join their children at school lunch as appropriate.
   b. School communications to parents will include information about healthy nutrition; such as by including information about healthy snacks for children.
5. Staff: Our employees are encouraged to be healthy role models for students. It is important for students to receive consistent messages. Staff is discouraged from eating foods or drinking beverages of minimal nutritional value during the school day in the presence of students.

Physical Activities to Promote Student Wellness

The established goal is to implement a curriculum that meets or exceeds the health and physical education objectives established by the Nebraska Department of Education. The administration establishes the following additional goals and actions to achieve such goals:

1. Curriculum: Health and physical education will be integrated into other subjects to complement, but not replace, the health and physical education curriculum provided in accordance with NDE Rule 14. Educators are to incorporate physical activity promotion and non-sedentary lifestyles in all subject areas as appropriate.
2. Physical Activity During the School Day:
   a. Recess:
      i. Elementary students will have the opportunity for daily recess. Weather and other conditions permitting, recess will be outdoors. Students who are idle during recess are to be encouraged by supervising staff to engage in physical activity. Daily minimums are as follows: Pre-school: 30 minutes; Grades K-3: 45 minutes; Grades 4-6: 30 minutes. Minimums include lunch recess. Minimums are set for "ordinary" days and are subject to modification in the judgment of the educator when events such as field trips, testing, etc. occur during the day.
      ii. Middle School students will have the opportunity for physical activity during their lunch period. The gym or outside facilities will be open to use during lunch when possible.
      iii. Class Time: Physical activity within class periods (e.g. stretching breaks when students are at task for more than 50 minutes) will be encouraged.
3. Physical Activity To/From School:
   a. To encourage biking or walking to school, the administration will work with law enforcement and as appropriate volunteer parent safety monitors to provide safe routes to school. Bike racks will be established commensurate with need.
   b. In establishing bus pick up/drop off sites, the fact that students will have to walk farther from a particular site will not necessarily be considered as a negative factor.
4. As Punishment: Physical activity will not be used as punishment and will not be withheld as punishment. This guideline shall not apply to extra-curricular activities. Educators may use appropriate professional discretion to make exceptions to this guideline. In no event, however, will physical activity be used as a form of corporal punishment.

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5. Display Physical Activity Educational Materials: The cafeteria, gym and health classrooms shall display posters or other communications suitable to the ages of students served that promote physical activity and non-sedentary lifestyles (e.g., display sports posters, walking fitness posters). Educators are encouraged to incorporate such communications in their classrooms as well.
6. Physical Activity Health Events: Educators are encouraged to search for and take advantage of events that promote physical activity education. Activities may include:
    a. health fairs
    b. traveling health exhibits
    c. field trips to physical activity centers
    d. physical activity speakers (school assemblies or class speakers representing sports figures, medical people)
7. Family:
    a. The school's playground will be made available to use by parents with their children outside the normal school day, subject to priority use being for children and subject to other competing uses and safety and risk management considerations.
    b. School communications to parents will include information that promotes physical activity. Such communications may include information about the benefits of physical activity to children and the distribution of information about youth sports programs.
8. Staff: Our employees are encouraged to be healthy role models for students. It is important for students to receive consistent messages. Staff is encouraged to be seen engaging in non-sedentary lifestyles. For example, staff is encouraged to walk or bike to work; use stairs even if an elevator available; and share as appropriate personal information about physical activities they engage in to remain fit.

Other School Activities to Promote Student Wellness

The established goal is to offer other suitable opportunities to students to engage in health-promoting activities. The administration establishes the following additional goals and actions to achieve such goals:

1. Extracurricular Programs: The school and church will offer athletic and other activity programs subject to and in compliance with the bylaws of the Nebraska School Activities Association as needed.
2. Advertising: The administration will monitor advertising that occurs in the school and endeavor to limit messages that promote foods of minimal nutritional value.
3. Staff Development:
    a. Professional staff members will be provided with professional development and guidance on appropriate practices and procedures to implement the school wellness goals and recommendations. Professional development activities will include activities each year related to the integration of physical activities and nutrition education into the academic curriculum, use of food as rewards and denial of physical activities as a disciplinary consequence, and other wellness goals and activities.
    b. The School will provide ongoing training and development for food service staff related to nutrition and wellness goals and activities.

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4. Community Resources: The administration will coordinate the school wellness program efforts with those available from medical and other community organizations.

Nutrition Guidelines:

The established nutrition guidelines for foods available in each school building during the school day are as follows: (1) Lunch programs will be offered which meet or exceed the requirements of federal and state law and regulatory authorities and (2) no foods in competition with the school lunch or breakfast program shall be sold or otherwise made available to students anywhere on school premises during the period of one-half hour prior to the serving period for breakfast and lunch and lasting until one-half hour after the serving of breakfast and lunch.

The administration establishes the following additional nutrition guidelines and actions to meet the guidelines:

1. Conditions for School Meals:
    a. Scheduling meals. Lunch periods will be scheduled at times when students are in need of nutrition (e.g., in the middle of their school day). Students will be provided adequate time to eat. In general students will, upon arrival in the cafeteria, and at least 15 minutes to eat lunch.
    b. Conditions for meals. Efforts shall be made to establish comfortable and relaxed eating conditions. The factors to promote these conditions will be a clean, orderly environment, pleasant food services staff, adequate seating, enforcement of student conduct rules and adequate supervision.
2. Selection of School Meals:
    a. School Meals: School meals shall at a minimum meet nutrition requirements established by state and federal law. The school food service staff is to offer meals that are of a nutritional value higher than that required. Emphasis is to be on good menu planning principles that offer healthy food choices including lean meats, a variety of fruits and non-fried vegetables daily, whole grains once each week, and low-fat or nonfat milk daily. Limit portion sizes of desserts and fried foods.
    b. Ala carte selections: Elementary students are to be offered balanced meals. Elementary students are not to be sold individual food or beverage selections except for limited portions of low-fat foods, no-fat milk, fruits, and non-fried vegetables.
3. Student's Meals From Home: Students will be discouraged from sharing food and be prohibited from sharing foods brought from home. Parents will be encouraged via health promotional materials to make healthy choices for student lunches.
4. Closed Campus. To encourage students to eat a nutritious lunch, students will not be permitted to leave school during the school day for the purpose of lunch unless the student has been checked out by a parent.
    a. Exceptions: The administration may grant special exceptions to the closed campus rule as needed (e.g., for students with special dietary needs).
5. Vending machines:
    a. Elementary school students: Vending machines with foods other than Smart Snacks will not be available to use by elementary school students at any time during the school day.

b. Middle school students: Vending machines with foods other than Smart Snacks will not be available to use by middle school students from midnight to one-half hour after school.
c. Promotion of Smart Snacks: If vending machines are in the school building, at least one vending machine shall include Smart Snacks (e.g., water, 100% fruit juices, low-fat/non-fat milk, animal crackers, granola bars, whole-grain fruit bars, pretzels, nuts, plain trail mix).

6. Foods available during the school day:
   a. Water: Students will be allowed access to water during the school day. Water fountains are available. Educators may in their discretion allow students to bring water bottles to classes. Students will not be permitted to bring soda pop or other drinks or food to class except on special occasions.
   b. Food Rewards and Classroom Celebrations:
      i. Staff should offer students Smart Snacks.
      ii. Parents are to be encouraged to bring Smart Snacks for classroom celebrations.
7. School activities/events:
   a. Athletes: Student athletes serve as role models. Coaches are to encourage healthy eating by student athletes. The coaches' conduct rules should encourage Smart Snacks.
   b. Concessions: Concession stands will include healthy food choices. Efforts will be made to offer Smart Snacks
8. Definition of Smart Snacks: For purposes of this regulation, "Smart Snacks" means foods that are not foods of minimal nutritional value, and that are low in fats, sodium and sugars, and high per serving in the nutrients which are needed to meet Reference Daily Intakes.
   a. Calories: 200 Snack/Side, 350 Entrée
   b. Sodium: 230 Snack/Side 480 Entrée
   c. Total Fat: $\leq$ 35% calories
   d. Saturated Fat: $\leq$ 10% calories
   e. Trans Fat: 0
   f. Total Sugar: $\leq$ 35% by weight
   g. Beverages:
      i. Water: Any size plain, carbonated or non-carbonated
      ii. Milk: 8 oz. Skim, Flavored Skim, or 1% unflavored
      iii. Juice: 8 oz. 100% Juice, plain or carbonated