

Lake Country Lutheran High School

Wellness Policy

Adopted 12/11/12

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

NUTRITION EDUCATION GOALS

- Students at Lake Country Lutheran will receive nutrition education that is interactive and teaches the skill 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 of the school.
- The curriculum for health education and physical education will include proper nutrition and physical activity.
- The school will continually seek information to present healthy choices.
- The Staff will provide nutrition education when appropriate.
- The School will seek ways to involve parents, students, and the community in nutrition education.

PHYSICAL ACTIVITY GOALS

- Students will be given opportunities for physical activity through physical education classes.
- Students will be given opportunities to participate in athletics programs that are offered by the school and coop with other schools when necessary.
- The school will work with the community to provide safety for students walking, riding bikes, or the use of other physical activities to get to school.
- The school will encourage parents and guardians to support their student's participation in physical activities and will work to offer activities that will include the family.
- The school will provide training for the staff to promote physical activity in enjoyable, lifelong activities.

NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE AT SCHOOL

- Food and beverage choices in the food service program will present good choices for a balanced and nutritional diet.
- The school does not allow vending machines to be used during the day that offers inappropriate food or beverages. During school sponsored activities healthy alternatives will be offered so that students can make choices.
- Healthy choices and nutritional food value will be a consideration in selecting school-sponsored fundraising activities. Physical activity fundraising alternatives will be considered when planning the yearly fundraising events.
- When school activities include food efforts will be made to limit the number of high calories, low nutrition snacks and provide nutritional alternatives.

GOALS FOR OTHE SCHOOL-BASED ACTIVITIES

- The school will maintain the lunch area to insure that a clean, safe, and enjoyable meal environment.
- The school will arrange a lunch schedule that provides adequate time for serving meals, for students to eat, and for proper cleanup following the meals.
- Drinking fountains will be available in the school building or student will be allowed to carry water bottles to class.
- Students will be encouraged to choose healthy food options and encourage families to provide healthy meals for students who bring their meals from home.
- Lunch periods will be scheduled during the middle of the school day.
- Food will not be used as a punishment or a reward. Students will not be denied the opportunity for lunch due to disciplinary measures.
- The foodservice staff will provide proper training in nutrition and physical education.
- The yearly meeting will be held with the food staff and the administration to review the lunch program and to discuss and implement healthy food options for the student.
- The staff will strive to be role models in practicing healthy eating habits.

IMPLEMENTATION AND EVALUATION

- The wellness policy will be implements by the school and staff.
- The policy will be provided yearly in the student handbook.
- The school administration will oversee the implementation of the policy.