Altamont Lutheran Interparish School
Local Wellness Policy

Written 05/03/06

Update 2016-2017

Purpose:

ALIS is committed to creating a healthy school environment 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, 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 shall have the appropriate training.

Nutrition Standards:

ALIS 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. Altamont Lutheran Interparish School shall 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. Vending machines shall not be available to students during the school day.

Physical Education and Physical Activity Opportunities:

ALIS 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 shall have the opportunity to participate regularly in supervised physical activities, with organized or unstructured, intended to maintain physical fitness and to understand the short and long-term benefits of a physically active and healthy lifestyle. P.E. uniforms were added in 2007-2008 and PE was increased to 3 times a week for two quarters for 5th – 8th. A designated physical education teacher (2006-2007) teaches 1st through 8th grades. Kindergarten physical education is taught by the teacher.

Other School-Based Activities Designed to Promote Student Wellness:

ALIS 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.

ALIS will follow the USDA guidelines on Smart Snacks, Meal Patterns, and Fundraising.

Implementation and Measurement:

The principal shall implement this policy and measure how well it is being managed and enforced. The principal shall develop and implement administrative rules consistent with this policy. Recommendations from the Wellness Committee, faculty, and Board of Directors shall be considered before implementing such rules. The principal shall report to the Wellness Committee and the Board of Directors on the school's programs and efforts to meet the purpose and intent of this policy.

Administrative Rules Regarding ALIS Wellness Policy:

To assist in the creation of a healthy school environment, ALIS shall establish a Wellness Committee that will provide an ongoing review and evaluation of ALIS Wellness Policy. The Wellness Committee may include representatives from the following areas:

- Administration
- Faculty
- Food Services
- Health Services
- Parents
- Students
- Congregation
- Community groups

Faculty and staff shall be reminded that healthy students come in all shapes and sizes. Students should receive consistent messages and support for:

- Giving glory, honor, and praise to God, their Creator
- Self respect
- Respect for other
- Healthy eating
- Physical activity

These rules are subject to ongoing review and modification as necessary to assure compliance with the purpose and intent of ALIS Wellness Policy.
Any ALIS stakeholder wishing to express a viewpoint, opinion, or complaint regarding these rules should contact:

The Principal of ALIS
7 South Edwards
Altamont, IL 62411
618-483-6428

Students, staff, and the school community will be informed about ALIS Wellness Policy annually.

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

ALIS shall encourage healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value. (Appendix D)

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. ALIS 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:

- Aligns 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 Lutheran 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 ability
- Provides facilities to implement the curriculum for the number of students served.

In addition, ALIS will offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students K through grade sixth. 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.

ALIS should provide some type of physical activity for students in grades seven and eight apart from physical education and organized sports. Physical activity opportunities might include: before-and-after school extracurricular physical activity programs such as Youth Group, Safe Routes to School Program, and use of the school facilities outside of the regular school hours.

Other School-Based Activities Designed to Promote Student Wellness:

ALIS 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 an during the day
- encouragement to maximize student participation in school lunch program
- identity protection of students who eat free and reduced-price meals

Time to Eat:

- Adequate time for students to enjoy eating healthy foods 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:*
- not deny class participation in recess or other physical activities as a form of discipline or for classroom make-up time
- not use physical activity as a punishment
- encourage using physical activity as a reward, such as teacher or principal walking or playing with students at recess.

Consistent School Activities and Environment:

- 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 ALIS 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. ALIS will work through Wellness Committee, faculty, and staff to find cost effective ways to encourage staff wellness.