



## Suburban Bethlehem Wellness Policy

Prepared and reviewed annually triennially by the Wellness Committee  
(Administration, School Board, Food Services, Faculty, Parent, and Students)

### **The Gospel Motivates**

As leaders of Suburban Bethlehem Lutheran School, we believe God created us and gives us all things, including our health. Therefore, we thank God for the gift of life and health that He has given us-imperfect as it may be with problems of illness and disease as a result of sin. But knowing what God has done for us through Jesus Christ- forgiveness of sins, life, and salvation- our response is to care for the body that is on loan to us as a way of thanking and praising God. If we view our bodies as His temple, we can begin to see the importance of daily maintenance in order to keep it usable for his service. By keeping our bodies well-maintained and filled with the right kind of fuel (foods) needed to sustain us we will be ready at a moment's notice for the demands and tasks He is calling us to do.

### **Purpose**

Suburban Bethlehem Lutheran School is committed to developing, implementing, monitoring, and reviewing the nutrition and physical activity policies in accordance with Indiana Code 20-26-9-18 and the Healthy, Hunger Free Kids Act of 2010.

**Wellness Policy will be available on our school website.**

### **1. Nutrition Education**

Nutrition education, a part of a comprehensive health education, will be offered every year to all students. Nutrition topics will be integrated into entire curriculum when and where appropriate. A quality nutrition education program addresses the following:

- a. Equip students to acquire knowledge and skills needed to participate in sound nutrition behavior.
- b. Provide parents/guardians with nutrition education resources.
- c. Align with state standards
- d. Display signs and posters that encourage healthy eating habits.
- e. Nutrition education may be provided in various forms , including school newsletters, parent and teacher handbooks, handouts, and posters.

### **Healthy Education Goals:**

- Healthy eating and lifestyles will be modeled within the school community when with students.

- Teachers will take time at the beginning of the school year to educate students and parents on creative choices with their lunch, snacks, and treats that come in.
- We will promote nutritional education, including lessons that cover topics such as how to read food labels, choosing healthy options, and portion control.

## **2. Nutrition Promotion**

- a. Mealtimes are scheduled for all classes so there is minimum disruption by recess and other special programs or events.
- b. Lunch meals will meet or exceed state or federal guidelines, offering a variety of fruits, vegetables, whole grains, and low-fat milk choices.
- c. School will provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school cafeteria.
- d. Foods of minimal nutritional value will not be advertised or marketed in educational materials.
- e. Smart Snack Standards: Food and drinks that are not sold but are available on the school campus during the school day will be encouraged to follow the recommendations of specific limits on calories (under 200/serving), fat (less than 35% of calories, sugar (less than 35% of total weight), and sodium( no more than 230mg per snack) will be encouraged. While encouraged align with USDA recommendations, it will not be enforced. Non-food rewards will also be encouraged.
- f. Fundraisers: Schools may have exemptions for fundraising purposes but will be limited.

### **Nutrition Promotion Goals:**

- Parent/Student Handbook will address non-sold food ideas.
- Promote healthy eating ideas to parents/staff on a quarterly basis via newsletter.

## **3. Physical Activity**

Developmentally appropriate physical education will be offered to all students. In addition, physical education topics may be integrated into the entire curriculum when appropriate.

- a. Equip students with the knowledge, skills, and attitudes necessary for lifelong enjoyment.
- b. Promote physical activities that reflect our beliefs in the Holy Scriptures.
- c. Align with State Standards.
- d. Keep all students involved in purposeful activity for a majority of the class period.
- e. Suburban Bethlehem will allow staff to use school facilities outside school hours for activities such as sports, walking, fitness programs or individual use.

- f. Taking away the opportunity for physical movement as a consequence will be limited and assessed case-by-case

**Physical Activity Goals:**

- Seek before and after school activities that promote movement.
- Use “Brain Breaks,” for movement opportunities in class.
- Use activities like Minds in Motion to encourage movement.

**4. Other Activities**

- a. Suburban Bethlehem believes that Wellness encompasses more than just healthy eating and physical activity. We will address mental, emotional, spiritual and social wellness with students and staff by bringing in professional organizations, such as Alive and Well, Cross Connections, and our Pastors.

**Other Activity Goals:**

- Host one event that pertains to one area of wellness.
- Sponsor annual Walk-a-thon for students to encourage wellness.

**Implementation and Monitoring**

- The school administrator will ensure compliance with this nutrition and physical activity wellness policy.
- School Food staff will ensure the compliance with nutritional policies within the school food service areas and will report to the school principal.
- Physical education and health curriculum are aligned with state standards and the Local Wellness Policy.
- Triennial Review of the policy ensuring it complying with all applicable federal and state requirements.

**Civil Rights**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs that are prohibited from discriminating based on race, color, national origin, sex, disability, age or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.