

Bethlehem Lutheran School Local Wellness Policy

Purpose:

Bethlehem Lutheran School is committed to creating a healthy school 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 Pre-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 who provide nutrition education shall have the appropriate training.

Nutrition Standards:

Bethlehem Lutheran School 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.

Bethlehem will 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.

Physical Education and Physical Activity Opportunities:

Bethlehem Lutheran School 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, Pre-K-8, will have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle.

Other School-Based Activities Designed to Promote Student Wellness:

Bethlehem Lutheran School 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.

Implementation and Measurement:

The principal will implement this policy and measure how well it is being managed and enforced. The principal will develop and implement administrative rules consistent with this policy. Recommendations from the Coordinated School Health Team (CSHT), faculty, and Board of Education shall be considered before