

## Wellness policy

Faith Lutheran School  
293 Hialeah Drive  
Hialeah, FL 33010

### **Preamble**

Faith Lutheran School is committed to providing a healthy environment for the students and adults within the school environment, recognizing that people must be physically healthy in-order-to achieve success.

Faith Lutheran School also recognizes that there is a link between academic performance and the food served in school, health literacy and nutrition education, physical education and physical activity, and environmental awareness.

Faith Lutheran School will focus on achieving these goals:

- Nutrition Education: teach skills that are behavior-focused not only for the students but also teaching and sharing information with families and the broader school community to positively encourage them to teach their children about health and nutrition and to provide nutritious meals and snacks for their families at home.
- Physical Education and Activity: all students will engage in the daily recommended levels of physical activity and receive education that promotes a physically active lifestyle. The students shall receive education that teaches them the skills needed for lifelong physical fitness.
- Other School-Based Activities: all students/teachers will learn that "Wellness" is a 24/7 life commitment.
- Nutrition Promotion: students and parents will be provided with ideas and support for better wellness.
- Assurance of USDA Guidelines: we assure that the guidelines for reimbursable meals shall not be less restrictive than regulations and guidance issued by USDA.
- Health Literacy: all students will be educated on how to make "health enhancing" choices.
- Healthy Learning Environment: all students will have a healthy environment conducive for learning

Together, these goals set the foundation and a coordinated, comprehensive wellness program that enables students to succeed academically.

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### Introduction

To promote wellness and address current health issues facing our students, including childhood obesity, Faith Lutheran School will provide:

1. **Nutritious Foods:** Students are provided a healthy breakfast, lunch and afternoon snacks from Sergio's catering. The daily food will include portions of protein, grains, fruits, vegetables and dairy; all focused on giving our students all the nutrients and minerals that our bodies need in order to function properly and healthy. We follow the National School Lunch Program guide lines when ordering our meals; such as no pre-fried foods, pre-packaged, etc. We discourage parents from bringing in lunches for their child to avoid unhealthy meals. We encourage parents to only provide their child with water or 2% fat free milk and not juices, even if they state that they are 100% juice.

All foods served will meet the following nutrition guidelines.

- 200 calories or fewer per portioned package
  - No more than 35 percent of total calories from fat per serving size
  - Calories from saturated fat must be below 10 percent
  - Zero trans-fat per serving
  - Total sugar must be at or below 35 percent by weight
  - Sodium must be at or below 480mg per side dish and at or below 600 g per main dish
  - Consistent with the Dietary Guidelines
  - Contributes to developing healthy eating habits
2. **Physical Education and Physical Activity:** Elementary age students will participate in physical education once a week / middle school age twice a week. This will include cardiovascular activity to promote a healthy heart and exercises that stimulate brain function. Students have an hour each day for lunch and recess; 30 minutes to eat their lunch and 30 minutes of walk, play and engage in a sport after their meal. On our weekly school wide newsletter; ideas on healthy snacks, easy healthy recipes for families to cook together, family activities and small family challenges are posted. All grade levels also have a 30-minute morning recess.
  3. **Health Literacy and Nutrition Education:** equips students to make the most health enhancing decisions about the food choices available to them, and to understand health related influences in their environment.
  4. **Healthy Learning Environment:** Designed to optimize conditions for learning and minimize human exposure to indoor and outdoor hazardous chemicals, allergens, irritant and pollutants.  
Students in certain age groups help out with our gardens. They learn about the different species that create the ecosystem in our gardens and how to care for them.  
All hazardous chemicals are stored in a locked storage and are only used by selected personal after school.

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Faith Lutheran School's Wellness Policy establishes objectives in each of these areas, and sets guidelines for how to meet them successfully in a coordinated, comprehensive wellness program that enables students to succeed academically.

### **Policies**

1. **Nutrition Policy:** All students will have access to high nutrient food options and the nutrition information about them.
  - a. Faith Lutheran School will provide a breakfast, a hot lunch, and afternoon snacks catered by Sergio's Catering that will serve food high in fiber, low in added fats, sugar, and sodium, respectful of cultural diversity and served in appropriate portion sizes consistent with USDA standards with adequate time allotted for meal consumption and in an environment conducive to making nutritional choices.
  - b. Faith Lutheran School will enforce the school policy that all parents are to provide a healthy lunch that contains at least four of the five basic food groups if their child brings a lunch from home.

### **Healthy Beverages and Food Guidelines**

Faith Lutheran School is committed to providing an environment in which all students can make healthful food choices for lifelong health. As such, the following Healthy Food and Beverage Guidelines have been implemented since January 1, 2006 for all food sales before, during and after school.

#### Beverage guidelines

- Drinking water with no additives
- 2% or fat free milk should contain vitamin A and D at levels specified by the Food and Drug Administration.

#### **Nutrition standards for beverages:**

Portion sizes listed are the maximum that can be offered.

<b>Beverages</b>	<b>Elementary</b>	<b>Middle</b>	<b>High</b>
Plain water	unlimited	unlimited	unlimited
Unflavored low-fat milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
Unflavored or flavored fat-free milk	8 fl. oz.	12 fl. oz.	12 fl. oz.

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100% fruit or vegetable juice	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice diluted with water but no added sweeteners	8 fl. oz.	12 fl. oz.	12 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 5 calories or less per 8 fl. oz., or 10 calories or less per 20 fl. oz.	Not allowed	Not allowed	20 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 40 calories or less per 8 fl. oz. or 60 calories or less per 12 fl. oz.)	Not allowed	Not allowed	12 fl. oz.

For elementary and middle school students: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances. Food and beverages for high school students may contain caffeine.

The following are **not allowed**

- Carbonated beverages
- Beverages containing additives such as herbal and non-vitamin supplements
- Food colorings and flavors not proven safe by the Food and Drug Administration
- Beverages containing vitamin and/or mineral supplements
- Beverages in glass containers
- Chips, cookies, candy, and sugary bakery items are not allowed.
- Fast food is not allowed.

Food Guidelines

- Hot lunch is catered by Sergio's catering
- Parents sign an agreement that they will provide a lunch that meets the five basic food groups and that only water or 2% or fat free milk will be part of their child's lunch and snack.
- All snacks are to be fruits, vegetables or from one of the basic food groups.

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### **Standards for food and beverages available during the school day that are not sold to students:**

- The school will provide parents and teachers a list of ideas for healthy celebrations/parties, rewards and fundraising activities.
- Class parties or celebrations shall be held after the lunch period and only foods that meet the Smart Snacks in School nutrition standards can be served.
- Schools will limit celebrations that involve food during the school day to no more than one party per class per month.

### **Fundraising**

- Fundraising efforts will be supportive of healthy eating by complying with all applicable regulations and nutrition standards for competitive foods while also emphasizing the sale of nonfood items.
- No fundraisers that include the sale of food items will occur until thirty (30) minutes after the conclusion of the last designated meal service period.
- The school board is permitted to grant a special exemption from the standards for competitive foods as specified for the purpose of conducting infrequent school-sponsored fundraisers, not to exceed the following maximum number of school days per school campus each school year:  
Combination Schools 10 days.
- Each school's Healthy School Team will maintain a school calendar identifying the dates when exempted competitive food fundraisers will occur. (FAC 5P-1.003)

*\*The new food and beverage marketing rule requires local school wellness policies to establish only minimum standards for food and beverage marketing restrictions. State agencies and Faith Lutheran School may choose to adopt more stringent policies for food and beverage marketing. This new addition does not apply to personal clothing or items, packaging of products brought from home or classroom materials used for educational purposes.\**

### **Policy for Food and Beverage Marketing**

School-based marketing will be consistent with policies for nutrition education and health promotion. As such, the following guidelines apply:

- Schools will only be allowed to market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards.

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- Marketing activities that promote healthful behaviors are encouraged. Examples may include: vending machine covers promoting water, pricing structures that promote healthy options in a la carte lines or vending machines, sales of fruit for fundraisers and coupons for discounted gym memberships.
- **Faith Lutheran School's** nutrition department's replacement and purchasing decisions will reflect the marketing guidelines mentioned above.

*\*The final rule requires an assessment of Faith Lutheran School's wellness policy to be conducted, at a minimum of every three years. However, Faith Lutheran School can choose to assess our policies more frequently to ensure goals and objectives are being met and to refine the policy as needed. The results of this assessment MUST be made available to the public.\**

### **2. Physical Education and Physical Activity Policy:** All students will engage in daily recommended levels of physical activity.

- a. Physical Education/Physical Activity is required for all students following national recommendations by grade level. The current minimums are as follow:
  - Elementary Grades K-5: minimum 150 minutes per week, preferably at least 60 minutes daily.
  - Middle School Grades 6-8: minimum 225 minutes per week, preferably at least 60 minutes daily.
- b. Physical Education will be taught by using the goals and objectives set forth by Faith Lutheran School which follow the subject to differing abilities of the students. The program will stress the importance of physical fitness and encourage healthy lifestyles.
- c. Physical Education will include training in skills needed for enhancing health, such as:
  - i. Comprehension of concepts related to health promotion, disease prevention, and reduction of health risk
  - ii. Ability to access valid health information
  - iii. Ability to analyze the influence of culture and technology on health
  - iv. Effective interpersonal communication skills
  - v. Setting goals and making decisions
  - vi. Advocacy skills for personal, family and community health

Recess for students in grades Pre-Kindergarten to 5 are required for at least 30 minutes in the morning and 30 minutes in the afternoon. Recess is defined as playtime that is supervised and interacted by adults promoting active play.

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First Grade to Fourth Grade have two recesses a day, 30 minutes each.  
Grades 6-8 have a 30 minute recess daily.

- 3. Health Literacy & Nutrition Policy:** In addition to health and fitness taught in physical education programs, all students will be taught comprehensive principles of health and nutrition implications, media literacy, and appreciation of healthy food and other competencies essential to making health enhancing choices. Strategies employed will include, but not limited to:
- a. Incorporating health literacy education into classroom instruction in all core curriculum areas including comprehensive concepts on health enhancing behaviors and risk factor reduction for lifestyle disease prevention.
  - b. Providing nutrition education at all grade levels which includes lessons and experiential learning opportunities that enhance health:
    - i. Emphasize the importance of goal setting and positive decision-making strategies that enhance health including those related to food intake and energy expenditure.
    - ii. Analyze the influence of culture, media and other factors on food choices and preferences in personal health practices including food preparation methods that enrich and challenge healthy living.
  - c. Training students to differentiate between marketing messages and substantive health information.
  - d. Promoting healthy food choices on school premises by making relevant nutrition information available.

All kindergarten, fourth grade students and new students annually are given a speech and hearing screening which the school pays for. Sixth grade students are annually screened for scoliosis as are new seventh and eighth grade students.

- 4. Healthy Learning Environment Policy:** All students will have a learning environment that is safe and healthy and nurtures learning, achievement, and growth of character.
- a. Incorporating an annual assessment of environmental factors to enhance student learning and comfort, including lighting, ventilation, temperature, noise, availability of drinking water quality and sanitation facilities.
  - b. Providing a physically isolated storage, safe usage, and proper disposal of cleaning agents and other hazardous chemicals that cannot be eliminated from school buildings and grounds.
  - c. Providing regular maintenance schedules for the clean and efficient operation of heating, ventilation, and plumbing systems.

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- d. Ensuring a smoke free and tobacco free campus and activities, including the advertising or promotional items of tobacco.
- e. Integrating a pest management control program designed to prevent pest infestations and minimize human exposure to pesticides.

### **Inform/update and implementation of the Wellness Policy**

Faith Lutheran School will provide all parents/guardians with a complete copy of the Wellness Policy at the beginning of the school year and will ensure that the most updated version of the policy is always available on the school website for the public to view.

Faith Lutheran will present wellness policy updates, as applicable, during meetings with the Parent Teacher League.

Faith Lutheran School will ensure that the wellness policy, most recent triennial assessment, as well as provide information to the community about the school nutrition environment are available to the public at-all-times.

### **Community Involvement**

Faith Lutheran School Board is committed to being responsive to community input, which begins with awareness of the wellness policy. Faith Lutheran School will actively communicate ways in which parents, students, representatives of the school food authority, teachers of physical education, the school board, school administrators and the general public can participate in the development, implantation and annual; review of the local school wellness policy through a variety of means, including:

- **Faith Lutheran School** will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback through the use of surveys and attention will be given to their comments.
- **Faith Lutheran School** will use electronic mechanisms, such as email or displaying notices on Faith Lutheran School's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents or sending information home to parents, to ensure that all families are actively notified of any updates to the wellness policy, as well as how to get involved and support the policy.
- At the final school board meeting and PTL meeting of each year, the local school wellness policy will be discussed and all stakeholders will be asked to provide feedback on the policy. All comments and recommendations will be reviewed and considered.

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### **Monitoring and Evaluation**

The Board of Education of Faith Lutheran School is responsible for reviewing and monitoring the Wellness Policy to ensure high academic achievement through enhanced wellness curriculum and programs to improve the health of all students. Input will be provided by parents and students in a form of a survey on a yearly basis. The Board of Education will update and make modifications to the wellness policy based on the results of the annual review and triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges and new federal or state guidance or standards are issued. The well policy will be assessed as indicated at least every three years following the triennial assessment.

Triennial Progress Assessments will be conducted by the Board of Education and other school personnel to measure the wellness policy compliance at least once every three years. This assessment will measure the implementation of the local school wellness policy, and include:

- The extent to which Faith Lutheran School is in compliance with the local public school wellness policy;
- The extent to which the local school wellness policy compares to modal local public school wellness policies; and
- A description of the progress made in attaining the goals of the local public school wellness policy.

- ❖ At a minimum, Faith Lutheran School must annually inform and update the public about the content and implementation of the local public school wellness policy. USDA encourages Faith Lutheran School and schools to include a summary of each school's events or activities relating to the LSWP implementation, contact information for the designated LSWP official and information on how the public can get involved with the wellness policy committee.

The goals, objectives and guidelines of Faith Lutheran School's Wellness Policy will be reviewed annually. Recommendations from faculty, staff and parents will address responses that may lead to changing conditions, more effective techniques and proven strategies, incorporate new objectives if needed, and ensure that the guidelines reflect emerging scientific knowledge relevant to our children's health.

The principal, Ruth L. Wessling, shall ensure compliance with established school-wide nutrition and physical activity polices are maintained.

The approved LSWP is posted at: <http://www.faithlutheranhialeah.org/>

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### **Record Keeping**

Records to document compliance with the requirements of Faith Lutheran School's wellness policy will include, but is not limited to the following:

- The written local school wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including requirements to make Faith Lutheran School's wellness policy and triennial assessments available to the public as consistent with the section on informing and updating the public; and
- Documentation of the triennial assessment of Faith Lutheran School's wellness policy.