

Child Nutrition Wellness Policy

Preface

In accordance with 7 CFR 210.31(c), a Local Education Agency that participates in the National School Lunch Program (NSLP) or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. As of June 30, 2017, Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010.

Local Wellness Policies are a valuable tool in the promotion of student health and wellness through NSLP and SBP. Schools play an essential role in preparing students for successful futures, and proper nutrition and physical activity are key to creating constructive learning environments. Local Wellness Policies provide guidance to further support schools efforts to provide students with a successful and healthy future.

Wellness Committee Members and Responsibilities

Carol Gnehm-Chief Academic Officer cgnehm@clspeoria.org

Stephanie Belvery-Director of Support Services stbevery@clspeoria.org

Jennifer Lamberti	Athletic Director CLS
Kirsten Kelly	Teacher at CLS
Shiconna Banks	DayCare Assistant Director
Sabrina Brown	Kitchen Staff
Latanya Brown	Extended Care

Public Involvement

Christ Lutheran school permits and encourages public involvement on Local Wellness Policy development, implementation, updates and reviews. Therefore, CLS invites school and community members to become involved by sending letters home, utilizing one-call by phone, email and text, and supplying information on the scroll outside the school building. Responsibilities of the wellness members may include policy, development, implementation and review.

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. The first policy was created in 2019 and this will continue every three years following. The assessments will:

- Ensure the wellness policy is in compliance with USDA, State and Local rules and regulations
- Progress of goals from previous policy

Updates

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of CLS. CLS shall make the following available to the public:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis
- The triennial assessment, including goal progress

Through the following channels:

- The Wellness Policy will be available on the CLS website
- School Board Meeting

Records

CLS shall maintain record of the Local Wellness Policy. This includes keeping a copy of the previous and current policies on file and maintaining documentation of the following actions:

- The most recent assessment of the policy
- Availability of the wellness policy and assessments to the public
- Reviews of revisions of the policy, including the individuals involved and the efforts made to notify stakeholders of their ability to participate in the process

Nutrition

Christ Lutheran School recognizes the important role nutrition plays in academic performance as well as overall quality of life. The National Education Association references numerous articles supporting the effects of nutrition in the classroom, for example, hunger often has a negative impact on students' success, attendance, and behavior.

According to the Centers for Disease Control and Prevention, approximately 18.5% of the nations' youth was considered obese in 2015-16. This percentage increased 1.3% when compared to the previous year. Conversely, 15.7% of American families experienced food hardship in 2017. Through participation in the U.S. Department of Agriculture's School Nutrition Programs, Christ Lutheran School commits to serving nutritious meals to students in order to prevent both overconsumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

Nutrition Standards

Meals

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e. Grains, Meat/Meat Alternates, Fruits, Vegetables, and Milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans fat.

Competitive Foods

All competitive foods and beverages sold must comply with USDA Smart Snacks in Schools nutrition standards (7 CFR 210.31(c)(3)(iii)). Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus during the school day.

Other Foods and Beverages

The following policy refers to all foods and beverages provided, but not sold to students. CLS will prohibit food and beverage items that do not meet Smart Snacks nutrition standards for reward and celebration purposes. More than 25% of children's daily calories may come from snacks, therefore, providing Smart Snack allows for a more nutrient-dense calorie intake.

Fundraisers

Fundraisers promoting food and/or beverage items that are held on school campus (i.e. locations on school campus that are accessible to students) during the school day must meet Smart Snacks nutrition standards.

Nutrition Education

In accordance with the Illinois Learning Standards, CLS shall meet all Illinois requirements and standards for Health Education. CLS shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate.

Nutrition Promotion

CLS shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom and home.

The district shall make cafeteria menus available through the school website.

Marketing

CLS will prohibit the marketing and advertising of all foods and beverages on the school campus during the school day. The marketing standards described above apply, but not limited to, oral, written and graphic statements made for promotional purposes. Items subject to marketing requirements include, but are not limited to, posters, menu boards, vending machines, coolers, trash cans, and other equipment. This policy does not require schools to immediately replace equipment that does not meet their requirement, however, CLS shall implement these standards as equipment needs to be replaced in the future.

Physical Activity

Physical Activity is a key component of health and well-being of all students. Physical activity lowers the risk for certain diseases, including obesity, heart disease, and diabetes. Physical activity also helps improve brain function, allowing students to perform better in school.

The Centers for Disease Control and Prevention recommends adolescents get at least 60 minutes of physical activity five days per week. Nearly 79% of school-age children fall short of meeting this requirement. CLS recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

Physical Education

In accordance with the Illinois Learning Standards, CLS shall meet all Illinois requirements and standards for Physical Education. CLS shall offer physical education as follows:

Elementary-Students learn, develop and apply skills needed to participate in personal fitness and activities that contribute to a healthy lifestyle. Grade level Physical Education/Health content includes: Fundamental gross motor skills, movement and spatial awareness. Health and fitness.

- Grades K-5 - Daily 50 minutes and additional 30 minutes one day a week

Middle School-Physical Education plays a major role in a student's overall educational experience. All students are required to participate in grade level Physical Education/Health.

- Grades 6-8 Physical Education 40 minutes daily.

Other Opportunities for Physical Activity

The district shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following:

- Grades K-5 recess times
- Movement breaks as needed
- Transition between classes and activities for all grades

The following opportunities for participation in a school-based sports shall be offered to students each year:

- Grades 4-8-Girls volleyball, girls basketball, boys basketball, cheerleading and track
- All students-after school activities which involve movement
- After school care (all ages)-activity time each day

Other School Based and Community Activities

Just as it takes a comprehensive curriculum to provide education to support students' futures, Christ Lutheran School's wellness approach must also be comprehensive in its intent to provide students with the tools they need to live a healthy lifestyle. In order to further establish positive behaviors related to nutrition, physical activity, and health, CLS commits to expanding wellness opportunities for its students by building relationships within the school and community so that students choose to participate in programs offered, after the school day, that will improve their overall healthy lifestyle.

8/30/2022

Christ Lutheran School

Carol C. Gnehm, Principal

1311 S. Faraday - Peoria, Illinois 61605

Phone: (309) 637-1512

Dear Parent or Guardian:

We are pleased to inform you that Christ Lutheran School has implemented the National School Lunch and School Breakfast Programs called the Community Eligibility Provision (CEP) for the current school year.

This is great news for you and your students! This means that all enrolled students of Christ Lutheran School are eligible to receive a healthy breakfast and lunch at school at no charge to your household each day of this school year. No further action is required of you. Your child(ren) will be able to participate in these meal programs without having to pay a fee or submit an application.

If I can be of any further assistance, please contact us at 637-1512.

Sincerely,



Carol Gnehm
Principal-Christ Lutheran School

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