

Christ Lutheran School Student Wellness Policy December 2025

Supersedes Policy: August 2022, June 2019

Preface

The mission of Christ Lutheran School (CLS) is to partner with families to equip children academically and spiritually in a loving, Christ-centered environment, preparing the next generation to be lifelong, faithful Christians. CLS is committed to supporting the optimal development of every student, recognizing that wellness, good nutrition, and an active lifestyle contribute to a positive learning environment. These priorities are fostered through modeling, meaningful experiences, and education.

Research shows that participation in the USDA School Breakfast Program is associated with higher grades, improved standardized test scores, lower absenteeism, and better performance on cognitive tasks. Likewise, students who engage in regular physical activity—through recess, physical activity breaks, high-quality physical education, and extracurricular programs—demonstrate stronger academic outcomes. Additionally, adequate hydration has been linked to improved cognitive performance.

This policy outlines CLS's approach to creating environments and opportunities for all students to practice healthy eating and physical activity throughout the school day. CLS acknowledges that supporting student health and wellness helps reduce childhood obesity and aligns with the requirements of the Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy, Hunger-Free Kids Act of 2010.

Wellness Policy Leadership

The school principal will have primary responsibility for overseeing Christ Lutheran School's (CLS) Wellness Policy, including its implementation, assessment, and ongoing review. A Wellness Committee will support this work and shall consist of the school secretary, the athletic director, a member of the teaching staff, the head cook, and additional members as appointed by the principal.

Community members are encouraged to participate in the development and refinement of the Wellness Policy. Opportunities for involvement and feedback will be communicated through the CLS website and other appropriate channels. Responsibilities of the Wellness Committee may include policy development, implementation, monitoring, and review.

The CLS Day School Board holds final authority for reviewing and approving all policies contained within the Wellness Policy.

Christ Lutheran School welcomes and encourages public participation in the development, implementation, updating, and evaluation of the Wellness Policy. School families and community members are invited to be involved or to provide feedback at any time.

Reporting and Assessment

CLS will also notify families annually of the existence of the Wellness Policy and its availability for review on the school website.

Christ Lutheran School (CLS) will conduct a comprehensive assessment of the Wellness Policy at least once every three years. The results of this assessment, along with any updates or revisions to the policy, will be communicated to the school community through the CLS website.

Recordkeeping

CLS will maintain records to demonstrate compliance with the requirements of the Wellness Policy. Documentation will be kept on file and will include:

- The most recent assessment of the Wellness Policy;
- Availability of the wellness policy and assessments to the public;
- Reviews of revisions of the policy, including the individuals involved and the efforts to inform stakeholders of opportunities to participate in the development, implementation, and review of the Wellness Policy.

Nutrition

CLS is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and low-fat milk; that are moderate in sodium, low in saturated fats; and to meeting the nutrition needs of school children within their calorie requirements. CLS recognizes the important role nutrition plays in academic performance, as well as, overall quality of life. Through participation in the U.S. Department of Agriculture's School Nutrition Programs, including the National School Lunch Program, the School Breakfast Program and the Fresh Fruit & Vegetable Program. CLS serves nutritious meals to students in order to prevent overconsumption of nutrient-poor foods and food insecurity to give our students the best chance to succeed inside and outside the classroom.

School Meals

- School meals served shall be consistent with the nutrition requirements and regulations for the National School Lunch Program and the School Breakfast Program/USDA nutrition standards. This includes meeting standards for each of the meal pattern components (i.e. Grains, Meat/Meat Alternative, Fruit, Vegetable, and Milk), as well as, meeting or exceeding the limitations set for calories, sodium saturated fat, and trans fat.
- Menus will be posted on the school website.
- CLS will make every attempt to accommodate students with special dietary needs.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Students are served lunch at a reasonable and appropriate time of day.

Competitive Foods

CLS is committed to ensuring that all foods and beverages available to students on the school campus during the school day* support healthy eating. Any foods and beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim is to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout the school campus. CLS will make drinking water available where school meals are served during meal times. Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day. Water bottles are provided to students who forget their water bottle or do not have the means to purchase a water bottle.

Celebrations

Students, parents, school staff, and community members bringing foods and beverages to school for parties/celebrations/meetings shall be encouraged to provide healthy options. See Attachment A.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the day.

Fundraising outside school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. These fundraisers may include are but limited to, donation nights at restaurants, cookie dough, candy and pizza sales, etc.

Fundraisers promoting physical activity are encouraged. (Such as serve-a-thons, free throw-a-thons, walk-a-thons, fun runs, etc.)

Requests for exempted fundraising events/days will be made in writing to the principal at least 7 days prior to the desired event/day. The principal will review the request taking into consideration length of desired event/days and previous number of exempted events/days in same month and school year. Exempted fundraising days will not exceed 4 for the school year.

Nutrition Promotion

Christ Lutheran School will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

- CLS will make lunch menus available through the website and by posting throughout the campus
- CLS will not advertise foods of minimal nutritional value during the school day. This includes no advertising on educational materials, equipment & school publications.
- CLS will schedule mealtimes so there is minimum disruption by recess or other special programs or events.
- Staff will model healthy eating habits by dining with students in the school dining areas.
- CLS will not promote the use of vending machines on school grounds
- The staff of CLS will be discouraged from using food/beverages as a reward for classroom behavior/work and will be encouraged to consider non-food alternatives as rewards.

Marketing

CLS is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food and beverage marketing is defined as advertising and other promotions in schools. This term includes but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards, food service equipment such as cups, menu boards, coolers, trash cans; as well as, posters, book covers, assignment books or school supplies displayed, distributed, offered or sold by CLS. (Note: if current equipment does not meet this standard, 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 CDC recommends at least 60 minutes of physical activity every day. Many school-age children fall short of meeting this recommendation. CLS recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

- Students shall participate in regularly scheduled formal and informal physical activity programs. Reasonable accommodations shall be made for students with disabilities and/or other limitations. Exemption from physical education class shall only be granted due to documented medical condition.
- The Physical Education curriculum allows for proper activities that support movement for all students and focuses on cardiovascular exercises, organized games, informal cardio activities and self-assessment.
- CLS will provide two sessions per week of physical education instruction each week.
- CLS will not allow students to waive out of physical education requirements by substituting P.E. with other activities.
- CLS will provide for at least 20 minutes of daily recess for students in elementary school.
- CLS will provide an indoor physical activity break/recess in the classroom or gym in the case that outdoor recess is not possible, due to inclement weather.
- Students will be provided opportunities for physical activities through a range of school programs such as interscholastic athletics, brain breaks, summer camps, and like activities.

Other Activities to Promote Student Wellness

Healthy Eating

- School meals will be served in clean, safe, and pleasant settings with adequate time provided for students to eat. Appropriate supervision shall be provided in the cafeteria.
- All food service personnel shall have adequate pre-service training and participate in activities or programs that provide strategies for providing tasty, appealing, and healthy school meals.
- Students, parent, school staff, and community members bring food and beverages to school for parties/celebrations/meetings shall be encouraged to provide healthy options. **See Attachment A.**
- All foods and beverages provided by the school shall comply with federal, state and local food safety and sanitation regulations.
- CLS students will have access to free drinking water during the school day.

Physical Activity

- CLS will attempt to limit extended periods of inactivity. When activities such as mandatory testing make it necessary for students to be inactive for long periods of time, it is recommended that students be given periodic breaks during which they will be encouraged to stand and be moderately active. This includes the use of brain breaks and body movement.
- Physical activity facilities and equipment on school grounds shall be kept safe.
- Participation in school-based sports shall be offered to students each year: Grades 5-8, girls volleyball, girls basketball, boys, basketball, cheerleading and track
- Activity time each day at After School Care. (All grades)

Food or Physical Activity as a Reward or Punishment

- School personnel shall not withhold food or beverages from students as punishment.
- The staff is discouraged from assigning physical activity as a form of student discipline.

Nutrition Guidelines for food and beverages available at CLS

- CLS will offer a variety of age-appropriate, appealing food and beverage choices and will employ food preparation, purchasing and meal planning practices consistent with current guidelines of the USDA School Nutrition Programs.
- CLS will also control food sales that compete with the school's non-profit food service in compliance with the Child Nutrition Act.
- Every effort shall be made to provide nutritious and appealing food and beverages, such as fruit, vegetables, low-fat dairy foods, and whole grain products.
- CLS will provide nutrition information to parents upon request.
- Students will be permitted to leave the cafeteria during meals to obtain water from nearby drinking fountains/refill their personal water bottles.

Community Activities

- Just as it takes a comprehensive curriculum to provide education to support students' futures, CLS's wellness approach is comprehensive in its intent to provide students with the tools they need live a healthy lifestyle.
- CLS commits to expanding wellness opportunities for its students by building relationships within the school and the community to provide additional opportunities for participation in programs that will improve their overall healthy lifestyle.

Other Activities

- CLS will integrate wellness activities across the entire school, not just in the cafeteria, other food/beverage venues and physical activity facilities.
- CLS will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative and work towards CLS's goals and objectives promoting student well-being, optimal development and strong educational outcomes.
- All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of CLS's Wellness Committee.
- All school-sponsored events will adhere to the Wellness Policy guidelines. Wellness events will include physical activity and healthy eating opportunities when appropriate.

* School day is defined as the time between midnight the night before to 30 minutes after the end of the instructional day.

Attachment A

Healthy Food and Beverage Options for School Functions*

At any school function (parties, celebrations, meetings, etc.) healthy food options should be made available to promote student, staff, and community wellness. Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans are listed below.

- Raw vegetable stick/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges – cantaloupe, honey dew, watermelon, pineapple, oranges, etc.
- Slice fruit – nectarines, peaches, kiwi, star fruit, pears, mangos, apples, etc.
- Fruit Salad
- Cereal and low-fat milk
- 100% fruit or vegetable juice
- Frozen fruit pops with fruit juice or fruit as the first ingredient
- Dried fruits – raisins, cranberries, apples, apricots
- Single serving applesauce or canned fruits in juice
- Fruit smoothies made with fat-free or low-fat milk
- Trail mix (dried fruits and nuts)
- Lean meats and reduced fat cheese sandwiches
- Party mix (variety of cereals, nuts, pretzels, etc.)
- Pretzels or reduced fat crackers
- Baked chips w/ salsa or low-fat dip (ranch, onion, bean, etc)
- Low-fat muffins (small or mini), granola bars and cookies (graham crackers, fig bars)
- Mini-bagels with whipped light or low-fat cream cheese
- Pasta salad
- Bread sticks with marinara
- Fat-free or low-fat flavored yogurt & fruit parfaits
- Fat-free or low-fat pudding cups
- Fat-free or low-fat milk & milk products (string cheese, single-serving cottage cheese, cheese cubes)
- Pure ice cold water

**This list is not all-inclusive and is meant only to provide parents & school staff with guidance for healthier food and beverage choices.*