Lutheran Interparish Wellness Action Plan

Adopted: October 15, 2019

(In compliance with IA Code: 507.9)

Wellness Plan Implementation, Monitoring, Accountability, and Community Engagement.

|  Action Step  | Indicators of success | People to involve | Timeline |
| --- | --- | --- | --- |
| A School Wellness Committee (SWC) will be established. Meets at least once annually to evaluate the effectiveness of the Wellness Plan and to set goals for the upcoming school year.SWC oversees the following tasks:* Tri-Annual Review of Wellness Policy
* Distribution of the Wellness Policy
* Implementation of the Wellness Policy.
* Required Monitoring and Record Keeping for the Wellness Policy.
 | * Annual Meeting
* Review of Wellness Policy
* Sets goals for upcoming school year.
* Annual Distribution of Healthy Snack material to parents.
* Nutrition Promotion
 | School PrincipalTeacher (s)Hot Lunch Staff Member (s)BOD Staff and Curriculum MembersBOD Hot Lunch and Finance MembersParents | Currently meets in September & May. |

Goal 1: Establish nutrition guidelines for all foods available at Lutheran Interparish School

| Action Step | Indicators of success | People to involve | Timeline |
| --- | --- | --- | --- |
| Meals served through the National School Lunch program will:* Meet at a minimum nutritional requirements established by state and federal laws.
* Offer a variety of fruits and vegetables.
* Serve only low-fat (1%) and fat free milk and nutritionally equivalent non-dairy alternatives.

 (As defined by the USDA.)* Ensure that half of the grains in meal planning are whole grain.
 | * Food Service Director will plan and record menus in compliance with USDA recommendations.
* Review of menus by Department of Education with suggestions and recommendations for menus
 | Food Service DirectorDepartment of Education Consultants | * Done
* Done
* Done
* Done
 |

| All foods and beverages sold individually outside the reimbursable hot lunch program **during the school day** will meet nutrition standards as required by state or federal law. Parents will be encouraged to send health snack items for regular and birthday snacks.  | * LIS will not sell foods and/or beverages outside the reimbursable hot lunch program **during the school day.** After school food and beverage sales for the LIS concession stand will not be sold before 4:00 p.m.
* A list of healthy snacks will be send home annually with each family.
 | School PrincipalTeachersConcession Stand coordinators.Parents | * Done

October, 2019 Annually |
| --- | --- | --- | --- |
| All foods made available at LIS adhere to food safety and security guidelines. | * All food service providers will receive HACCP training
* All food service workers will participate in ongoing professional development.
* Guidelines and requirements for food safety will be shared with the PTL and Concession Stand workers. Food safety rules will be posted in the concession stand.
* All foods made available at LIS will comply with state and local safety and sanitation regulations.
 | Food Service DirectorCafeteria WorkersPTL ExecutivesConcession Workers | OngoingEvaluated Annually |

Goal 2: Nutrition Education and Promotion

| Action Step | Indicators of success | People to involve | Timeline |
| --- | --- | --- | --- |
| Review K-8 Health and Physical Education curriculum to ensure nutrition education, healthy eating, and physical activity are incorporated into the program.  | * Elementary classroom teachers integrate nutrition into science, health, and P.E. curriculum
* Teachers encourage healthy eating.
* Teachers encourage physical activity.
 | School PrincipalTeachersPE Teachers | Ongoing |
| Increase student, parental, and staff awareness of the importance of healthy eating and physical activity in their child’s overall wellness.Increase communication to students and parents regarding caloric balance between food intake and physical education. | * Add a wellness link to the LIS webpage referring students, staff, and parents to current health, nutrition and wellness websites.
* Healthy weight and management information is provided to students in PE and Health classes
* Parent information may be obtained through the health, nutrition and wellness websites.
 | School PrincipalPE Teachers | By: January, 2020 |

Goal 3: Physical Activity

| Action Step | Indicators of success | People to involve | Timeline |
| --- | --- | --- | --- |
| LIS will provide P.E. classes with a minimum of 60 minutes per week for elementary students and 80 minutes per week for middle & junior high students. | * LIS exceeds this requirement with students receiving between 90-120 minutes of P.E. time per week.
 | School PrincipalPE Teachers | OngoingEvaluated: Annually |
| K-5 grade students will have a minimum of 30 minutes of physical activity per day. Middle and junior high students will have a minimum of 120 minutes of physical activity per week.  | * LIS exceeds this requirement with students receiving between 90-120 minutes of P.E. time per week.
* Students in grades K-4 also receive 50 minutes of recess per day. Students in 5-8 also receive 20 minutes of recess per day.
 | School PrincipalClassroom Teachers | OngoingEvaluated: Annually |
| An organized extra-curricular sports program is available for students in 5th-8th grade.\* Students in the 4th grade are invited to join in these team sports when extra players are needed to build a team.Students in 3rd-8th grade may participate in the following extra-curricular programs | * Girl’s Sports: Soccer, Volleyball, Basketball, Track
* Boy’s Sports: Soccer, Football, Basketball, Track
* Cross Country, Running Club, and Track
 | Athletic DirectorCoachesAthletic DirectorCoaches | OngoingEvaluated: AnnuallyOngoingEvaluated: Annually |
| The LIS Strength and Conditioning program help students build strength and learn how to condition their bodies.  | * Sessions are held twice a week for 4 week sessions in the Fall and Spring for students in 4th-8th grades.
 | Athletic DirectorParent Volunteers | Evaluated: Annually |
| Students in grades K-3 will participate in an annual Olympics day to promote physical fitnessStudents in grades 3-8 will participate in an annual Track day to promote physical fitness. | * All students participate
* Students set goals to reach their personal best in events
 | Athletic DirectorTeachersParent Volunteers | Spring EventOngoingEvaluated: Annually |
| LIS sets the first Saturday in April for the Annual 5-K / Fun Run  | * Number of students and family members who participate.
 | PTLTeachers | April EventOngoingEvaluated: Annually |
| Students and teachers will participate in special programs that promote healthy lifestyles | * We partner with the American Heart Association to promote a wellness day and to learn about how to take care of our bodies and heart health.
 | Parent VolunteersSchool PrincipalTeachers | At LeastBi-annually |

Goal 4: Promote Wellness In Other School-Based Activities

| Action Step | Indicators of success | People to involve | Timeline |
| --- | --- | --- | --- |
| LIS will support parents efforts to provide a healthy diet and daily physical activities. | * LIS Website Links to promote healthy diet and daily physical activities.
* Encouraging parents to pack healthy lunches.
 | School Wellness CommitteeSchool PrincipalTeachers | OngoingEvaluated: Annually |
| Increase opportunities for students to have physical activity during the school day beyond P.E. classes.  | * Integrate physical activity into classroom lessons.
* Encourage teachers to provide short physical breaks between lessons or classes.
* Encourage self-management skills to maintain a physically active lifestyle and reduce sedentary activities.
 | School PrincipalTeachers | OngoingEvaluated: Annually |
| Increase the number of healthy food and beverage selection at after-school activities. | * Meet with the PTL executive committee and concession stand personnel to discuss meeting this goal.
 | School PrincipalPTL Executive CommitteeConcession Stand Committee | OngoingEvaluated: Annually |
| Promote staff wellness by encouraging healthy eating, physical activity, and other elements of a healthy lifestyle. | * As a faculty, brainstorm ideas where we can collectively support one another in meeting this goal.
 | School PrincipalTeachers/Staff | OngoingEvaluated: Annually |