

# **REDEEMER LUTHERAN SCHOOL WELLNESS POLICY**

## **Philosophy**

Redeemer Lutheran School believes that children and youth who begin each day as healthy individuals can learn more and learn better and are more likely to have success in their education. Redeemer Lutheran School also believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual needs.

## **Nutrition**

Academic performance and quality of life issues are affected by the choice and availability of good foods in our school. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

(a) Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by Redeemer Lutheran's Food Service program or contracted vendors. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible.

(b) Nutrition services policies and guidelines for reimbursable meals shall meet federal and State of Pennsylvania regulations and guidelines.

(c) A la carte offerings to students shall be nutritious and meet federal recommended guidelines and shall be selected with input from students, parents and staff.

## **Health Education and Life Skills**

Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

(a) Redeemer Lutheran School shall provide for an interdisciplinary, sequential skill-based health education program based upon State of Pennsylvania standards and benchmarks.

(b) Students shall have access to valid and useful health information

and health promotion products and services.

(c) Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day.

(d) Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.

### **Physical Education and Activity**

Physical education and physical activity shall be an essential element of Redeemer Lutheran School's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.

### **Physical Education Program**

The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.

(a) Participation in such physical activity shall be required for all students in kindergarten through grade eight for a minimum of thirty minutes, five days a week, or the equivalent.

(b) Such instruction shall be provided for grades K-8 through formal physical education courses, integration into other courses, and/or regularly scheduled school-wide activities.

(c) The Physical Education program shall include a Physical Fitness component whereby all students are tested yearly regarding their level of fitness. Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.

(d) Students shall be provided varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.

### **Healthy and Safe Environment**

Redeemer Lutheran School shall strive to provide a healthy and safe environment for all, before, during and after school because that supports academic success. Safer schools promote healthier students. Healthier students do better in school and make greater contributions to their community.

- (a) School buildings and grounds, structures, and equipment shall meet all current health and safety standards, and be kept inviting, clean, safe and in good repair.
- (b) Redeemer Lutheran School's offices shall maintain an environment that is free of tobacco, alcohol and other drugs.
- (c) Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.
- (d) Redeemer Lutheran School shall work to create an environment where all students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.
- (e) Redeemer Lutheran School shall regularly conduct safety drills (fire evacuation).

### **Health Services**

An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff.

- (a) Primary coordination of health services shall be through a trained school health care practitioner (School Nurse) from the Riverview School District with the support and direction of Redeemer Lutheran School.
- (b) Redeemer Lutheran School shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff and community.
- (c) A coordinated program of accessible health services from Riverview School District and Redeemer Lutheran School shall be provided to students and staff and shall include violence prevention, school safety, communicable disease prevention, health screening, including Body Mass Index (BMI), community health referrals, and immunizations, parenting skills, first aid and other priority health education topics.

### **Staff Wellness**

Redeemer Lutheran School will provide information about community wellness resources and services and assist in identifying and supporting the health, safety and well being of the teaching and non-teaching support staff.

(a) Redeemer Lutheran School shall be in compliance with drug, alcohol and tobacco free policies.

(b) Redeemer Lutheran School shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.

### **Evaluation**

(a) Our school nurse will work with physical education classes to regularly monitor the heart rate and blood pressure of all students of Redeemer Lutheran School as part of their physical fitness programs. This information will be a key component of our ongoing evaluation.

(b) We will document and continue to track the number of students participating in sports programs and fitness-related extra-curricular activities.

(c) The principal, school nurse, and Board will revisit this wellness policy annually to evaluate its effectiveness and revise, update, or amend the policy as needed.

This wellness policy was adopted by the School Board of Redeemer Lutheran School.

---

School Board President

Date