

School Wellness Policy

Concordia Lutheran School (CLS), Independent
Concordia Lutheran School Board Policy: Local Wellness Policy

Student wellness, including good nutrition and physical activity, shall be promoted in the District's educational program, school activities, and meal programs. This policy shall be interpreted consistently with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004.

Goals for Nutrition Education and Nutrition Promotion

The goals for addressing nutrition education and nutrition promotion include the following:

- CLS will support and promote good nutrition for students.
- CLS will foster the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.
- Nutrition education will be part of the CLS comprehensive health education curriculum.

Goals for Physical Activity

The goals for addressing physical activity include the following:

- CLS will support and promote an active lifestyle for students.
- Physical education will be taught in all grades and shall include a developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle.
- Unless otherwise exempted, all students will be required to engage daily during the school day in a physical activity.
- The curriculum will be consistent with and incorporate relevant Illinois Learning Standards for Physical Development and Health as established by the Illinois State Board of Education.

Nutrition Guidelines for Foods Available in Schools During the School Day

- Students will be offered and CLS will promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System published jointly by the U.S. Department of Health and Human Services and the Department of Agriculture.
- In addition, in order to promote student health and reduce childhood obesity, the Administration or designee shall control food sales that compete with the CLS's non-profit food service in compliance with the Child Nutrition Act.
- Food service rules shall restrict the sale of foods of minimal nutritional value, as defined by the U.S. Department of Agriculture, in the food service areas during the meal periods and comply with all applicable rules of the Illinois State Board of Education.

Guidelines for Reimbursable School Meals

Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program.

Monitoring

The Administration or designee shall provide periodic implementation data and/or reports to the Concordia Lutheran School Board concerning this policy's implementation sufficient to allow the Concordia Lutheran School Board to monitor and adjust the policy.

This report must include without limitation each of the following:

- An assessment of the CLS's implementation of the policy
- The extent to which CLS is in compliance with the policy
- The extent to which the policy compares to model local school wellness policies
- A description of the progress made in attaining the goals of the policy

Community Input

The Administration or designee will invite suggestions and comments concerning the development, implementation, and improvement of the school wellness policy from parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the Concordia Lutheran School Board, school administrators, and community.

Procedure for Reviewing and approving/denying requests for Exempted Fundraising Days

- See attached form

For use under the School Wellness Policy

Fundraising Application for Exempted Fundraising Days

(Applies to fundraisers that are executed during the school day.)

Definition: School Day

School day is the period from the midnight before, to 30 minutes after the end of the official school day.

Procedure for conducting a fundraiser:

1. Complete and submit this application to the Principal at least two (2) weeks prior to the fundraiser start date; and
2. **DO NOT** commit to, promote, or purchase anything for the fundraiser until written permission has been granted from both the Principal and the Finance Committee; and
3. Food products for fundraising purposes **MAY NOT** be sold at Concordia Lutheran School from Midnight until 4:00 p.m., Monday through Friday. Unless an EXEMPTION has been granted and is in compliance with *Section 305.15 Sale of Competitive Food in Participating School*; and
4. Food products for fundraising purposes **MAY NOT** be sold in any school cafeteria during any food service period (breakfast or lunch).
5. Any organization that fails to abide strictly by these fundraising guidelines and procedures will be banned from coordinating any fundraising efforts through Concordia Lutheran School, its personnel, and/or its students.

TODAY'S DATE: _____

GROUP/ORGANIZATION:

FUNDRAISER (please explain in detail):

FUNDRAISER START DATE: _____ FUNDRAISER END DATE:

ANTICIPATED PROFIT: \$_____

HOW PROFITS WILL BE USED: [Click here to enter text.](#)

GRADE LEVELS FUNDRAISING (Check ALL that apply): K 1 2 3 4 5 6
7 8

1. DOES THIS FUNDRAISER INVOLVE A FOOD PRODUCT? YES NO If NO, skip
to Question #7

2. IS THE FOOD PRODUCT PRE-PACKAGED OR HOMEMADE ? (please check
one)

3. WILL THE FOOD PRODUCT BE SOLD AT SCHOOL BETWEEN THE HOURS OF
MIDNIGHT AND 4:00 P.M.

ON A MONDAY THROUGH FRIDAY? YES NO

4. WILL THE FOOD PRODUCT BE SOLD DURING BREAKFAST AND/OR LUNCH
PERIODS? YES NO

5. DOES THE FOOD PRODUCT MEET THE USDA DEFINITION OF "HEALTHY
SNACKS"? YES NO

6. WHERE WILL THIS FOOD PRODUCT BE SOLD (not in the school cafeteria)?

7. WILL THIS FUNDRAISER INVOLVE PUBLIC SOLICITATION (i.e. at Wal-Mart, etc.)?

YES NO

8. WILL THIS FUNDRAISER INVOLVE DOOR-TO-DOOR SELLING? YES NO

9. WILL STUDENTS BE HANDLING CASH DURING THIS FUNDRAISER? YES NO

10. HOW OFTEN WILL PAYMENTS BE COLLECTED FROM STUDENTS? DAILY

WEEKLY END OF SALE

11. WHO WILL BE RESPONSIBLE FOR COLLECTING PAYMENTS FROM STUDENTS? TEACHER OFFICE

SPONSOR PARENT (Name): _____ . OTHER (explain):

_____.

APPROVED AS IS APPROVED WITH CONDITIONS NOT APPROVED

Signature of Building Principal _____ Date

Signature of Finance Committee Rep. _____ Date
