

Prince of Peace Lutheran School
Wellness Policies on Physical Activity and Nutrition

Preamble

Prince of Peace Lutheran School is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. This is in keeping with our belief that each child has been created by God our heavenly Father (Psalm 139:13-14) and that in Baptism God the Holy Spirit has sanctified each child's body to be His temple (1 Corinthians 6:19-20). Therefore it is the policy of Prince of Peace Lutheran School that:

- We will engage students, parents, teachers, food service professionals, and health professionals in developing, implementing, monitoring, and reviewing our school nutrition and physical activity policies.
- All students in grades PreK-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages served at our school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- We will provide clean, safe, and pleasant settings and adequate time for students to eat.
- We will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

School Health Council

We will have a School Health Council comprised of parents, students, teachers, administration, and health professionals to develop, implement, monitor, review and, as necessary revise school nutrition and physical activity policies. This Council shall meet at least annually prior to the beginning of each school year

Free and Reduced-priced Meals.

Prince of Peace Lutheran School will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced meals.

Nutrition Education

Prince of Peace Lutheran School aims to teach, encourage, and support healthy eating by students. We will provide nutrition education designed to provide:

- Students with the knowledge and skills necessary to promote and protect their health.