

Zion Lutheran School Wellness Policy Progress Report

School Name: Zion Lutheran School

Wellness Policy Contact: Renee Hardwick

Date Completed: 3/8/24

To access Zion Lutheran School’s Wellness Policy, go to www.zlsbethalto.org. School Wellness Committee members: Sarah Koch, Principal; Renee Hardwick, Business Manager/School Nutrition Director; Kim Griffith, Physical Education Teacher; Debbie Combes, School Board Member. If you would like to be a part of the School Wellness Committee, please contact the school office.

Nutrition Education and Promotion Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Nutrition education is offered at each grade level as part of a comprehensive, standards-based program designed to provide students with skills necessary to improve and maintain health.	Sarah Koch	x			Nutrition and fitness education are part of the science curriculum in each grade level. (i.e. 7 th and 8 th grade science studies the symptoms of the body where students learn how they function better with a healthy diet and exercise. The 1 st grade’s SuperKids Reading program includes a unit on “Keeping Fit”, Kindergarten takes field trips to the apple orchard and pumkin patch and studies the nutritional value of eggs.)	Explore additional lessons and activities that incorporate nutrition education, healthy life-styles. Explore classroom instruction in other areas of study to better understand healthy food and fitness choices and tie to fitness challenges.

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2. Promote fruits, vegetables, whole-grain products, low-fat dairy products and healthy foods.	Renee Hardwick	X			Our lunches meet or exceed USDA nutrition standards and regulations. as well as choosing whole-grain products when available. We are also serving more frozen vegetables rather than canned to reduce the sodium intake. Zion has made a conscious effort to serve more fresh fruits and vegetables -Challenges: Children bringing lunches from home that do not support the nutrition standards.	Take advantage of the DOD fruits and vegetables program as much as possible

Physical Activity Goals

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1. Children should participate in 60 minutes of physical activity every day. A substantial percentage can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components:	Kim Griffith	X			Zion uses education curriculum consistent with SHAPE America's National Standards & Grade Level Outcomes and IL state standards for physical education.	Our school will work with the Board of Education and PTL to ensure that inventories of physical activity supplies are known, and, when necessary, will work to ensure sufficient quantities of equipment are

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<p>physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities.</p> <p>2. Provide a physical education class to K-8 students for 30 minutes twice a week.</p>					<p>Zion uses the "FitnessGram" tool for individualized fitness and activity assessments.</p> <p>We have a mileage club to encourage students to walk on walking track during recess.</p>	available to encourage activity for as many students as possible.

Other School Based Activities Goals

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1. Integrating Physical Activity with special activities.	Sarah Koch	X			Zion participates in a jog-a-thon and a 5K which encourages students and families to be active.	Our school will work with PTL and our marketing director to help with advertising and running great events that will encourage more families to participate.
2. Permit student to bring and carry water bottles filled with water throughout the day	Sarah Koch	X			Water fountains have been replaced with water bottle filling drinking fountains for student use.	Encourage students to bring a water bottle to school daily.
3. Make drinking water available where school meals are served during mealtimes	Kim Keller	X			A pitcher of cold water and cups are available where lunch is served. A drinking fountain is available in the lunch room.	
4. Goals are set for students to	Sarah Koch	X			Installation of a quarter mile	Encourage students to

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achieve each quarter in walking on walking track per mileage club.					walking track. Student progress is being captured via walking cards.	participate in the mileage club with incentives.
5. Students taking “brain breaks” that involve getting out of desk and engaging in some physical activity.	Sarah Koch	X			Professional development for teachers to educate on the advantages and benefits based on brain breaks. Many teachers use GoNoodle regularly for physical activity breaks.	Remind teachers of the importance of brain breaks.
6. Students participate in Kids Heart Challenge	Amanda Densmore	X			Encourage all students to participate.	Continue to provide fun physical activities that will be engaging and enjoyable for the students.

Standards and Nutrition Guidelines for All Foods and Beverages *Sold* to Students During the School Day (e.g. vending, school stores, etc.)

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1. Zion Lutheran School does not sell food and beverages to the students during the school day.	Sarah Koch	X			Students are taught through science and other classes how to make informed choices about nutrition, health and physical activity. No food or beverage advertising directly to students is permitted on campus.	Continue to promote and market our school lunch program.
2. There are no vending machines on campus.	Sarah Koch	X			No vending machines are allowed on campus.	

Standards for All Foods and Beverages *Provided* (not sold) to Students During the School Day (e.g. class parties, foods given as reward, etc.

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1. Encourage students to bring nutritional snacks to school.	Sarah Koch	X			Students are encouraged to bring a nutritional snack that complies with the USDA Smart Snacks. These snacks are enjoyed during the morning break of the school day. -Challenges: Students coming to school with unhealthy snacks.	Give parents a list of healthy choices to send as birthday treats (ie: fruit popsicles, rice krispy treats, fruit snacks, yogurt, fun popcorn mix)
2. All foods offered on the school campus are encouraged to meet or exceed the USDA Smart Snacks in School nutrition standards.	Sarah Koch	X			Provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.	
3. Zion will encourage teachers to not use foods and beverages as a reward.	Sarah Koch	X			Provide teachers with a list of alternative ways to reward children.	Continue to educate or remind teachers on the consequences of rewarding with less healthy snacks.

Polices for Food and Beverage Marketing

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1. Any foods and beverages marketed or promoted to students on the school campus during the school	Sarah Koch	X			It is the intent of Zion to protect and promote student's health by	

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day will meet or exceed the USDA Smart Snacks and School nutrition standards.					permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with Zion's wellness policy.	
2. Healthy Fundraisers that promote family health and well-being.	Nikki Winkelmann	X			Zion is promoting family health by using a jog-a-thon, 5K and golf tournament as fundraisers.	Continue to brainstorm ideas on fundraisers that promote family health and well-being.

This institution is an equal opportunity provider.