

# Policy # 518

Adopted \_\_\_\_\_

Good Shepherd Lutheran School (GSLs), Independent

Reviewed \_\_\_\_\_

Good Shepherd Lutheran School Board Policy: Local Wellness Policy

Revised \_\_\_\_\_

## School Wellness Policy

Student wellness, including good nutrition and physical activity, shall be promoted in the District's educational program, school activities, and meal programs.

### Goals for Nutrition Education and Nutrition Promotion

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

- **GSLs will support and promote good nutrition for students.**
- **GSLs 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 GSLs health education curriculum.**

### Goals for Physical Activity

The goals for addressing physical activity include the following:

- **GSLs will support and promote an active lifestyle for students.**
- **Physical education will be taught in grades K-8, and shall include a developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases student's 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, such as recess and/or P.E. and other activities.**

- 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 Good Shepherd Lutheran School Board, school administrators, and community.

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

- See attached form