

Zion Lutheran School Wellness Policy

Adopted: December 2025

Reviewed: February 24, 2026

Next Review: December 2026

I. Purpose and Philosophy

Mission Alignment

Zion Lutheran School's mission is to nurture students academically, spiritually, socially, and physically in a Christ-centered environment. Guided by God's Word, we partner with families to develop the whole child, encouraging students to grow in faith, character, and service to others.

This Wellness Policy supports Zion Lutheran School's mission by promoting healthy habits that strengthen students' bodies and minds, enabling them to better learn, serve, and thrive as children of God.

Zion Lutheran School recognizes that student health and wellness are essential components of academic success and lifelong well-being. This Wellness Policy outlines our commitment to creating an environment that supports healthy eating, physical activity, and overall wellness for all students and staff. This policy applies to all students, school programs, and school personnel.

II. Wellness Leadership and Committee

A. Wellness Committee

Zion Lutheran School shall establish a Wellness Committee to guide and oversee the development, implementation, evaluation, and revision of this Wellness Policy. The committee may include representatives from:

- School administration
- Faculty and staff (including physical education and health)
- Food service or lunch supervision staff
- Parents and guardians
- Students, as appropriate
- School health professionals (e.g., nurse)
- PTL representatives
- Community members

B. Wellness Coordinator

The principal, or a designated representative, shall serve as the Wellness Coordinator and is responsible for ensuring the implementation of this policy, coordinating wellness initiatives, and communicating progress to the school community.

III. Nutrition Education and Promotion

Zion Lutheran School is committed to promoting lifelong healthy eating habits by:

1. Providing age-appropriate nutrition education that helps students develop the knowledge and skills to make healthy food choices.
 2. Integrating nutrition education into the broader curriculum when appropriate.
 3. Promoting healthy eating through school communications, newsletters, classroom activities, and school-wide events.
 4. Encouraging staff, families, and community members to model healthy eating behaviors.
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IV. Nutrition Standards

Zion Lutheran School participates in the Indiana State Nutrition Program and is committed to meeting all applicable federal and state requirements.

A. School Meals

Meals served through the National School Lunch Program (NSLP) shall:

- Meet or exceed nutrition standards established by the United States Department of Agriculture (USDA).
- Offer a variety of fruits and vegetables daily.
- Emphasize whole grains, lean protein sources, and low-fat or fat-free dairy options.
- Be prepared and served in a manner that supports food safety and sanitation requirements.

Zion Lutheran School receives vended meals from New Palestine Community Schools, which operates the meal program in compliance with USDA and Indiana Department of Education nutrition and food safety requirements.

B. Competitive and Other Foods

All foods and beverages sold or provided on campus during the school day, including fundraisers, classroom snacks, celebrations, and concessions, shall:

- Meet USDA Smart Snacks in School nutrition standards.
- Promote nutritious choices and limit foods high in added sugars, sodium, and saturated fats.
- Ensure access to free, safe drinking water throughout the school day.

C. Foods as Rewards and Celebrations

- Food and beverages shall not be used regularly as rewards for academic performance or behavior.
 - Classroom celebrations are encouraged to emphasize non-food activities and experiences.
 - When food is included, healthy options are strongly encouraged.
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V. Physical Activity and Physical Education

Zion Lutheran School supports physical activity as a vital component of student wellness and shall:

1. Provide opportunities for regular physical activity through physical education classes, recess, and classroom movement.
 2. Ensure physical activity is not withheld as punishment or for academic reasons.
 3. Encourage teachers to incorporate short activity breaks during the school day when appropriate.
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VI. Wellness Beyond the School Day

Zion Lutheran School will:

- Encourage family involvement in wellness initiatives.
 - Promote healthy lifestyles at school-sponsored events, athletic programs, and extracurricular activities.
 - Support a positive school climate that prioritizes physical, emotional, and spiritual well-being.
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VII. Communication and Community Engagement

1. The Wellness Policy shall be made available to families, staff, and the school community through the school website, handbooks, or newsletters.



2. Families and community members are encouraged to provide input and participate in wellness initiatives and committee activities.
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VIII. Monitoring, Evaluation, and Reporting

1. The Wellness Committee shall conduct ongoing monitoring and a formal assessment of this policy at least once every three years, in compliance with USDA and Indiana Department of Education (IDOE) wellness policy requirements.
 2. Assessment results will evaluate:
 - Compliance with nutrition and physical activity standards
 - Progress toward wellness goals
 - Areas for improvement
 3. A summary of findings shall be made available to families and the school community.
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IX. Policy Review and Revision

This Wellness Policy shall be reviewed and updated on a regular basis, at least every three years, to ensure alignment with best practices, school needs, and regulatory guidance.

Approved by: _____

Title: _____

Date: _____