School Wellness Policy for Redeemer Lutheran School



Adopted June 2018

Reviewed and Amended July 7, 2026

Redeemer Lutheran School
705 E. Southway Blvd
Kokomo, IN 46107

2026-2027 Wellness Committee

Laura G. Collins, Principal

Carrie Cardwell, Food Service/Kitchen Manager

Michelle Werich, School Secretary

Emily Farrell, Teacher and Parent

Karen Jewell, RLS School Board President

Maria Hickman, Parent and LCOR church member

The Wellness Committee met on July 7, 2026 and hereby agrees to the review, amendments, and adoption of the Redeemer Lutheran School Wellness Policy as per Indiana Code **§ 20-30-5-7.5 for daily physical activity and Indiana Code § 20-26-9** for nutrition and food standards as provided by the Indiana Department of Education Wellness Policies framework.

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(Rehabilitation Act of 1973), and the Americans with Disabilities Act (42 USCS§ 12101,

Inquiries regarding compliance by the Indiana Department of *Education with Title IX and other civil rights laws may be* directed to the Human Resources Director, Indiana Department of Education, 151 West Ohio Street, Indianapolis, IN 46204, or by telephone to 317-232-6610, or the Director of the Office for Civil Rights, U.S. Department of Education, 111 North Canal Street, Suite 1053, Chicago, IL 60606-7204
-Dr. Tony Bennett, State Superintendent of Public Instruction.

STUDENT NUTRITION

Redeemer Lutheran School promotes a healthy school by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The school supports a healthy learning environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind. Nutrition is linked to achievement, attendance and behavior.

A. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be dependent on revenue from high-fat low nutrient foods to support the school lunch program

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B. Support and promote proper dietary habits contributing to students' health status and academic performance.

All school foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the school standards. Emphasis should be placed on foods that are nutrient dense per calorie. Food should be served with considerations toward variety, appeal, taste, safety, and packaging to ensure high quality meals.

C Increase the amount of time students are engaged in physical activity.

The quality of a P.E program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in the daily education program for grades PS-8th grade. Physical activity should include regular instruction, curricular activities and recess. Teachers and other personnel will not use physical activities (e.g., running laps, pushups) as punishment, or withhold opportunity for physical activity (e.g.; recess, PE) as punishment. ALL students will have at least 20 minutes a day of supervised recess.

D. The school is committed to improving academic performance in *high-risk groups so that no child is left behind.*

Educators, administrators, parents, and health practitioners must all acknowledge the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs are met. Research highlighting the positive relationship between a good nutrition, physical activity, and the capacity of student to develop and leam should be highlighted to ensure widespread understanding of free benefits to healthy school environments. The diversity of student population (e.g., economic, religion, nationality, and medical) should be always considered to ensure that all students' needs are being met so that no child is left behind.

NUTRITION

STUDENT NUTRITION

Procedures

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Lunchroom Climate:

- A lunchroom environment that provides students with a relaxed, enjoyable climate should be developed.
- It is encouraged that the lunchroom environment be a place where students have:
  a) Adequate space to eat and pleasant surroundings.
  b) Adequate time for meals (the American Food Service Association recommends at least 20 minutes for lunch from the time that they are seated).
  c) Convenient access to hand-washing facilities before meals.

Teacher -to- Student Incentive:

Strong consideration should be given to nonfood items as part of any teacher-to-student incentive programs. Should teachers feel compelled to utilize food items as an incentive, they are encouraged to adhere to Nutritional Standards.

Student Nutrition Education:

Redeemer Lutheran School will provide a comprehensive curriculum approach to nutrition Ps-8th grade. Beginning with the 2022-2023 school year, all staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. The nutritional themes include but are not limited to:

- Knowledge of food guide pyramid
- Healthy heart choices
- Sources and variety of foods
- Guide to a healthy diet
- Diet and disease
- Understanding calories
- Healthy snacks
- Healthy diet
- Food labels
- Major nutrients
- Multicultural influences
- Serving sizes
- Proper sanitation
- Identify and limit junk food.

SCHOOL NUTRITION STANDARDS

Redeemer Lutheran School strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, Redeemer will adopt the following Nutrition Standards governing the sale of food, beverage, and candy on school grounds.

Beverages:

- **Vending sales of pop will not be permitted during the school day.**

NUTRITION

- Non-vending sales of pop or artificially sweetened drinks will not be permitted on school grounds both prior to the start of the school day and throughout the instructional day, but will be permitted at those special school events that begin after the conclusion of the instructional day.

Candy:

- Vending sales of candy will not be permitted on school grounds.

Non vending sales of candy will be permitted at the conclusion of the instructional day.

- Candy is defined as any item that has sugar, high-fructose corn syrup, lactose, maltose, molasses, raw sugar, or table sugar listed as one of the first two ingredients.