

POLICY #518 ADOPTED 09/01/17

**REVIEWED 1/17/23
REVISED**

School Wellness Policy

Student wellness, including good nutrition and physical activity, shall be promoted in the District's education 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.
- 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

- 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 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 goal 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 from the school food authority, teachers of physical education, school health professionals, The Good Shepherd Lutheran School Board, School Administrators, and Community.

Attachments to Policy #518

- [Procedure for reviewing and approving/denying requests for exempt fundraising days.](#)
- [State Wellness Policy For Good Shepherd Lutheran School](#)