



LIFEGATE

CHRISTIAN SCHOOL

Lifegate Christian School Wellness Program

The Lifegate Christian School Wellness program consists of an overall school wellness policy and a school wellness action plan. The wellness policy states the basic purpose of LCS's views on wellness and the action plan identifies specific goals and objectives for Lifegate Christian School. Goals will be monitored and evaluated throughout the school year. Both the wellness policy and the wellness action plan will be reviewed at the beginning of each school year by administration.

School Wellness Program Committee

Mrs. Courtney Hunsberger
Dr. Michelle Lundgren
Mrs. Katie Frankl
Ms. Ameer Yost
Mrs. Shelley Regier
Ms. Christy Bauer
Miss Faith Hoppen
Mrs. Jenny Larson
Mrs. Pam Klasna
Mrs. Marcy Grutsch
Ms. Robin Reichwein

LCS Wellness Policy

The purpose of Lifegate Christian School's Wellness Policy is to encourage LCS students to live a healthy lifestyle. We want our students to be healthy, happy, and enjoy the highest quality of life possible. The path to this includes regular physical activity, proper nutrition, preventive screenings, and smart daily health decisions. A healthy lifestyle will likely postpone chronic disabilities, lengthen one's lifespan, and increase quality of life. A focus on wellness is well

worth the effort each and every day. We welcome the feedback and suggestions of our parents, students, staff, administrators, and board members for ways to continue improving in this area.

LCS Wellness Action Plan

One of the main ways that LCS chooses to focus on health and wellness is by serving nutritionally dense meals to our students at lunch. Our hot lunch program is provided by Westside Community Schools/District 66. Westside Community Schools follows the required guidelines and state standards to ensure children are given a well balanced meal. Portion sizes, calorie count, essential food groups like carbohydrates, protein, fats, vitamins & minerals, are all taken into account when preparing the monthly menu. Each meal is accompanied by a serving of milk to ensure proper calcium and dairy intake. Our students are healthier for receiving this balanced and nutritious meal each day.

Nutrition Educational Goal: All students will be educated in good nutrition practices as part of the health and science curriculum

Implementation Objectives:

- Meet in teacher grade level groups (Elementary, Middle School, Specials teachers) to list meaningful activities or lessons that can be integrated into the school health curriculum and other curriculums
- Develop a timeline for implementation of the listed activities or lessons
- Share information with other staff members, parents, and students

Monitoring:

- determine data to be collected, determine the frequency of collection, and the method for reporting
- Make modifications to implementation as needed
- Provide opportunities for staff to discuss progress

Evaluation:

- Tabulate the number of integrated activities or lessons taught
- Submit timeline of activities or lessons presented
- Have students complete a survey, write about, or draw a picture of a healthy practice they are following on a regular basis
- Determine steps for the next school year

Physical Activity Goal: Students will be given opportunities for physical activity during the school day through recess periods and the integration of physical activity into the academic curriculum like PE classes.

Implementation Objectives:

- Review school activities currently in place that are designed to provide physical activity

- Brainstorm ideas that could enhance physical activity in the various school academic curriculums

Monitoring:

- Develop a timeline for data collection
- Work with staff to determine responsibilities of individual staff members
- Meet in groups to discuss effectiveness
- Make modifications as needed

Evaluation:

- Tabulate the number of recess periods per grade level
- Tabulate the number of physical activities integrated into the academic curriculum per grade level and analyze the level of student understanding and involvement
- Determine steps for the next school year

Nutrition Guidelines For All Foods And Beverages Available At School: Classroom teachers will encourage healthy snacks for classroom celebrations, parties, and field trips.

Implementation Objectives:

- Review current procedures and practices for use of snacks for classroom celebrations, parties, and field trips
- Collect input from parents about their expectations for snacks distributed at school
- Engage students in discussions about the need for healthy snacks at school
- Involve students in providing information to other students about the need for healthy snacks
- Invite knowledgeable guest speakers to meet with students about the need for making healthy snack choices
- Select age-appropriate experiments that can be completed, such as science fair experiments involving consuming healthy foods

Monitoring:

- Analyze data collected related to snacks currently available at school
- Develop a plan for monitoring changes in snacks made available for celebrations
- Involve students in graphing their consumption of healthy snacks and have then analyze the results
- Monitor student, staff involvement and make modifications as needed

Evaluation:

- Tally the results from input received from staff and students relative to the changes made at the school level involving healthy snacks
- Determine steps for the next school year

Goals For Other School-Based Activities: The staff will strive to be role models by practicing healthy eating habits

Implementation Objectives:

- Assess current eating habits of staff related to snacks during a typical workday
- Engage staff in discussions about the need for healthy snacks at school
- Involve staff members in providing information to other staff members about the need for healthy food consumption
- Develop a contract that staff members can agree to reduce unhealthy snacks at school and replace them with healthy choices

Monitoring:

- Analyze data collected related to eating habits of staff members relating to snacks during the school day
- Develop a plan for monitoring changes in eating habits of staff during snack periods
- Involve staff in tracking their consumption of healthy snacks and have then analyze the results
- Monitor staff involvement and make modifications as needed

Evaluation:

- Tally the results from input received from staff relative to the changes made at the school level involving healthy snacks
- Determine steps for the next school year

Reporting of Results

The wellness plan will be implemented at Lifegate Christian School by Mrs. Courtney Hunsberger. The identified process for the implementation, monitoring, and evaluation will be conducted as indicated in the wellness action plan. Results will be reported to NDE at the completion of the 2022-2023 school year and available to those who request them.

Superintendent Signature

School

Date

Elementary Principal Signature

School

Date