



REDEEMER CHRISTIAN SCHOOL

Redeemer Christian School Wellness Policy and Practices 2026-2027

School Team

Name	Role	Contact Information
Chris Callender	Principal, SNP Director	ccallender@redeemerlutheran.us
Brittany Lindsey	Food Service Manager	btlindsey@redeemerlutheran.us
Katie Kirchner	Coordinator of Programs for RCS	kkirchner@redeemerlutheran.us
Pam Fair	Physical education teacher	pfair@redeemerlutheran.us

Redeemer Christian School (RCS) is committed to providing students with the knowledge of living a healthy lifestyle. This includes nutrition and physical activity education. We will promote a school environment that serves to protect student's health, well-being and their ability to learn. It is Redeemer Christian School's policy that:

1. RCS will continue to assess and revise school nutrition and physical activity policies on a regular basis, maintaining records for compliance.
2. RCS will engage and encourage members of the staff, parents, student body, board, community and church to participate in the development, implementation, and review and update of this wellness policy.
3. RCS will comply with the requirement of informing the public of the wellness policy, and revisions made to the wellness policy, and participation in the triennial assessment.

Recordkeeping

RCS will maintain and retain records to ensure compliance with the requirements of the wellness policy. Records will include:

1. The written wellness policy
2. Documentation that the policy has been made to the public
3. Documentation of efforts to review and update the policy, including who is involved in the update and methods used to make the public aware of their ability to participate
4. The most recent assessment of the wellness policy
5. Documentation that the most recent assessment has been made available to the public

Communication

1. Annual Notice
 - a. RCS will inform families and the public each year of the wellness policy utilizing RCS's school website. In addition, the name and contact information of the officials leading and coordinating the committee will also be available to the public.
2. Stakeholder Involvement
 - a. Members of the staff, parents, student body, board, community and church are invited to participate in the development, implementation and review and update of this wellness policy by contacting one of the officials leading and coordinating the committee.
3. Triennial Progress Assessments
 - a. Once every three years, RCS will evaluate and measure, to be made available to the public:

- i. The extent to which RCS complies the the wellness policy
 - ii. The extent to which the wellness policy compares to model local school wellness policies
 - iii. The progress made in attaining the goals of the wellness policy
- b. The official responsible for managing the triennial assessment is Chris Callender, Principal of Redeemer Christian School, ccallender@redeemerlutheran.us. Principal Callender in collaboration with the wellness committee will monitor the school's compliance with this wellness policy.
- 4. Other Communication Avenues
 - a. Communication of updates and revisions will also be sent via school emails and other school technology platforms such as Gradelink or Class Dojo.

Nutrition

- 1. School Meals
 - a. All school meals served through the National School Lunch Program by RCS will:
 - i. Meet or exceed local, state, and federal child nutrition guidelines
 - ii. Be accessible to all students
 - iii. Be appealing and attractive to students
 - iv. Be served in a clean and pleasant setting
 - v. Offer a variety of fruits and vegetables
 - vi. Serve only low fat 1% milk with white milk place in front of other beverage choices in coolers
 - vii. Ensure that 80% of served grains are whole grains
 - b. Breakfast - RCS does not provide a breakfast program to students.
 - c. Free and Reduced-priced Meals - RCS will make every effort to eliminate the stigma associated with and prevent the overt identification of students who are eligible for the free and reduced-price school meal program.
 - d. Free, safe, unflavored water will be made available to all students throughout the school day and during school meals and served during mealtimes.
- 2. Meal times and Scheduling - RCS will:
 - a. Provide students with at least 30 minutes for lunch
 - b. Schedule meal periods at appropriate times
 - c. Schedule recess periods
 - d. Provide students with access to handwashing or hand sanitizing before meal times or snack times
- 3. Staff Qualifications and Professional Development
 - a. All school nutrition staff, managers, and directors will meet or exceed hiring and annual training requirements set forth in the USDA professional standards.
 - b. School nutrition managers and the director will provide guidance to include appropriate certification and/or training programs for staff according to their levels of responsibility.
 - c. Qualified nutrition professionals will administer the school meal program.
- 4. Competitive Foods and Beverages - RCS does not sell any other foods or beverages within the school day outside of school lunch.
- 5. Sharing of foods and beverages - RCS discourages students from sharing foods and beverages with one another during meal and snack times due to concerns about allergies, sensitivities, and/or other dietary restrictions students may have.
- 6. Celebrations, Rewards, and Snacks:
 - a. Celebrations and parties: RCS will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
 - b. Classroom snacks brought by parents: RCS will provide to parents a list of healthy foods and beverages.
 - c. Rewards and incentives: RCS will provide teachers and other relevant staff a list of alternative ways to reward children. Food will never be withheld as a punishment.
 - d. Suggested snack food list:

- i. Fresh fruits - apples, pears, bananas, grapes, plums, strawberries, nectarines, citrus fruits (peeled and sectioned), melons (peeled and sectioned), peaches, blueberries
 - ii. Dried fruits - apricots, figs, prunes, apples, dates, pressed fruit rolls
 - iii. Vegetables - celery, carrots, peppers, cucumbers, radishes, cauliflower, tomatoes, broccoli
 - iv. Bread/Bread alternatives - granola bars, breakfast bars, cereal bars, crackers, pretzels
 - v. Meat/meat alternatives - beef sticks, beef jerky
 - vi. Dairy - cheese (slices, sticks, chunks), yogurt
- e. Non-food celebration or reward ideas:
 - i. Pencils
 - ii. Bookmarks
 - iii. Bracelets
 - iv. Non-distracting fidget toys
 - v. Erasers
 - vi. A book
 - vii. Activity books, crosswords, seek and find, puzzles, mazes
- f. In replacement of birthday treats and snacks, RCS will provide students with the opportunity to celebrate their birthday by having a dress down day on their birthday. Please see our parent and student handbook for details on days a student may dress down if their birthday falls on a holiday, weekend, a break during the school year, summertime, or on an already scheduled dress down day.
- 7. Packed lunches - packed lunches should contain fruits, vegetables, whole grains, low fat or fat free dairy products. Soda pop is not permitted in a packed lunch. Glass bottles are not permitted in school.
- 8. Nutrition Promotion - RCS will promote healthy food and beverage choices for all students throughout the school as well as promote participation in school meal programs.
 - a. Including enjoyable, developmentally appropriate, participatory activities such as taste testing, field trips, and during health.
 - b. Promoting fruits, vegetables, whole grains, low fat dairy products and healthy food preparation methods.
 - c. Teaching caloric balance between food intake and energy expenditure in the PE program.

Physical Activity and Health

Physical Activity

1. Physical Education (P.E.) - All students in K-8 will participate in P.E. for the entire school year.
2. Recess - All students in PS - 5th grade will be given time for recess. PS will have 45 min to 1 hour each day. Kindergarten and first grade will have between 30-50 minutes per day. Second grade will have 35 minutes per day. Third grade through fifth grades will have 15 minutes per day. Our middle school teachers (6-8 grades) will be encouraged to incorporate physical activity during lesson periods to engage students academically and physically. Such as, marching in place during a lesson.
3. Extracurricular Activities - Fifth through eighth grades have the opportunity to participate in multiple sports activities throughout the school year, including volleyball, basketball and track. Our fine arts program also offers an opportunity for physical activity as our plays and musicals can be physically engaging.
4. Before and after school care - RCS provides a before and after school care program called Child Watch. The a.m. program runs from 7 am - 8:30 am and our p.m. program runs from 3:30 pm to 6 pm. This program gives an opportunity for moderate to vigorous physical activity to all participants, up to 5 days per week, in either our gym or playground, weather permitting.
5. Punishment - Staff will not use physical activity as a punishment (such as running laps, pushups) or withhold opportunities for physical activity (recess, PE) as punishment. Staff may require students to walk around the perimeter of the gym or playground rather than allow participation in playtime with others.
6. Classroom physical activity breaks - RCS recognizes that students are more attentive and ready to learn when periodic physical activity breaks are provided. At the discretion of the teacher, students may be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week.

Resources and ideas are available through USDA and the Alliance for a Healthier Generation. Teachers will be encouraged to incorporate movement and kinesthetic activities to core subject instruction time when possible and attempt to limit sedentary behavior.

Health

RCS will provide a health class that will teach, model, encourage and support healthy eating habits by 6-8 grade students.

1. Unit 1: Physical Health
 - 1.) Importance of physical activity
 - a. Physical benefits
 - b. Psychological/emotional benefits
 - c. Academic benefits
 - d. Social benefits
 - 2.) Developing a fitness plan
 - e. Components of fitness
 - f. Various activities
 - 3.) Avoiding chronic diseases
 - g. Healthy lifestyles - personal health/fitness goals
 - h. High cost of losing your health
2. Unit 2: Nutrition
 - 1.) What is food for? Learning to fuel our bodies
 - 2.) Relationship between food choices and health
 - 3.) Importance of eating a variety of foods
 - 4.) Macronutrients/micronutrients
 - 5.) Reading food labels
 - 6.) Hydration
3. Unit 3: Mental and Emotional Health
 - 1.) Recognizing and understanding emotions
 - a. In yourself
 - b. In others
 - 2.) Factors affecting mental and emotional health
 - c. Stress management
 - d. Dealing with bullying & cyberbullying
 - 3.) When to ask for help
 - e. For yourself
 - f. For others
4. Unit 4: Substance Abuse Prevention
 - 1.) Risks of tobacco, vaping, alcohol & drugs

2.) Addiction and brain development

3.) Refusal skills and peer pressure

5. Unit 5: Relational Health

1.) Family relationships

2.) Navigating friendships in middle school

3.) Romantic relationships