

Policy: Wellness Policy

Last Reviewed: August, 2019
Review Period: Semiannually

Cross Reference: School Handbook

St. Paul Lutheran School's Wellness Policy primary goal is to increase the student's knowledge and understanding of proper nutrition and physical activity. Educational knowledge concerning nutrition will influence the students' behaviors. The students will develop important decision making skills to make meaningful decisions pertaining to nutrition. Students will be able to make healthy choices concerning what they eat and importance of good physical activity. To accomplish this goal, St. Paul Lutheran School's wellness policy has been developed to encourage and educate students on the benefits of making and maintaining healthy choices throughout life.

NUTRITION EDUCATION GOALS

- Students in all grades, K-8th will receive nutrition education that is interactive and teaches them the skill they need to adopt healthy eating behaviors.
- The message of making healthy choices will be consistent throughout the school, classrooms, lunchroom, and in all areas throughout the school where the message can be presented.
- The curriculum for health education will include both nutrition and physical education.
- Health education and making healthy decisions will be infused as appropriate throughout the other curricula area.
- The school will seek additional ways to present the message of healthy choices in other events sponsored by the school.
- Staff members who provide nutrition education will be offered appropriate training opportunities.
- Parents, students and the community will be encouraged to be involved in the nutrition education activities of the school.

PHYSICAL ACTIVITY GOALS

- Students will be given opportunities for physical activity during the school day through physical education classes, recess periods, and the integration of physical activity in the academic curriculum.

- Students will be given opportunities for physical activity through after school activities such as athletic programs and clubs and organizations.
- The school will work with the community to help provide safety for students walking, riding bikes, or using other physical activities to get to and from school.
- The school will encourage parents and guardians to support their child's participation in physical activities and will work to offer families a variety of physical activity events.
- The school will provide training for the staff to promote physical activity in enjoyable, lifelong activities.

NUTRITION GUIDELINES FOR FOODS AND BEVERAGES AVAILABLE AT SCHOOL

- Food and beverages in the food service program will represent good choices for a balanced and nutritional diet.
- The school does not allow use of vending machines for students.
- During the school sponsored activities, healthy alternatives will be offered in the concession stands, so that parents and students can make choices.
- Healthy choices and nutritional food value will be a consideration in selecting school-sponsored fundraising activities.
- When school parties and classroom activities include food, efforts will be made to limit the number of high calorie, low-nutrition snacks and instead provide children with healthy/nutritional alternatives.

GOALS FOR OTHER SCHOOL-BASED ACTIVITIES

- The school will arrange a lunch schedule that provides adequate time for serving meals, for students to eat, and for clean-up following the meal.
- Drinking fountains will be available in the school buildings and students will be given opportunity to have water throughout the day.
- Students will be encouraged to participate in the hot lunch program. The staff will monitor lunches brought from home to encourage families to provide nutritious meals and mid-morning snacks.
- Lunch periods will be scheduled near the middle of the school day with adequate time for students to eat before needing to leave the lunch area.

- Food will not be used as a reward or punishment in the school. Children who have been removed from the classroom for disciplinary reasons will be provided with lunch.
- Teachers will be encouraged to provide all students with physical activities at recess and other times when physical education or activity is scheduled.
- Staff will receive proper training in nutrition and physical education.
- The school will make efforts to provide students and families opportunity to participate in physical activities in after-school programs.
- The staff will strive to be role models in practicing healthy eating habits.

IMPLEMENTATION AND EVALUATION

- The wellness policy will be implemented at St. Paul Lutheran School by the school staff. Teachers will be responsible for operating the policy and reporting any problems to the principal.
- The Principal will be responsible for overseeing the implementation of the wellness policy.
- Through observation, and reports from the teachers, the Principal will report any difficulties with the implementation of the wellness policy to the Board of Christian Day School.