

WELLNESS POLICY

St. Paul Lutheran School is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

NUTRITION EDUCATION

Students, Preschool through 8th grade, shall receive nutrition education. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating habits shall be integrated into the curriculum when appropriate. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have appropriate training.

The school shall implement a quality nutrition education program that addresses the following:

Curriculum:

- Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.

Instruction and Assessment:

- Build students' confidence and competence in making healthy nutrition choices.
- Engage students in learning that prepares them to choose a healthy diet.
- Include students of all abilities.

Nutrition education should also be made available to parents/guardians and the community. This nutrition education may be provided in the form of handouts, wall or bulletin board posters or banners, postings in the school newsletter, or other communication on promoting proper nutrition and healthy lifestyles.

NUTRITION STANDARDS

Our school shall ensure that meals meet a high set of nutrition standards. Drinking water is available for all students throughout the day, in various forms including multiple drinking fountains. Our school will encourage students to make nutritious food choices.

Our school shall monitor all food and beverage choices sold or served to students, including those served outside of the school lunch program.

School Lunches will include:

1. A Meat or Meat Alternate
 - a. Limiting high fat meat products
 - b. Limiting processed foods as often as possible
 - c. Serving natural cheeses, not imitation or processed cheese product
2. A Vegetable
 - a. Serving fresh produce as often as possible
3. A Fruit or Second Vegetable
 - a. Serving fresh produce as often as possible
4. A Bread or Grain Product
 - a. Excluding grain-based desserts such as cookies, cakes, bars, etc.
 - b. Serving whole grain rich items as often as possible

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5. A Low-Fat Milk
 - a. Limiting flavored milk

The school shall discourage using food as a reward. The school should also encourage healthy food at school parties. Notices should be given to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for classroom birthday or award celebrations. All food items brought to a child's classroom for sharing should be individually wrapped, commercially prepared items. Homemade foods are not allowed.

The school shall encourage healthy fundraisers as alternatives to fundraising that involves selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY OPPORTUNITIES

Our school shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall support the Michigan Department of Education K-12 Physical Education Standards.

Every year, all students, Preschool through eighth grade, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short-term and long-term benefits of a physically active and healthy lifestyle.

OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

St. Paul Lutheran School may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

The school shall strive to create a healthy school environment that promotes healthy eating and physical activity. In order to create this environment, the following activities shall be implemented:

Dining Environment:

- A clean, safe, enjoyable meal environment for students
- Enough space and serving areas to ensure all students have access to school meals with minimum wait time
- Drinking fountains or drinking water available so all students can get water at meals and throughout the day
- Encouragement to maximize student participation in school meal programs
- Identity protection of students who eat free and reduced-priced meals

Time to Eat:

- Adequate time for students to enjoy eating healthy foods with friends in school
- That lunch time is scheduled as near to the middle of the school day as possible
- That recess for elementary schools is scheduled before lunch so that children will come to lunch less distracted and ready to eat

Food or Physical Activity as a Reward or Punishment:

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- The school shall:
 - Prohibit the use of food as a reward or punishment in school
 - Not use physical activity as a punishment
 - Encourage using physical activity as a reward, such as teacher or principal walking or playing with students at recess

Consistent School Activities and Environment:

- The school shall:
 - Provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education.
 - Make efforts to keep school physical activity facilities open for use by students outside of school hours.
 - Encourage parents/guardians, teachers, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
 - Encourage and provide opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas.
 - Encourage all students to participate in school meal programs.
 - Implement physical activity across the curriculum throughout the school day or in all subject areas.

IMPLEMENTATION AND MEASUREMENT

The principal will implement this policy and measure how well it is being managed and enforced. The principal will develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), parents/guardians, students, school foodservice staff, Board of Education members, and other interested individuals will be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The principal will report to the Board of Education, as requested, on the school's programs and efforts to meet the purpose and intent of this policy.