

ST. PAUL'S LUTHERAN SCHOOL
WELLNESS POLICY
September 2006

The primary goal of nutrition education is to influence students' eating behaviors and provide physical activities to encourage better fitness in children. Building nutrition knowledge and skills helps children make healthy eating and physical activity choices. To accomplish our goal, St. Paul's Lutheran School will develop a program to encourage and educate students on the benefits of maintaining healthy choices throughout life.

NUTRITION EDUCATION GOALS

- Students in all grades, Pre-K through 8 will receive nutrition education that is interactive and teaches the skill they need to adopt healthy eating behaviors.
- The message of making healthy choices will be consistent throughout the school, classrooms, lunchroom, and other areas 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 areas.
- The school will seek additional ways to present the message of healthy choices in other events sponsored by the school.
- Staff, who provides nutrition education, will be offered appropriate training opportunities.
- The school will seek ways to involve the parents, students, and the community in nutrition education activities.
- A special Nutrition Committee will be established to coordinate special activities and to provide educational information for parents and staff.

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 into the academic curriculum.
- Students will be given opportunities for physical activity through, before, and/or after school activities such as intramurals and athletic programs.
- The school will work with the community to help provide safety for students walking, riding bikes, or otherwise using physical activities to get to school.
- The school will encourage parents and guardians to support their child's participation in physical activities and will work to offer physical activities in family events.
- The school will provide training for the staff to promote physical activity in enjoyable, lifelong activities.

NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE AT SCHOOL

- Parents are encouraged to send healthy food snacks and lunches for their child.
- Food and beverages on the special Hot Lunch days will represent good choices for a balanced and nutritional diet.
- The school does not allow vending machines, snack bars, or other opportunities to purchase non-nutritional food during the school day.
- Healthy choices and nutritional food value will be a consideration in selecting school sponsored fundraising activities. Physical activity fundraising alternatives will be considered when planning the yearly fundraising events.
- 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 nutritional alternatives.

GOALS FOR OTHER SCHOOL-BASED ACTIVITIES

- The school will encourage quality hygiene when preparing to eat lunch or snacks, by encouraging children to wash their hands before eating as well as clean desks and meal environment.
- The school will arrange a lunch schedule that provides adequate time for serving meals for student to eat, and for clean-up following the meal.
- Students will be given opportunities to drink water during the school day.
- Teachers are asked to monitor lunches of the students in their class, and to encourage parents to provide nutritional meals.
- 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.
- The Extended Care Program will also follow the established guidelines.
- 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's 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 and will seek assistance from staff and the Nutrition Committee.
- 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 Education.