

St. Paul's Lutheran Church and School Board Policies

Policy Title Wellness Policy
Code No. 800.7

August 2021

Appendix A

NUTRITION EDUCATION AND PROMOTION GOALS

St. Paul's Lutheran will provide nutrition Education and engage in nutrition promotion that:

- is offered at each grade level as part of our Educational program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- promotes fruits, vegetables, whole grain products, low fat and fat free dairy products, health food preparation methods and health-enhancing nutrition practices.

Appendix B

PHYSICAL ACTIVITY

Daily Physical Activity

St. Paul's will provide Physical Education that is daily for 30 minutes during the school day.

- is for all students all school year.
- is taught at least 30 minutes per day by their classroom teacher.

Will engage students in moderate to vigorous activity during at least 50% of the 30 minutes each school day.

Daily Recess

- at least 15 minutes per day during school hours.
- preferably outdoors.
- encourage moderate to vigorous physical activity during school hours.

Physical Activity and Punishment

Employees should not use physical activity (i.e., running laps, pushups, etc.) or withhold opportunities for physical activities (i.e., 15 minutes of recess, or 30 minutes of physical education) as punishment during the school hours of the day.

Appendix C

OTHER SCHOOL BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS

Integrating Physical Activity into Classroom Settings

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, the school will:

- offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities;

- discourage sedentary activities, such as watching television, playing computer games, etc.
- provide opportunities for physical activity to be incorporated into other subject lessons; and,

Encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

Staff Wellness

St. Paul's Lutheran School values the health and well being of every staff member and encourages activities that support personal effort by staff to maintain a healthy lifestyle.

St. Paul's will solicit input from employees and encourage healthy eating, physical activity, and other healthy lifestyles among employees.

Appendix D

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ST. PAUL'S LUTHERAN SCHOOL

School Meals

Meals served through the National School Lunch Programs will

- be appealing and attractive to children.
- be served in clean and pleasant settings.
- meet at a minimum, nutrition requirements established by local, state and federal law.
- offer a variety of fruits and vegetables.
- serve only low-fat (1%) and fat-free milk (as defined by the USDA); and,
- ensure that all of the served grains are whole grain.

St. Paul's Lutheran School

- engages students and parents, through taste-test of new entrees in selecting foods offered through the meal programs in order to identify new, healthful and appealing food choices; and
- share information about the nutritional content of meals with parents and students.

Free and Reduced Meals

The school will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, the school may:

- provide meals at no charge to all children, regardless of income; and

Promote the availability of meals to all students.

Meal Times and Scheduling

The school

- will provide students with at least 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, i.e., lunch should be scheduled between 10:55 a.m. and 12:30 p.m. Meals will not be scheduled during tutoring, club or organizational meetings or activities during mealtimes.
- will schedule lunch periods to follow recess periods (in elementary schools). There is another break/recess after lunch.

- will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

Qualification of Food Service Staff

Qualified nutrition professionals will administer the meal programs. As part of the school's responsibility to operate a food service program the school will

- provide continuing professional development for all nutrition professionals; and,
- provide opportunities that include appropriate certification and/or training programs for child nutrition directors, nutrition managers and cafeteria workers, according to their levels of responsibility.

Sharing of Foods

The school discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

No Foods Will Be Sold Outside the Meal at St. Paul's Lutheran School

Beverages

None will be sold or availability during the hours of the school day except low fat milk.

Foods

No food will be sold or available other than the noon lunch during the hours of the school day.

Fundraising Activities

The school encourages fundraising activities that promote physical activity.

Snacks

Snacks served during the school day will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks, water and milk as the primary beverages.

Rewards

St. Paul's Lutheran School will encourage the use of healthy foods and beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through meals) as a punishment.

Celebrations

St. Paul's Lutheran School will evaluate our celebration practices that involve food during the school day.

School Sponsored Events

Foods and beverages offered or sold at school sponsored events outside the school day will be encouraged to be healthy and nutritional.

Food Safety

All foods made available by St. Paul's Lutheran School will adhere to food safety and security guidelines.

- all foods made available at St. Paul's Lutheran School comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Point (HACCP) plans and guidelines are implemented to prevent food illness in schools. <http://www.fns.usda.gov/tn/Resources/servingsafe> chapter 6.pdf

For the safety and security of the food and facility, access to the food service operations are limited to child nutrition staff and authorized personnel.

Appendix E

PLAN FOR MEASURING IMPLEMENTATION

Monitoring

The Board of Education of St. Paul's Lutheran School will ensure compliance with established school nutrition and physical activity wellness policies.

In St. Paul's Lutheran School

- the principal will ensure compliance with those policies in the school and will report on the school's compliance to the Board of Education; and,
- food service staff, at the school will ensure compliance with nutrition policies within food service areas and will report on this matter to the principal.

In St. Paul's Lutheran School

- will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If our school has not received a SMI review from the state agency within the past five years, the school will request from the state agency that SMI review be scheduled as soon as possible.
- the principal will develop a summary report every three years on school compliance with the school's established nutrition and physical activity wellness policies, based on input from schools within the school; and,
- the report will be presented to the school board and also distributed to the school wellness committee, parent/teacher organizations, parents, teachers and staffing of St. Paul's Lutheran School.
- The Wellness Policy will be on the school website. If you would like to review this policy follow this link: stpaulslutheranschoolsiouxcity.org

Policy Review

To help with initial development of the school wellness policies, the school will conduct a baseline assessment of the school's existing nutrition and physical activity environments and practices. The results of the school's assessments will be compiled at the school's level to identify and prioritize needs.

Assessments will be repeated every 3 years to help review policy compliance, assess progress and determine areas in need of improvement. As part of that review, the school will review the nutrition and physical activity policies and practices and the provision of an environment that supports healthy eating and physical activity. St. Paul's Lutheran School will, revise the wellness policies and develop work plans to facilitate their implementation.

Date of Review: April 24, 2006

Date of Review: May 12, 2008

Date of Review: February 19, 2015

Date of Revised Adoption: August 14, 2018

Date of Revised Adoption: August 10, 2021