

St. Paul Lutheran School Wellness Policy 2017-2018

Purpose and Rationale: The link between nutrition and learning is well documented. At St. Paul Lutheran School students are taught that their bodies are the temples of the Holy Spirit. God commands that we develop our talents to their fullest potential. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, as well as lifelong health and well-being. We recognize the growing trend in childhood obesity. In recognizing this trend, St. Paul Lutheran School is committed to creating a healthy school environment that promotes the beauty of God's creation and reinforces the development of life-long wellness practices, healthy eating habits and physical fitness activities. All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, the staff members are encouraged to model healthy eating and physical activity habits as a valuable part of daily life. Parents will also be encouraged to model healthy eating habits and activity levels. Our goal is to implement a wellness program that encourages healthy habits throughout the day by means of educational classes in nutrition and physical education, offering of nutritional school lunches and the opportunities to participate in organized team sports as well as recesses during the school day. This program will assist the children to maintain beneficial physical activities, wise food choices and healthy life styles into the future.

Nutritional Standards: St.. Paul Lutheran School offers a school meal program with menus meeting the requirements and nutritional standards that have been established by the United States Department of Agriculture (USDA). Our school will encourage students to make food choices based on the most current Dietary Guidelines for Americans. Foods and beverages that compete with the school's policy of promoting a healthy school environment will be discouraged. The cooks of St. Paul Lutheran School will be properly qualified to administer Child Nutrition Programs. They will regularly participate in professional development activities. The head cook will create menus that meet USDA standards and that feature a variety of healthy choices that are tasty, attractive, of good quality and are served at the proper temperature. St. Paul Lutheran School will discourage the use of food as a reward. St. Paul Lutheran School will also encourage serving healthy food at school parties.

Wellness Committee: St.. Paul Lutheran School will create a committee consisting of the school principal, head cook, Athletic Director and a representative from the Board of Education. This committee will address nutrition and physical activity issues, as well as develop, implement and evaluate the guidelines that support a healthy school nutrition environment. The Wellness Committee will conduct a review of the Wellness Policy annually, before school starts to identify any areas that might be improved. The Wellness Committee will, via the school cooks, annually report the progress of the committee and the status of compliance by St. Paul Lutheran School to the Board of Education. This committee will address these and similar the wellness policy of the school. Concerns such as kinds of food available on the campus. Sufficient meal times Nutrition education and it's implementation across the curriculum Availability of physical education times, encourage physical activities during daily recess as well as in the classrooms and at after-school opportunities.

Promotion of the Policy: Students will receive positive motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout the school setting. All of the school personnel will help reinforce these messages. Menus will be posted in the school newsletter, school website and in the area where the children pickup their meals. Students/parents will periodically be asked for input and feedback about the school meal menus. Posters and other informational announcements will be placed around the campus to make people aware of the benefits of making positive nutritional and physical activity choices. Healthy food alternatives and/or fun physical activity suggestions will be periodically placed in the school newsletter publications.