

St. Paul Lutheran School's Wellness Policy on Physical Activity and Nutrition

St. Paul Lutheran School is committed to the optimal development of every student. St. Paul Lutheran School believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. This policy outlines St. Paul Lutheran School's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

School Meals

St. Paul Lutheran School is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and non-fat and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. St. Paul Lutheran School participates in the USDA child nutrition program – the National School Lunch Program (NSLP). St. Paul Lutheran School is committed to offering school meals through the NSLP program.

- All school meals are accessible to all students.
- St. Paul Lutheran School offers reimbursable school meals that meet USDA nutrition standards.
- Drinking water will be available to all students throughout the school day, including during mealtimes.
- Students will be allowed at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- All school nutrition program staff will meet or exceed hiring and annual continuing education requirements in the USDA professional standards for child nutrition professionals.

Other food available at school

- All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. Exemptions may be allowed at the discretion of the school principal, but shall not exceed more than one exemption per class.
 - St. Paul Lutheran School will provide a list of healthy party ideas and snacks to teachers, including non-food celebration ideas (Healthy Party Ideas)
https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/celebrations/ ;

- St. Paul Lutheran School will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards <https://foodandhealth.com/usda-school-snack-guide/>; and
- St. Paul Lutheran School will provide teachers and other relevant school staff a list of alternative ways to reward children. https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/non-food_rewards/ Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.
- Only foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day.

Nutrition Promotion

Students and staff will receive consistent nutrition messages throughout classrooms, the gymnasium, and the lunchrooms. St. Paul Lutheran School will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

Nutrition Education

St. Paul Lutheran School aims to teach, model, encourage, and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.

- Nutrition education will include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, taste-testing, and farm visits.
- Nutrition education will be integrated into classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects.
- St. Paul Lutheran School teaches students nutrition education using scientifically-based, up-to-date nutrition information consistent with the Dietary Guidelines for Americans. St. Paul Lutheran School will include in the health education curriculum the following essential topics on healthy eating:
 - Food guidance from MyPlate <http://www.choosemyplate.gov/dietary-guidelines>
 - Reading and using USDA's food labels
 - Balancing food intake and physical activity
 - Food safety
 - Social influences on healthy eating, including media, family, peers, and culture
 - How to find valid information or services related to nutrition and dietary behavior
 - Resisting peer pressure related to unhealthy dietary behavior

- Influencing, supporting, or advocating for others' healthy dietary behavior

Physical Education

St. Paul Lutheran School will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students will be provided equal opportunity to participate in physical education classes.

- All students will participate in physical education that meets or exceeds state standards.
- All students in 4K through 8th grade will receive physical education for at least 60 minutes per week throughout the school year.
- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- All physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education.
- Waivers, exemptions, or substitutions for physical education classes are not granted.

Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. St. Paul Lutheran School will offer students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education.

- Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be required or withheld** as punishment for any reason.
- St. Paul Lutheran School will offer at least 20 minutes of recess to students in grades through 5th grade on all or most days during the year.
 - Outdoor recess will be offered when weather is feasible for outdoor play.
 - Active recess programming will be utilized to create universal participation by offering multiple activities at recess; designate different areas of play throughout the playground; provide equipment to decrease congestion on play structures; and provide group games, led by staff.
 - In the event that St. Paul Lutheran School must conduct indoor recess, teachers and staff promote physical activity for students, to the extent practicable.
- St. Paul Lutheran School recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. Activity break ideas are available through Active Schools WI <http://dpi.wi.gov/sspw/physical-education>.

- St. Paul Lutheran School offers opportunities (e.g., including walking club, intramurals and varsity sports) for students to participate in physical activity before and/or after the school day.
- St. Paul Lutheran School will support active transport to and from school, such as walking or biking.

Other Activities that Promote Student Wellness

St. Paul Lutheran School will integrate wellness activities across the entire school setting, not just in the cafeteria and physical activity facilities. St. Paul Lutheran School will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

- St. Paul Lutheran School will promote to parents/caregivers, families, and the community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be invited to participate in school-sponsored events and will receive information about health promotion.
- St. Paul Lutheran School promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management.
- When feasible, St. Paul Lutheran School will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

Policy Monitoring/Implementation

The school principal or designee will ensure compliance with established nutrition and physical activity wellness policies.

- St. Paul Lutheran School will review the nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The school will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.