

## STUDENT WELLNESS, NUTRITION AND PHYSICAL ACTIVITY

### Philosophical Foundation:

St. Paul's Lutheran School supports healthy practices by promoting wellness, good nutrition, and regular physical activity as a part of the total learning environment. With the student in mind, St. Paul's recognizes the following components as essential to the implementation of positive nutrition and wellness practices.

- **Wellness & Nutrition Education:** Provide a learning environment for developing and practicing lifelong wellness choices and behaviors.
- **Nutrition Standards:** Support and promote proper dietary habits contributing to students' health status and academic performance. St. Paul's Wellness philosophy is: A healthy, well-nourished child is better prepared to learn.
- **Physical Activity:** Encourage students to engage in physical activity that promotes life-long activities.
- **Other School-based Activities:** St. Paul's is committed to improving academic performance for all students by providing school environments that promote and protect children's health, well-being, and ability to learn. This would be accomplished by integrating nutrition and physical activity education in the classroom.

### Administrative Rule Provisions:

Research has shown that there is a positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn. Improved health optimizes student performance potential and ensures that no child is left behind. The following guidelines support the policy as defined above:

- St. Paul's will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring and reviewing school-wide nutrition and physical activity policy.
- All students in grades preK-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutritional recommendations of U.S. Dietary Guidelines. These guidelines will focus on a healthy eating plan that:
  - Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
  - Includes lean meats, poultry, fish, beans, eggs, and nuts
  - Is low in saturated fats, trans fats, cholesterol, salt, and added sugars.

St. Paul's will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity. The staff will establish linkages between health education and school meal programs and with related community services.

### Hot Lunch Program:

- The Hot Lunch program's mission is to provide nutritionally balanced lunch choices to students, which in turn will help to promote academic excellence in our school. The program's financial objective is to operate so that it will have a positive fund balance at the end of each fiscal year while keeping meal and milk prices affordable.
- The Hot Lunch program is authorized to sell Department of Public Instruction-approved meals and milk.

- In addition, schools will encourage parents to provide a healthy breakfast for their children through newsletters, take-home materials, or other means.
- Teachers and staff shall discourage students from sharing their food or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.
- A lunchroom environment should provide students with a relaxed, enjoyable atmosphere. It is encouraged that the lunchroom environment be a place where students have time for meals. The School Nutrition Association (SNA) recommends at least 20 minutes for lunch from the time they are seated with minimal interruptions with other activities, such as meetings, tutoring, etc.
- When possible, encourage collaboration with local farmers and growers through the Farm to School program to increase student consumption of locally grown, minimally processed foods during the school meal program.

#### **Competitive Foods:**

- St. Paul's Lutheran School is dedicated to ensuring that beverages for purchase during the school day and during lunch do not include artificial sweeteners or caffeine. We highly encourage students to take fat-free milk selections or they have access to free, safe and unflavored water throughout the day. At lunch, cups are available for students to fill and drink water, instead of milk. This is their only other option. We also encourage water bottles in the classroom for quenching thirst and overall health. In addition, we aim to meet the USDA Smart Snack nutrition standards for foods and beverages sold outside the school meal program. Parents and staff have access to those standards on our website through the [usda.gov](http://usda.gov) web link at the bottom of this policy.

#### **Snacks:**

- It shall be recommended through newsletters and other informational sources that serving snacks such as fruits and vegetables and beverages such as water during the school day or in after-school programs will make a positive contribution to children's diets and health.
  - These guidelines also apply to the Surround Care Program.

#### **Other Sale of Foods:**

- Sales during athletic events and other events will include healthy options.

#### **Student Nutrition & Health Education:**

- St. Paul's Lutheran School includes nutrition and health education in preschool through eighth grade. Instructional staff shall integrate nutritional and health-related themes into daily lessons when appropriate. The benefits of living a healthy lifestyle should be emphasized. These themes may include, but are not limited to:
  - Knowledge of food pyramid/tray, serving sizes, nutrients, and calories
  - Healthy choices for meals, snacks, and diets
  - Diet and disease
  - Learning to make positive decisions that address the affective domain (self-esteem, stress, feelings)
  - Sources and variety of foods including junk food
  - Commercialism, consumer choices, and food label information

### **Physical Education & Activity:**

The nationally recommended amount of daily physical activity is at least 60 minutes per day. Physical activity should include regular instruction in a physical education class, co-curricular activities, recess, and other opportunities for physical activity before, during and after school.

We recognize that physical activity is important not only during the day but also during our physical education classes. We work to ensure that we have a physical education teacher who is working and teaching our students during Phy Ed classes. In addition, we work to group classes together in a way that we have a workable teacher student ratio to help students learn more effectively. Also, we work to have our staff and teachers be role models. They model healthy physical activity by playing alongside students when necessary, and in the lunchroom by choosing healthy options such as the salad bar to model healthy and balanced nutrition. Other ways that St. Paul's promotes student activity are:

- Students have access and the ability to walk and or bike to school
- Students may participate in various after school physical sports
- All students have at least 20 minutes per day of supervised recess
- Teachers are encouraged during the class day to conduct "Brain Breaks" where students participate in short 5-minute physical activity or singing segments.

### **Parent and Faculty Nutrition Education:**

- Nutrition education will be provided to parents throughout the school year.
- Nutrition education may be provided in the form of handouts, newsletters, links to the School District of Holmen website, or presentations that focus on nutritional value and healthy lifestyles.
- When possible, St. Paul's will encourage students to actively commute to and from school and when not possible encourage physical activity before, during and after school.

### **Wellness Promotion:**

- At St. Paul's we feel that it is important to model healthy habits, therefore, promoting wellness to students. Specific ways in which we do that are not limited to the hot lunchroom. We encourage staff to make healthy food and beverage choices. Staff and teachers also highly encourage the use of water bottles in the classrooms. We also have nutritional education posted in the hot lunchroom from time-to-time modeling to students' healthy food options. White milk is put before chocolate in milk coolers and daily fruit options are displayed clearly for all students have access to them.
- In addition, staff promote physical activity daily through modeling healthy behaviors, being physically active alongside students at recess whenever feasible, and encouraging students to participate in after school sports, clubs or activities when available. Also, teachers are able to use physical activity as a reward, for example extra recess time, instead of food.

### **Implementation:**

- St. Paul's will review annually the policy to ensure policy is being maintained and will update policy as necessary. Parents, staff, and school prospects will have access to the policy at all times through a link on our website. Within the policy, reviewers will have access to other nutritional references.

**Nutrition and Wellness Committee:**

The Wellness committee would meet annually to evaluate policy progress, serve as a resource, and make recommendations for revisions to the policy as necessary. The committee composition may include:

- Libby Mueller, Food Service Director
- Jalena Peterson, 7<sup>th</sup> grade teacher and parent
- Katy Miller, Staff Member and parent
- Christin Skolnik, parent

**Nutritional References:**

Smart Snack Guidelines: <https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>

National School Lunch Program: <https://www.fns.usda.gov/nslp/national-school-lunch-program-nslp>

Healthy Celebrations: <https://healthymeals.fns.usda.gov/local-wellness-policy-resources/wellness-policy-elements/healthy-celebrations>

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