

St. Peter Lutheran School Policy on Wellness

God has given mankind many blessings. Two of them are his body and eternal salvation. It is because of these gifts and God's love that believers in Christ will want to live their lives for Him. "Whether you eat or drink or whatever you do, do it all for the glory of God." (I Corinthians 10:31) A part of giving glory to God is physically taking care of one's body He has so graciously given us. St. Peter Lutheran School promotes healthy lifestyles among its students by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The school supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, St. Peter Lutheran School contributes to the basic health status of children by:

- A. Providing a learning environment for developing and practicing lifelong wellness behaviors.

General Student Health and Wellness

Currently:

- Acquaint students with proper hand-washing procedures.
- Instruct students in proper procedures to control germs when coughing and sneezing.
- Instruct and encourage students to handle their own first aid whenever possible.

Future plans & ideas:

- Encourage families to follow state guidelines for return to school following an illness.
- Investigate the requirements for physicals for students who participate in after school sports programs.

Lunchroom Environment

A lunchroom environment will be provided that offers students a relaxed and enjoyable climate but at the same time encouraging appropriate etiquette and table manners. This includes:

- Adequate space to eat and pleasant surroundings.
- Adequate time for meals (The American Food Service Association recommends at least 20 minutes for lunch from the time they are seated)
- Convenient access to hand-washing facilities before meals.
- Drinking fountains are readily available.

Faculty and Staff Health and Wellness

Currently:

- On-going education is required in first aid, CPR certification, and blood borne pathogens for staff members.
- Encouragement to model healthy eating and drinking practices to students.
- Notify parents when illness or health concern occurs (lice, whooping cough, etc.)

School/Family Health and Wellness

Future plans & Ideas:

- Promote health and wellness through articles in newsletters.
 - Begin open-gym times for school families.
 - Educate parents and students on how to pack healthy lunches.
- B. Supporting and promoting dietary habits contributing to students' health status and academic performance.

Student Nutrition & Guidelines

St. Peter's is committed to serving healthy meals to children; with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat and zero grams *trans* fat per serving; and to meet the nutrition needs of school children within their calorie requirements. St. Peter's participates in USDA Child Nutrition Program (NSLP) and is committed to offering school meals through the NSLP.

Nutrition Promotion:

Currently:

- Hot lunch and milk programs comply with federal, state, and local requirements.
- All school meals are accessible to all students.
- Students are encouraged to eat breakfast.
- Drinking fountains are available.
- Foods sold outside of the school meals program: there are no foods or beverages sold aside from the reimbursable meal.
- Food and beverage marketing: because no foods beyond the reimbursable meal are sold, no product marketing of that type is conducted.
- All school nutrition staff will meet or exceed hiring and annual continuing education requirements in the USDA professional standards for child nutrition professionals.
- Parents are encouraged to provide healthy snacks and treats for student celebrations and other events. A list of nutritional snacks/birthday treats will be provided in the 2019-2020 registration folder for reference.
- Soda and /or caffeinated beverages are not allowed during school hours, including energy drinks that contain caffeine. (exceptions may be made on case by case basis)
- Students are encouraged to bring healthy birthday or party treats.
- Nutrition Promotion: Nutrition related themes are taught in each classroom on an annual basis.

Future plans & ideas:

- Invite guest speakers that will educate the students on the benefits of good nutrition.
- C. Allowing time for students to engage in physical activity.

Student Nutrition Education

St. Peter's 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. Health education is taught at each grade level, kindergarten through eighth grade.

- St. Peter's teaches students nutrition education in the classroom and lunchroom using up-to-date nutrition information consistent with the Dietary Guidelines for Americans. St. Peter's will include the following essential topics on healthy eating:
 - Food guidance from My Plate
 - Balancing food
 - Major nutrients
 - Serving sizes
 - Healthy snacks
 - Diet and disease
 - Proper sanitation
 - Healthy heart choices

Student Fitness & Physical Activity

Currently:

- The regular Physical Education program includes two class periods per week with an average of 60 minutes per week for K – 4th and 90 minutes per week for 5th through 8th grade.
- Recess per day for K-4 is 45 minutes per day and 5th through 8th grade is 35 minutes per day as part of the curriculum.
- After- school sports are offered for grades 4-8.
- Presidential fitness tests are administered in the spring for grades 1-8.

Future plans & ideas:

- Investigate Jump Rope and Hoops for Heart program.
- Investigate the PLAY-60 program.

Implementation and Accountability

There will be a yearly review of the Wellness Plan by School Faculty, the School Board and representatives of the Wellness Committee. Implementation of the policy will be under the direction of the principal.

The district will invite a diverse group of stakeholders from the list below to participate in the development, implementation, and periodic review and update of the policy.

- Administrators, Classroom teachers, Physical education teachers, SFA representative, School nurse, Community members/parents, Students, Medical/health care professionals
- A copy of the Wellness Plan will be provided to the Hot Lunch Program for yearly inspections.
- The future plans & ideas will be discussed at the yearly review in June.
- A triennial assessment will be conducted utilizing the WellSAT or similar assessment.
 - The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.
- The school will actively inform families and the public about the content of and any updates to the policy through the school website and Board of Education meetings.

Future plans & ideas

- An Annual survey will be given to parents to judge the effectiveness of the Wellness Plan.

Wellness Committee

Jeff Miller	Principal
Lori Rodencal	Food Service
Robert Hoewisch	School Board Representative
Lisa Behn	Parent Representative

Adoption Date- 2006

Revised-2017

Revision date – 2019