

# Wellness Policy

St. Paul Lutheran School

5020 Grand Ave. Omaha, NE 68104



St. Paul Lutheran School believes that by the grace of God, we serve our Lord in promoting spiritual, emotional, academic, social and physical growth. Children and youth who begin each day as healthy individuals can learn more and best utilize their God-given talents and abilities. To that end, this policy encourages the wellness of all students and staff at St. Paul Lutheran School.

**update 2017**

## **Intent**

P.L. 108-265

The purpose of this policy is to ensure a total school environment that promotes and supports student health and wellness, helps to reduce childhood obesity and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004 and the Health, Hunger-free Kids Acts of 2010, including and without limitation, goals for nutrition education, physical activity and other school-based activities designed to promote student wellness, nutrition guidelines, for all foods available during the school day; a plan for measuring implementation, including designation of one or more persons charged with operational responsibility; and involving parents, students, school food service providers, the school board, school administrators, and the public in developing this policy; comply with the Richard B. Russell National School Lunch Act or Child Nutrition Act of 1966.

## **Rationale**

A disturbing number of children are inactive and do not eat well. Recognizing the role schools can play in health promotion: this law requires local education agencies participating in a program authorized by the National School Lunch Act or Child Nutrition Act of 1966 to develop a local wellness policy. The objectives of the wellness policy are: to improve the school nutrition environment, promote student health and reduced childhood obesity.

Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and life-long health and well-being. Schools also have a responsibility to help students establish and maintain lifelong habits of being physically active. According to the US Surgeon General, regular physical activity is one of the most important things people can do to maintain and improve the physical health, mental health, and overall well-being.

## **Public Involvement**

The Wellness Committee meets on the third Wednesday of September, November, February and April. The following are welcome and encouraged to join the Wellness Committee: students, parents, school food service personnel, school administrators, school health professionals, teachers, St. Paul Lutheran church members, and community members.

St. Paul Lutheran School will involve the public in the following ways:

- Meeting dates will be published in the Eagle News, church newsletter and the website.
- Meeting times are from 4:30 to 5:15pm
- Agendas will be published and available for review

- School/community members are always able to contact the Christian Days School Board via email at [stpaulomahaschoolboard@gmail.com](mailto:stpaulomahaschoolboard@gmail.com)

### **Nutrition Guidelines**

- *Students in all grades Preschool through 8<sup>th</sup> will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.*
- *The message of making healthy choices will be consistent throughout the school, classrooms. Cafeteria and other areas where the message can be presented.*
- *The curriculum for health education will include both nutrition and physical education.*
- *Health education and making healthy decisions will be infused as appropriate throughout the other curricula areas.*
- *The school will seek additional ways to present the message of healthy choices via other events sponsored by the school.*
- *Staff, who provides nutrition education, will be offered appropriate training opportunities.*
- *The school will seek ways to involve students, parents, and the community in nutrition education activities.*
- St. Paul Lutheran School participates in the NSLP (national School Lunch Program) CEP (Community Eligible Provision) for breakfast, lunch and snack.
- Free water is available in a dispenser and at the water fountain in the lunch room.
- Fruit and Vegetables are available via the FFVP (Free Fruit and Vegetable Program) and via the NSLP.
- St. Paul Lutheran School offers three menu choices daily. The main entrée, an alternate entrée and yogurt and cheese as the main entrée.
- St. Paul Lutheran School does not have a Cafeteria A la Carte, vending machines, school store, snack bar, coffee bar. Fundraisers are limited to take home brochures and no items are sold to students before, during or after the school day.
- Professional Standards are met with regard to Food Service personnel.

### **Nutrition Education**

*Nutrition education, a component of comprehensive health education, shall be offered every year to all students. Nutrition topics shall be integrated into the curriculum when appropriate. A quality educational program/goals address the following:*

#### Curriculum:

- *Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.*

- *Has a curriculum that promotes Christian standards and values as written in the Holy Scripture.*
- *Is aligned with State and USDA standards (ex. FFVP lesson plans and activities)*
- *Uses current information in an appealing format*

*Instruction and Assessment:*

- *Aligns curriculum, instruction and assessment*
- *Addresses the State and USDA guidelines for recommended instruction*
- *Builds students' confidence and competence in making healthy nutrition choices*
- *Engages students in learning that prepares them to choose a healthy diet*
- *Is taught by highly qualified teachers, health professionals and qualified volunteers*

*Opportunity to Learn:*

- *Includes students of all ages and abilities*
- *Provides adequate instructional times to build students confidence and competence in health-enhancing skills.*

*Nutrition education shall also be made available to parents and the community. Nutrition education may be provided in various forms including: school newsletters, parent handbooks, additional handouts, posters, banners, website postings, community and student oriented presentations, health fairs, and or other items/materials focused on promoting nutrition and healthy lifestyle choices.*

St. Paul Lutheran School has a curriculum for classroom healthy eating choices.

- Our lunchroom features changing posters and nutrition promotion materials.
- We will be working with **The Big Garden** located at 5602 Read Street, Omaha, NE 68152 on farm to school educational activities and St. Paul Lutheran church's **Garden of Eatin'** for locally produced vegetables.
- Mrs. Jennifer Sundermeier, BSRN, presented health and nutrition topics at Halloween and again during our Field Day/Wellness Day event held on Friday, May 5, 2017. Students also taste tested fruits and vegetables in our refrigerated cart during the event. A NSLP snack lunch was provided and all snacks that day were within Smart Snack criteria.
- Our monthly menu is published and presented on our website and sent home in student's folders. Menu (themes) are set via Westside School District our contracted lunch vendor.
- Parent health choice newsletters were copied and home in students folders concerning items. Materials provided by NE FFVP , My Plate and other USDA nutrition curricula.
- Wellness goals include: school staff are responsible for nutrition promotion by being adequately prepared themselves; school staff will participate in professional development to enhance their knowledge and learn updated guidelines; after school

programs will encourage wellness, nutrition and physical activity in a safe environment; bulletin boards and posters on nutrition/wellness/physical activity will be displayed.

### **Nutrition Promotion**

*St. Paul Lutheran School food program will:*

- *Use menus that meet the meal patterns and nutrition standards established by the USDA. St. Paul shall encourage students to make food choices based on the most current Dietary Guidelines of American.*
- *Meet nutrition recommendations of the US Dietary Guidelines for American for food and beverages.*
- *Provide a clean, safe and pleasant setting and adequate time for students to eat.*
- *Provide nutrition education that fosters lifelong habits of healthy eating and physical activity, will establish linkages between health education and school meal programs and will utilize related community services.*
- St. Paul Lutheran School allows 30 minutes for lunch and 15 minutes for breakfast.
- Food and beverages are not used as rewards for student performance or behavior
- Lunchroom signage has been enhanced with wall décor. A clean, safe and enjoyable meal environment is provided.
- The identities of students who qualify for Free and Reduced Lunches are protected.
- Our menus are set via our contractor, Westside School District, and feature and promotes healthy foods.
- We have become a **Team Nutrition School**
- Newsletters and classroom notes encourage healthy classroom celebrations (ex. Parties)
- Teachers utilize non-food rewards in the classroom.
- Food Fundraisers are not allowed.
- Students are encouraged to participate in the meal program.
- Lunch periods are scheduled near the middle of the school day, with adequate time for students to eat before needing to leave the lunch area.
- Food is not used as a reward or punishment. Children who have been removed for disciplinary reasons will be provided lunch.
- Staff monitors lunches brought from home and encourages families to provide nutrition meals.
- Goals include: provide an atmosphere that encourages nutrition during the school days and off campus; use the school cafeteria as a learning tool and sponsoring nutrition events; wellness policies will be considered in planning all school-based activities (ex. Team play, field trips, fundraisers, parties and celebrations); students are encouraged to start the day with a healthy breakfast. Exemption: parent provided birthday treats.

## **Physical Activity**

St. Paul Lutheran School will: use physical activity as a reward, such as teacher or principal walking, or playing with students at recess, discourage use of physical activity as a punishment, and encourage parents, teachers, administrators, students and community members to serve as role models in practicing healthy eating habits and by being physically active.

- Recess is included in the school day as age appropriate.
  - Recess is a minimum of 20 minutes per day for middle school and under 35 minutes per day in younger grades
- Teachers are encouraged to incorporate physical activity breaks within the teaching day.
- Students have access to playground and gym facilities during recess periods. Additionally, they have access to facilities during PE class time.
- Promotion of area facilities is made via newsletters (ex. North Star, Boys and Girls Clubs)
- St. Paul Lutheran School established a Walking Club before school for the 2015-2016 school year.
- Implementation of “What Move U’ Curriculum in K-8.
- Bulletin Boards on physical activity.
- St. Paul Lutheran School priorities for the coming school year include: Wellness/Field Day, and an outdoor Wellness Course provided by Noah Stahr, as an Eagle Scout project along with ideas for structured recess.

## **Public Notification**

Questions concerning the Wellness Policy may be directed to the Principal or the St. Paul Lutheran School – Christian Day School Board. St. Paul Lutheran School has a Wellness Policy designed to promote student health and wellness. The school complies with Federal/State School Lunch Guidelines. The school contracts lunches through Westside School District. Westside School District complies with all Federal/State school lunch guidelines and requirements. A description of the progress made in attaining Wellness Policy goals may be obtained from the St. Paul Lutheran – Christian Day School Board. The Christian Day School Board annually reviews content and implementation of the Wellness policy and progress toward goals and priorities.

- Wellness Policy is available in the school office.
- Newsletters are forwarded to parents/church members concerning topics of wellness and meetings.
- Families were invited to sign up to participate in Wellness/Field Day events.

**Monitoring and Evaluation**

St. Paul Lutheran School Wellness Contact is the Principal. The St. Paul Lutheran- Christian Day School Board is provided an annual summary concerning Wellness Policies and compliance with nutrition and physical activity in the June meeting.