



## **Wellness Policy on Physical Activity and Nutrition**

### **Mission and Purpose:**

St. James Lutheran School (hereinafter the “School”) shall prepare, adopt, and implement a comprehensive wellness policy to encourage healthy eating, physical activity and well-being. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

In accordance with state and federal law, the School will form and maintain a Wellness Team to oversee the development, implementation and evaluation of the School’s wellness policy. The Wellness Team will work together to further develop, implement, monitor and review the School’s nutrition and physical activity policies, as well as, establish goals for and oversee school health and safety policies and programs, including periodic review and updates of Wellness Policy (hereinafter the “Policy”). The School Wellness Team will be convened and coordinated by the St. James Board of Education and shall include at least the following:

- Students
- Parents
- Food Service Director
- School Board Members
- Principal and Early Childhood Director
- Teachers
- Health Professional

The School Wellness Policy (hereinafter the “Policy”) shall be made available to students and families by means of school registration, the student handbook and the School’s website.

### **St. James Lutheran School Goals:**

#### **I. Nutritional Education Goals**

A. Meals served through the National School Lunch Program will:

- 1) be appealing and attractive to children;
- 2) be served in clean and pleasant settings;
- 3) meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- 4) offer a variety of fruits and vegetables;
- 5) serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA);
- 6) follow USDA nutritional guidelines that promote healthy eating;
- 7) strive to offer foods that accommodate medically necessary dietary needs of students; and
- 8) strive to use nutritional guidelines to make recommendations for cafeterias, vending machines, snack bars, school stores, concession stands, fund-raising projects, and refreshments used for school activities

B. Free and Reduced Meals. Schools will make every effort to eliminate any social

stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

C. Meal Times and Scheduling.

- 1) The School will provide students with at least 20 minutes to eat after sitting down for lunch.
- 2) The School will make every attempt to schedule meal periods at appropriate times.
- 3) The School should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- 4) The School will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- 5) The School should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs.

D. Sharing of Foods and Beverages. The School should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

## II. Physical Activity Goals

- A. Physical Education. Students including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education as prescribed by state statute. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students should spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- B. Integrating Physical Activity into the Classroom Setting. Students will receive an appropriate amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior; students need opportunities for physical activity beyond physical education class. To help facilitate that:
- 1) Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle;
  - 2) Opportunities for physical activity will be incorporated into other subject lessons; and
  - 3) Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
- C. Daily Recess. All students will try to have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. The School should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.
- D. Physical Activity Opportunities Before and After School. The School will offer extracurricular physical activity programs such as physical activity clubs and/or intramural programs. The School will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs. After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

D. Physical Activity and Punishment. Teachers and other School personnel will try not to use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment. Sometimes students need to miss recess in order to make up missed class assignments.

### **III. Nutritional Standards for Food Served at School**

#### **A. School Meal Content.**

1. Meals served through the National School Lunch and Breakfast Programs should:
  - a. Be appealing and appetizing to children;
  - b. Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs;
  - c. Contain 0 percent trans fats;
  - d. Offer a variety of fruits and vegetables;
  - e. 80 percent of the grains offered are whole grain-rich.
2. The School shall provide periodic food promotions (i.e. “try day”) that will allow for taste testing of new healthier foods being introduced on the menu.
3. Special dietary needs of students will be considered when planning meals.

#### **B. School Meal Participation.**

1. To the extent possible, the School will provide the USDA School Breakfast Program to all students.
2. To the extent possible, the School will utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom and serving “grab-and-go” breakfasts.

#### **C. Portion Sizes.** Portion sizes of foods and beverages will be appropriate to the age group and nutritional guidelines for the age group.

#### **D. Foods.**

- 1) A food item sold individually:
  - a) will have no more than 35% of its calories from fat and 10% of its calories from saturated trans fat;
  - b) will have no more than 35% of its weight from added sugars;
  - c) will contain no more than 200 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for entrees..
- 2) A choice of two fruits and/or non-fried vegetables will be offered for sale at School during lunchtime.. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits, and cooked, dried, or canned vegetables.

#### **E. Beverages.** The School will allow water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent non-dairy beverages.

#### **F. Food and Beverages Provided by the School Outside of Lunch.** Foods served during the school day should make a positive contribution to children's health, with an emphasis on serving fruits and vegetables as the primary food and water as the primary beverage. The School will assess if and when to offer foods and

beverages based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

- G. Classroom Celebrations. To promote overall health and wellness, classroom celebrations should focus on activities (e.g., giving free time, extra recess, music and reading time) rather than on food. Classroom celebrations for birthdays and for holidays are permissible at the classroom teacher's discretion.
- H. Daily Snacks. While the School seeks to promote a healthy and active lifestyle, it also recognizes and supports the right of parents to make decisions for what their child(ren) will have as a snack. To that end, snacks brought from home for personal student consumption do not have to meet the same nutritional standards for food and beverage served by the School.
- I. Food as a Punishment. School staff will not withhold food or drink at mealtimes as punishment.

#### **IV. Nutrition Education and Promotion**

The School aims to teach, encourage, and support healthy eating and overall fitness and wellness for its students. The School will attempt to provide nutrition education and engage in nutrition promotion that:

- 1) is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- 2) is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- 3) includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- 4) promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;

#### **V. Other Activities Related to Wellness**

- A. Training for teachers and other staff. The school will promote a culture of health by providing nutrition education training opportunities to all teachers and staff throughout the school year.
- B. Communication with Parents. The School will support parents' efforts to provide a healthy diet and daily physical activity for their children. The School should encourage parents to pack healthy lunches and snacks.
- C. Food Marketing at School. The School will strive to limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

#### **VI. Evaluation of Wellness Policy**

- A. Policy Review. Through implementation and enforcement of this Policy, the School will create an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continuing progress, assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the School will review nutrition and physical activity policies; provide for an environment that supports healthy eating and physical activity; and adhere to 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.

Progress reports should be shared with the public using the following channels of communication:  
School newsletter and website.

- B. Monitoring. The School will ensure compliance with established nutrition and physical activity wellness policies. The Principal or Principal's designee will ensure compliance with those policies in the School. School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Principal.