

Purpose

St. Luke Lutheran School recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development and readiness to learn. The Parish Board of Education is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

Authority

To promote the health and well-being of all students, the Parish Board of Education establishes that St. Luke Lutheran School shall provide to students:

- Access at reasonable cost to foods and beverages that meet established nutritional guidelines.
- Physical education courses and opportunities for developmentally appropriate physical activity during the school day.

Delegation of Responsibility

The Principal or designee shall be responsible to monitor the school's programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.

Staff members responsible for programs related to student wellness shall report to the Principal or designee regarding the status of such programs.

The Principal or designee shall annually report to the Board on the school's compliance with law and policies related to student wellness. The report may include:

- Assessment of school environment regarding student wellness issues.
- Evaluation of food services program
- Review of all foods and beverages sold during school hours for compliance with established nutrition guidelines.
- Listing of activities and programs conducted to promote nutrition and physical activity.
- Recommendations for policy and/or program revisions.
- Suggestions for improvement in specific areas.
- Feedback received from staff, students, parents/guardians, community members and Wellness Committee.

An assurance that school guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided annually by the Principal.

Guidelines

Wellness Committee

The School Board shall appoint a Wellness Committee comprised of at least one (1) of each of the following: Parish Board Member, School Administrator, Food Service Representative, student, parent/guardian, teacher, and member of the public.

A Student Wellness Policy shall be developed that meets the needs of the children at St. Luke Lutheran School. This policy will comply with the required standards and is the responsibility of the Wellness Committee to establish, update, and revise this policy as necessary.

The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.

The Wellness Committee shall provide periodic reports to the Principal or designee regarding the status of its work, as necessary.

Nutrition Education

The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

Nutrition education shall have as its goal to provide all students with the knowledge and skills needed to lead healthy lives.

Nutrition education lessons and activities shall be age-appropriate.

Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

Consistent nutrition messages shall be disseminated throughout the classrooms and cafeteria.

Physical Activity

The School shall strive to provide opportunities for developmentally appropriate physical activity during most school days for all students.

Age-appropriate physical activity opportunities, which may include recess, clubs, intramurals, and interscholastic athletics, shall be provided to meet the needs of all students, in addition to planned physical education.

A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

After-school programs shall provide developmentally appropriate physical activity for participating children.

St. Luke Lutheran School shall partner with parents/guardians and community members to institute programs that support physical activity.

Students and the community shall have access to physical activity facilities outside school hours.

Physical Education

Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

Physical education classes shall be the means through which all students learn, practice are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.

A varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.

Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.

Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.

Safe and adequate equipment, facilities and resources shall be provided for physical education courses.

Other School Based Activities

St. Luke Lutheran School shall provide adequate space for eating and serving school meals.

Students shall be provided a clean and safe meal environment.

Students shall be provided at least twenty minutes sit down time for lunch.

Meal periods shall be scheduled at appropriate hours, as defined by the school.

Drinking water shall be available at all meal periods and throughout the school day.

Students shall have access to hand washing or sanitizing before meals and snacks.

Professional development shall be provided for school nutrition staff.

Access to the food service operation shall be limited to authorized personnel.

Nutrition content of school meals shall be available to students and parents/guardians.

To the extent possible, the school shall utilize available funding and outside programs to enhance student wellness.

The school shall provide appropriate training to all staff on the components of the Student Wellness Policy.

Administrators, teachers, food service personnel, students, parents/guardians, and community members shall be encouraged to serve as positive role models through school programs, communications and outreach efforts.

Nutrition Guidelines

All foods available during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.

Foods provided through the National School Lunch Program shall comply with federal nutrition standards under the School Meals Initiative.

Competitive foods are defined as foods offered at school other than through the National School Lunch Program and include a la carte foods, snacks and beverages; fundraisers; classroom parties; holiday celebrations; and food from home.

Competitive foods sold to students on campus during the school day will comply with federal Smart Snacks in School guidelines.

Food rewards will be discouraged in favor of non-food rewards, such as extra recess time or no homework nights.

Healthy choices for snacks, including water, fruits, vegetables, and the limiting of sugar as a main ingredient, will be encouraged to the organizing committees for each event/activity.

Safe Routes to School

The school shall assess and, to the extent possible, implement improvements to make walking and biking to school safer and easier for students.

The school shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.

References: Child Nutrition and WIC Reauthorization Act of 2004-P.L. 108-265 Ces. 204