

## **St. Peter Lutheran School Wellness Policy**

St. Peter Lutheran School is committed to creating a healthy school environment that enhances the development of lifelong wellness practices. At our school students are taught that their bodies are temples of the Holy Spirit. God commands that we develop our talents to their potential. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Our schools curriculum, nutrition, and school-based activities shall support healthy practices among students and staff.

### Curriculum

All students, Pre-k-8, shall receive health, wellness, and nutrition education that is aligned with the *Michigan Health Education Content Standards and Benchmarks*. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

### Physical Education

Our school shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the *Michigan Physical Education Content Standards and Benchmarks*.

Every year, all students, Pre-K-8, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short and long-term benefits of physically active and healthy lifestyle.

### Nutrition

Our school shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. We shall encourage students to make nutritious food choices.

Our school shall monitor all food and beverages sold or served to students during the school day (defined as midnight the day before until 30 minutes past dismissal), including those available outside the federally regulated child nutrition programs to ensure compliance with the United States Department of Agriculture (USDA) standards for "Smart Snacks". We also have a Healthy Parties and Celebrations Guidelines that we follow.

### Administrative Regulations

Our superintendent shall develop and implement administrative rules consistent with this policy. The superintendent will report to the local school board, as requested, on the District's programs and efforts to meet the purpose and intent of this policy.

To assist in the creation of a healthy school environment, the school shall establish a Coordinated School Health Team. The superintendent shall appoint a member of the administrative staff of the school to organize the Coordinated School Health Team and invite appropriate school stakeholders to become members. It shall be the purpose of the Coordinated School Health Team to annually review the school's wellness policy, and provide recommendations to the superintendent regarding federal, state, and local policy updated that should be incorporated into future revisions of the policy. Additionally, at the discretion of the superintendent, or designee, the Coordinated School health Team may be convened to make recommendations regarding development and implementation of the schools initiatives, programs, and services that will educate stakeholders and promote healthy lifestyle choices amongst students.

Staff shall be reminded that healthy students come in all shape and sizes. Students should receive consistent messages and support for:

- Self Respect
- Respect for Others
- Healthy Eating
- Physical Activity
- Education to Support Lifelong Healthy Lifestyle Choices

These local rules are subject to ongoing review and modification. Any school stakeholder wishing to express a viewpoint regarding these local rules should contact:

St. Peter Lutheran School 2440 N. Raucholz Rd Hemlock, MI 48626 (989-642-5659)

Students, staff, and community will be informed about the Local Wellness Policy in the required annual notifications.

### Nutrition Education

Nutrition education, a component of comprehensive health education, shall be offered every year to elementary aged students of the school and will be included in the health classes. The school may offer age appropriate nutrition education classes. In addition, nutrition education topics shall be integrated into the curriculum when appropriate.

The school shall implement a quality nutrition education program that addresses the following:

- Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.
- Builds students' confidence and competence in making healthy nutrition choices.
- Includes students of all abilities.

Nutrition education should also be made available to parents/guardians and the community. This nutrition education may be provided in the form of handouts, wall or bulletin board posters, or banners,

posting on the school website, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

### Nutrition Standards

Our school shall offer school meal programs with the menus meeting the meal patterns and nutrition standards established by the USDA. Our School shall encourage students to make food choices based on the most current Dietary Guidelines for Americans. All foods and beverages sold to students during the school day must comply with the USDA “Smart Snack” guidelines.

Our school shall promote the following food and beverages in all venues outside federally regulated child nutrition programs:

- Whole grain rich products that are high in fiber, low in added fats and sugars, and served in appropriate portions sizes consistent with current USDA nutrition standards.
- Fresh, frozen, canned (with no added sugar) or dried fruits and low sodium vegetables using healthy food preparation techniques, and 100 percent fruit or vegetable juice in 12 ounces servings or less.
- Fat free and low-fat unflavored milk and fat free flavored milk, low fat yogurt and nonfat and/or low-fat real cheese.
- Nuts, nut butters, seeds, trail mix, and/or soybean snacks in one ounce portions or less; portions of two ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques.
- Low fat or fat free, low sodium accompaniments (sauces, dressing and dips) offered in one-ounce servings or less.

Our school shall monitor food service distributors and snack vendors to ensure that they provide healthy food and beverage choices that comply with the USDA “Smart Snack” guidelines.

Our school shall comply with the “Smart Snack” guidelines for food items sold to students during the school day for the purpose of fundraising. Our school will encourage the sale of non-food items or activity based events such as walk-a-thon, as alternative forms of fundraising.

### Physical Education and Physical Activity Opportunities

Developmentally appropriate physical education shall be offered every year to all students. In addition, physical education topics shall be integrated into the entire curriculum when appropriate.

Our school shall implement a quality physical education program that addresses the following:

- Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Has a curriculum aligned with the *Michigan Physical Education Content Standards and Benchmarks*.
- Influences personal and social skill development

- Builds students' confidence and competence in physical abilities
- Engages students in making choices that prepare them for a wide variety of lifetime activities.
- Includes student of all abilities
- Keeps student involved in purposeful activity for a majority of the class period

Our school should offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students pre-K through grade five. Recess should be in addition to physical education class time and not be a substitute for physical education. Each school shall provide proper equipment and a safe area designated for supervised recess in the elementary setting. Our school should provide opportunities for some type of physical activity for students in grades six through eighth apart from physical education class and organized sports. Physical activity opportunities might include: before and after school extracurricular physical activity programs, Safe Routes to School Programs, and use of school facilities outside of the school hours.

#### *Other School Bases Activities Designed to Promote Student Wellness*

Our school shall strive to create a healthy school environment that promotes healthy eating and physical activity, as well as mental health and social/emotional well being. In order to create this environment, the following shall be considered:

#### ***Staff Professional Development***

- Appropriate and timely professional development will be offered to staff, to the extent practicable, to ensure the health and wellness of students.
- Specialized staff training would include, but is not limited to, CPR, First Aid, Epi-Pen Administration, Diabetes Management, Seizure Management, Administering Medications, "Safe School Modules", etc.

#### ***Dining Environment***

- A clean, safe, enjoyable meal environment provided for students and staff.
- Drinking fountains available, so that students can get water at meals throughout the day
- Identity protection of students who eat free and reduced price meals
- Healthy food options will be displayed prominently in the food service line.

#### ***Time to Eat***

- Adequate time for students to enjoy eating healthy food with friends in school
- Lunch time is scheduled as near to the middle of the school day as possible

#### ***Food or Physical Activity as a Reward or Punishment***

- Encourage using physical activity as a reward, such as teacher or principal walking or playing with students at recess.

### ***Consistent School Activities and Environment***

- Encourage school fundraising efforts to support healthy eating and physical activity.
- Make efforts to keep school facilities open for use by students outside school hours.
- Encourage parents/guardians, teachers, school administrators, students, food service professionals and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- Provide information and outreach materials about other Food and Nutrition Service Programs, (i.e. Women, Infants, and Children (WIC) and Food Stamps) to students and parents/guardians.
- Encourage all students to participate in school meal programs, (i.e. National School Lunch Program)

*Adopted by board of Education 3/9/06*

*Reviewed Annually*

*Updated 2/4/16, 3/31/20*