

St. Stephen's Ev. Lutheran School  
412 West Maple Ave., Beaver Dam, Wisconsin, 53916  
WELLNESS POLICY  
2017-2018

St. Stephen's Ev. Lutheran School recognizes that there is a link between nutrition education, the food served in school, physical activity, and wellness that is affected by all of these. The school also recognizes the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. We also recognize that the sharing and enjoyment of food and participating in physical activities are fundamental experiences for all people and are a primary way to nurture and celebrate our differences. These fundamental human experiences are vital bridges for building friendships, forming intergenerational bonds, and strengthening communities.

### **Nutrition and Health Education**

The school aims to teach, encourage, and support healthy eating by students. The school will provide nutrition education that will be integrated into other subject areas of the curriculum. It will be focused and age appropriate reinforcing a lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are appropriate. We will promote fruits, vegetables, whole grain products, low fat and fat free dairy products, healthy food preparation methods, and health enhancing practices. Healthy food education will be provided through parent and student newsletters and posters in building. The school will promote the importance of students starting the day with a healthy breakfast. We will also encourage parents to give students nutritional lunches and healthy snacks; including participation in the National School Lunch Program.

### **Physical Activity Goals**

Every student should be provided with the opportunity to develop the knowledge and skills necessary to participate in physical activities that assist in lifelong physical fitness and promotes a healthy lifestyle. The school recommends that all students participate in a minimum of 30 minutes of developmentally appropriate physical activity each day. We will provide daily opportunities for all students to learn about and enjoy physical activity in a safe environment. The school will educate students about the value of physical activity and provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain health related physical fitness, to participate regularly in physical activity, and to understand the short and long term benefits of a physically active and healthy lifestyle. The school will encourage students to participate in intramural and interscholastic sports. Students and families will be informed of sports leagues and recreational facilities available. The playground will be designed and maintained for safe physical activity. The school will explore ways to increase the time students spend in physical activity at school. Physical activity will not be used as punishment or withheld as punishment. A quality physical education program will result in a

lifelong physical competence fitness, personal responsibility, and enjoyment of physical activity for all students.

### **Guidelines for School Meals**

Food and beverages sold or served as part of federally reimbursed meal programs will meet Federal nutrient standards as required by the U.S. Department of Agriculture Child Nutrition Program regulations. Meals served through the Child Nutrition Programs will be appealing to children of various ages and served in clean, safe and a pleasant setting. Meals served will include a variety of fresh fruits and vegetables, milk with one percent fat and nonfat options, whole grains and low fat protein. The lunchroom environment will provide students with a relaxed, enjoyable climate, pleasant food service staff, adequate seating, enforcement of student conduct rules, adequate supervision, and a minimum of twenty minutes to eat after being served their lunch.

### **Nutrition Guidelines for Foods Available on Campus**

When using food as part of class or student incentive programs, staff is encouraged to utilize healthy, nutritious food choices. Parents are encouraged to send healthy snacks for birthday, holiday celebrations, and concession stand. Examples might include: yogurt, boxed raisins, frozen fruit bars, fruit, granola bars, popcorn, and 100% fruit juice.

### **Staff Wellness**

The staff will be encouraged to model healthful eating and physical activity habits to demonstrate support of healthy lifestyle habits to the students. If a staff member is feeling ill; they should consider staying home depending on symptoms.

### **Monitoring and Evaluation Plan**

An assessment of the school's existing nutrition and physical activity environment and policy will be completed annually to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the wellness committee will review nutrition and physical activity policies. The wellness committee will consist of the school principal, the school board, and the head of the school lunch program