

Saint Lucas Lutheran School Local Wellness Policy

Saint Lucas Lutheran School educates the whole child: mind, body, and soul. As part of the education of the body, we stress what Scripture teaches in I Corinthians 6:19-20, "Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own, you were bought at a price. Therefore, honor God with your body." Therefore, teaching our students how to take care of the bodies God has given them is an important part of Saint Lucas Lutheran School's ministry.

Our wellness policy exists to guide us in teaching our students to care for their bodies and develop healthy eating habits. It is based on Federal, State, and local laws, especially Section 204 of Public Law 108-265, enacted June 30, 2004, as a part of the Child Nutrition and WIC Reauthorization Act of 2004.

Saint Lucas Lutheran School's Wellness Policy is composed of the following four sections:

1. Goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness;
 2. Nutrition guidelines selected for all foods available on our school campus during the school day with the objectives of promoting student health and reducing childhood obesity;
 3. An assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section 9(f)(1) and 17(a) of the Richard B Russell National School Lunch Act (42 U.S.C.1758(f)(1), 1766(a)), as those regulations and guidance apply to schools;
 4. A plan for measuring implementation of the local wellness policy, including designation of one or more persons within the local educational agency, charged with operational responsibility for ensuring that the school meets the local wellness policy.
- While what follows serves as our current guide, ongoing development, improvement, and refinement is continuously sought and coordinated between representatives of the school food authority, school administrators, and the food vendor in order to make the plan as effective as possible.

Section 1.1.1: Goals for Nutrition Promotion

- Nutrition education will be offered in the school cafeteria via a bulletin board that is regularly changed and presents timely, relevant, and engaging nutrition information.
- Periodic messaging on health and nutrition will be included in newsletters and notes sent home.
- Implement at least one of the following Farm to School activities:

- Local and/or regional products are incorporated into the school meal program
- School hosts a school garden
- School hosts field trip to a local farm
- School utilizes promotions or special events such as tastings that highlight the local/regional products.

Section 1.1.1: Goals for Nutrition Education

- Nutrition education will be offered in the school cafeteria via a bulletin board that is regularly changed and presents timely, relevant, and engaging nutrition information.
- In classrooms, healthy eating and nutrition education will be presented as part of the science, health, and religion curricula including topics on health eating like:
 - Food safety
 - Balancing food intake and physical activity
 - Social influences on healthy eating, including media, family, peers, and culture.
 - Resisting peer pressure related to unhealthy dietary behavior.
 - Influencing, supporting, or advocating for others' healthy dietary behavior.
- Field trips to local food stores and museums' health and wellness displays, as well as presenters brought into school, will provide reinforcement of concepts taught.

Section 1.2.1: Goals for Physical Activity

- As part of grade promotion requirements, all students will participate in a physical education program consisting of free-play, recess periods and structured, physical education class periods totaling between 125-200 minutes per week.
- Students will be given opportunities for physical activity through a range of after-school or weekend programs including, but not limited to, intramurals and interscholastic athletics.
- Physical activity will be integrated into the regular classroom setting when appropriate.

Section 1.2.2: Goals for Physical Education

- Elementary students in each grade will receive at least 60 minutes of physical education instruction per week
- Middle school student will receive at least 90 minutes of physical education instruction per week.
- Students will be moderately to vigorously active for at least 50% of class time during most or all of the physical education classes.

Section 1.3.1: Goals for Other School-Based Activities

Saint Lucas Lutheran School will...

- Provide a clean, safe, enjoyable meal environment for students.

- Provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- Make drinking fountains available in school, so that students can get water at meals and throughout the day.
- Encourage students to participate in school meals program and protect the identity of students who eat free and reduced price meals.
- Make efforts to keep physical activity facilities open for use by students outside school hours.
- Encourage parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- Encourage and provide opportunities for students, teachers and community volunteers to practice healthy eating and serve as role models in school dining areas.

Section 1.3.2: Goals for Other Food Available at School

Saint Lucas Lutheran School will...

- Provide a list of healthy party ideas and snacks to parents and teachers including non-food celebration ideas ensuring that celebrations and special events follow the Smart Snack nutrition standards.
- Provide a list of foods and beverages that meet Smart Snacks nutrition standards.
- Provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward or withheld as a punishment for any reason.

Section 2.1: School Meals

Saint Lucas Lutheran School contracts only with Food Service Providers which provide meals compliant with school nutritional standards and specifications for each food component or menu item by NSLP nutritional guidelines for grade, style, condition, weight, ingredients formulations and delivery times as required by 7CFR 210.16(c)(3).

- Students will be allowed at least 20 minutes to eat lunch counting from the time they have received their meal and are seated.
- Students will eat lunch at times as near the middle of the school day as possible.

Section 3.1: Assurances for Reimbursable School Meals

Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section 9(f)(1) and 17(a) of the Richard B

Russell National School Lunch Act (42 U.S.C.1758(f)(1), 1766(a)0, as those regulations and guidance apply to schools.

Section 4.1: Measuring Implementation

At least twice annually, review of the Local Wellness Policy shall be led by the school principal and include a “wellness committee” comprising the school administrator or designee, students, parents, teacher, and a representative from the food vendor. On the basis of review, improvements and refinements will be instituted to make the Local Wellness Policy better for the next school year.

Adopted 06/12/12

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