

STUDENT WELLNESS POLICY

Goal: St. Paul's Lutheran School wants to create a total school environment that is conducive to healthy eating and being physically active.

Overview

Students need to have proper education in the areas of eating and physical activities. Building nutrition knowledge and knowledge of physical activities, helps children make health eating and physical activity choices. Many of these choices are life choices. St. Paul's tries to make a difference in a child's choices by educating children about these choices and providing opportunities to the students.

Nutrition Offerings

1. St. Paul's provides a clean, safe, enjoyable meal environment for students
2. St. Paul's offers lunches meeting National School Lunch Program standards with options each day school is in session
3. St. Paul's promotes participation in the school meal program with monthly menus
4. St. Paul's provides enough space and serving area to ensure all students have access to school meals with a minimum of wait time
5. St. Paul's has drinking fountains available in the lunchroom so students can get water with the meals
6. St. Paul's takes steps to protect the identity of students who eat free or reduced price meals
7. St. Paul's provides opportunities for on-going training for foodservice staff
8. St. Paul's provides refrigerators for student food storage of sack lunches

Physical Activities

1. St. Paul's meets or exceeds state standards for number of minutes in a scheduled physical education class for each grade level
2. St. Paul's physical education classes encompass both exercise and activities
3. St. Paul's students are given opportunities for physical activity after school through a number of offerings
4. St. Paul's encourages parents and students to be active in life outside of school
5. St. Paul's provides opportunities for on-going training of staff in physical education activities
6. St. Paul's promotes lifelong physical activities among the students
7. St. Paul's offers fitness classes to students in the junior high

Curricular Offerings

1. St. Paul's has health education as part of its curricular offerings in grades 1-8
2. St. Paul's includes nutrition education in its health curriculum
3. St. Paul's has nutrition messages (posters, bulletin boards) in the school
4. St. Paul's has a science curriculum that incorporates a health life style
5. St. Paul's health and science curriculums are coordinated to provide consistent health life style for the students
6. St. Paul's health and science curriculums include both nutrition and physical education

Safety

1. St. Paul's has established rules providing for safety in the hallways and classrooms
2. St. Paul's has established rules providing for safety on the playground and gymnasium
3. St. Paul's has established rules providing for proper disposal of all waste – hazardous, recyclable, and general

4. St. Paul's has established rules providing for proper storage and locking up of products used by the custodian – cleaning supplies, paint, etc.
5. St. Paul's has established rules providing for proper storage and locking up of medicines used by the students
6. St. Paul's has established rules for proper handling of food by the foodservice people

Cautions

1. St. Paul's schedules lunches near the middle of the school day as possible
2. St. Paul's prohibits the use of food as a punishment
3. St. Paul's does not allow "treats" for the class to be brought by parents to replace the hot lunch offerings
4. St. Paul's does not allow pop or candy machines in the hot lunch room

Revised: April 3, 2008

Reviewed: September 9, 2016