

# St. Matthew's Evangelical Lutheran School

## Wellness Policy

### School Wellness-Food Service Environment, Nutrition Education, and Physical Activity

This policy supports the mission of St. Matthew's Lutheran School of Winona to provide an environment that cultivates maximum student potential to glorify God. 1 Corinthians 10:31 *"So whether you eat or drink or whatever you do, do it all for the glory of God."* St. Matthew's Lutheran School supports the education of how nutrition and regular physical activity can affect a child's development, health and potential for learning. This policy will help encourage all members of St. Matthew's Lutheran School to create an environment that supports good nutrition, lifelong healthy habits, and physical activity. Proverbs 22:16 *"Train a child in the way he should go, and when he is old he will not turn from it."*

In accordance with Federal law and U.S. Department of Agriculture policy, St. Matthew's Lutheran School is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

### I. Purpose and Goals

Comprehensive plan to encourage healthy eating that includes:

- A. A food service program that employs well-prepared staff who efficiently serve appealing choices of nutritious foods;
- B. Pleasant eating areas for students and staff with adequate time for unhurried eating;
- C. An overall school environment that encourages students to make healthy food choices;
- D. Opportunities and encouragement for staff to model healthy eating habits; and
- E. Strategies to involve family members in program development and implementation.

### II. Program Requirements

#### A. Food Service Operation

During each school day the food service program shall offer lunch under the nutritional guidelines of the USDA's National School Lunch Program. Our school shall encourage all students to participate in these meal opportunities. Families eligible for free and reduced -priced lunches are encouraged to apply. This information shall be kept confidential.

B. The school food service program shall operate in accordance with the The Child Nutrition and Women, Infants and Children (WIC) Reauthorization Act of 2004 as well as the 2010, the Healthy, Hunger-Free Kids Act as amended and applicable laws and regulations of the state of Minnesota. Our school shall offer varied and nutritious food choices that are consistent with the federal government's Dietary Guidelines for Americans.

1. Any food item for sale during the school day (7:45 am to 2:15 pm) will generally have no more than:
  - a. 7 grams of fat per serving
  - b. 10% of its total calories derived from saturated fat
  - c. 30% of total calories derived from fat
  - d. Nuts and seeds are exempt from these standards because they are nutrient dense

## 2. Encourage consumption of:

- a. A diet with plenty of grain products, vegetables, and fruits
- b. A diet moderate in salt and sodium

3. The school nutrition program shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff.

### **III. Nutrition Education**

#### A. Provide a positive environment and appropriate knowledge regarding food

1. St. Matthew's Lutheran School will provide a comprehensive learning environment for developing and practicing life-long wellness behavior.
2. St. Matthew's Lutheran School implements an integrated health curriculum with emphasis on healthy eating & lifestyles in connection with science and physical education instruction.
3. Parents will be informed and educated of healthy food choices through parent communication.

#### B. Food Choices at School and a Healthy School Environment

1. When using food as a part of class or student incentive programs, staff are encouraged to utilize healthy, nutritious food choices or use non-food items for rewards
2. Students are encouraged to bring healthy snacks
3. Milk, lactose-reduced milk, and juice will be offered for sale for morning break and milk and lactose-reduced milk will be available for lunch
4. Parents will be encouraged to pack healthy snacks for their children through a list of ideas that will be published in the school newsletter
5. Offer vs. Serve guidelines will be reviewed annually with the teachers and included in the Welcome packet at registration and reviewed during home visits
6. Teachers will help monitor the Offer vs. Serve guidelines as children receive their lunches
7. St. Matthew's Lutheran School will ensure that students have access to healthy food choices at school and at school functions
8. Students are encouraged not to bring soda pop during the school day, including students bringing lunches or snacks
9. Fundraising events are encouraged to take into consideration wellness policy goals
10. St. Matthew's Lutheran School will provide student access to hand washing or hand sanitizing before they eat snacks or meals
11. Parents and students will be polled annually, starting in April 2016, for suggestions of inclusion to or exclusion from the St. Matthew's Lutheran School Hot Lunch Program

### **IV. Physical Activity and a Healthy School Environment**

#### A. Recommendations for Physical Activity

1. Physical education courses should be taught in the environment in which students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
2. Physical activity involves bodily movement that results in an expenditure of energy of at least a moderate intensity level and for duration sufficient to provide a significant health benefit for students.
3. St. Matthew's Lutheran School will implement a sequential physical education course of study consistent with national standards for physical education and with a focus on students' development of motor skills, movement forms, and health-related fitness.
4. Our school will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.

5. Our school should provide daily recess/activity periods of at least 30 minutes for all elementary school students.
6. Our school shall offer after-school sports that meet the needs and interests of students.

**This policy will be reviewed annually and modified based on state and federal legislation changes.**

This policy was developed by:

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- **Review by the Faculty of St. Matthew’s Lutheran School – Winter 2019**
- **Officially reviewed & adopted with changes by the School Board of St. Matthew’s Lutheran School at its regular meeting on January 23, 2019**