

Local School Wellness Policy
St. Paul Lutheran School
Utica, NE

A mission of St. Paul Lutheran School is to provide curriculum, instruction, and experiences in a health-promoting, Christ centered school environment that will instill students with habits of lifelong learning and health. Therefore, the Board of Education adopts the following School Wellness Policy.

Committee Role and Membership: The Local Wellness Committee will meet at least one time per year to establish goals and oversee the school health and safety policies and programs, including development, implementation, and periodic review and update of this wellness policy. The committee will include the principal, a teacher, a school board member, and a volunteer school parent.

Implementation, Assessment, and Update: The School will actively inform families each year of basic information about this policy including its content, any updates to the policy, and its implementation status. The school will make this information available through school newsletter and on the website www.stpaulutica.com. At least once every three years, the committee will evaluate compliance with the wellness policy to assess its implementation: The extent to which the school is in compliance with the wellness policy, description of the progress made in attaining the goals of the wellness policy, and the publication of the results of the evaluation through the school's newsletter.

References/Governance: 1. Healthy, Hunger Free Kids Act of 2010; 2. USDA Local Process 2014 -How to Develop, Implement, & Evaluate a Wellness Policy; 3. USDA National School Lunch and Breakfast Program; 4. Presidential Youth Fitness Test; 5. Nebraska Department of Education Policy; 6. Nebraska Department of Health and Human Services - Health Screening Policy; 7. Scripture - "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." I Cor. 6:19-20

General Statement: St. Paul Lutheran School is committed to providing a Christ centered school environment that promotes and protects children's health, well-being, and ability to learn. To help meet these goals, St. Paul Lutheran will support healthy eating and physical activity. Our school will provide nutritional and physical education programs to foster habits promoting lifelong health.

Policy Focus/Public Involvement: St. Paul Lutheran's wellness committee is open to parental and public involvement in the development, implementation, and monitoring stages of this policy. A copy of this policy can be found on the school's website at www.stpaulutica.com, and printed copies are available in the school office.

1. Goals to Promote Student Wellness

St. Paul Lutheran has established the following student wellness goals that are designed to promote student wellness in a manner that the St. Paul Lutheran School determines to be appropriate:

- a. Nutrition Education. The School will provide nutritional education that meets or exceeds the health and nutrition objectives established by the Nebraska Department of Education. It will engage in nutritional education that:
 - b. -Is part of not only Health and Physical Education classes, but is also integrated into our Science, Math, Language Arts, and Religion classes for students in grades Preschool through Grade Eight;
 - i. -Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - ii. -Includes enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities: cooking demonstrations or lessons, promotions, taste-testing, and farm visits;
 - iii. -Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
 - iv. -Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
 - v. -Links with school meal programs, cafeteria nutrition promotion activities, Farm to School programs, and other school food and nutrition-related community services;
 - vi. -Teaches media literacy with an emphasis on food and beverage marketing;
 - vii. - Includes nutrition education training for teachers and other staff.
- c. Physical Activity. The School will implement a curriculum that meets or exceeds the health and physical education objectives established by the Nebraska Department of Education. Physical education classes will be offered at least two times per week for students in kindergarten through grade eight. St. Paul Lutheran schedules at least 30 minutes of physical activity on all days when PE classes are not scheduled. If recess is offered before lunch, appropriate hand-washing facilities and/or hand-sanitizing mechanisms will be provided. Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students.
- d. Essential Physical Activity Topics in Health Education. Health education is required in all grades. The school will include in the health education curriculum some of the following topics appropriate to the students' ages:
 - i. - The physical, psychological, or social benefits of physical activity;
 - ii. - How physical activity can contribute to a healthy weight;
 - iii. - How physical activity can contribute to the academic learning process;

- iv. - How an inactive lifestyle contributes to chronic disease;
 - v. - How cardiovascular endurance, muscular endurance, muscular strength,
 - vi. flexibility, and body composition develops overall health-related fitness;
 - vii. - The differences between physical activity, exercise and fitness;
 - viii. - The phases of an exercise session: that is, warm up, workout and cool down; - How to overcome barriers to physical activity;
 - ix. - How to decrease sedentary activities, such as TV watching;
 - x. - How to take advantage of opportunities for physical activity in the
 - xi. community;
 - xii. - How to prevent injury during physical activity;
 - xiii. - Providing education on weather-related safety, for example: avoiding heat stroke, hypothermia and sunburn while being physically active;
 - xiv. - Determining how much physical activity is enough: frequency, intensity, time and type of physical activity;
 - xv. - Developing an individualized physical activity and fitness plan;
 - xvi. - Monitoring progress toward reaching goals in an individualized physical activity plan;
 - xvii. - Explaining the dangers of using performance-enhancing drugs, such as steroids;
 - xviii. - Describing the social influences on physical activity, including media, family, peers, and culture;
 - xix. - How to find valid information or services related to physical activity and fitness;
 - xx. - How to influence, support, or advocate for others to engage in physical activity;
 - xxi. - How to resist peer pressure that discourages physical activity.
- e. Other School Activities. The school recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Resources and ideas are available through the USDA and the Alliance for a Healthier Generation. Teachers will serve as role models by being physically active alongside the students whenever feasible.

The Principal along with the Board of Education and the Wellness Committee shall establish such further goals as are determined appropriate to meet the stated mission.

1. Nutrition Guidelines

Nutrition guidelines have been selected by St. Paul Lutheran School for all foods available during the school day with the objective of promoting student health and reducing childhood obesity. The guidelines are as follows: (1) school breakfast and lunch programs will be offered which meet or exceed the requirements of federal and state law and regulatory authorities and (2) no foods in competition with the school lunch or breakfast program shall be sold or otherwise made available to students anywhere on

school premises during the period of one-half hour prior to the serving period for breakfast and lunch and lasting until one-half hour after the serving of breakfast and lunch. The Principal and the Board of Education shall establish such further nutrition guidelines as are determined appropriate to meet the stated mission.

1. Assurance for Reimbursable School Meals

St. Paul Lutheran School gives the assurance that the school's 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 sections 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 St. Paul Lutheran School..

1. Plan for Measuring Implementation and Designation of Responsible Persons

The Principal is charged with the responsibility to ensuring that the school meets the objectives of the Wellness Policy. The Principal or designee shall measure implementation of the Wellness Policy by conducting periodic reviews or receiving periodic reports.

1. Development of Policy

The Principal assures that development of the Wellness Policy involved parents, teachers, students, representatives of the nutrition services department, the Board of Education, and the public.

Legal Reference: The Child Nutrition and WIC Reauthorization Act of 2004,
Healthy, Hunger Free Kids Act of 2010, 42 USC 1751;
Regulations and Procedures for Accreditation of Schools,
NDE Rule 10 and 14; National School Lunch Program, 42
U.S.C §§1751-1760, 1770; 7 CFR § 210

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