

# WELLNESS POLICY FOR: Peace Lutheran School

## Component 1: Food Service/Lunchroom Guidelines

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Peace Lutheran School will do everything possible to provide students with the knowledge and ability to establish good and healthy lifelong eating habits.

### 1.1 QUALITY SCHOOL MEALS

Healthy school meals provide energy and nutrients children need for sound mind and bodies. Studies confirm children who are not well nourished have difficulty learning. The variety of healthy foods offered in school meal programs allows children to learn to enjoy different foods and develop healthy eating patterns.

- 1.1.1. Continue to emphasize meals that meet nutrition standards established under the Healthy Hunger-free Kids Act of 2010, conform to good menu planning principles (<https://dpi.wi.gov/school-nutrition/program-requirements/menu-planning/meal-pattern-components>), and feature a variety of healthy choices that are tasty, attractive, and of excellent quality.
- 1.1.2. Continue to use food preparation techniques to provide school meals that are lower in saturated fats, sodium, and sugar, especially high fructose corn syrup. Emphasize healthy food choices that include lean meats, fruits, vegetables, whole grains, and low-fat or non-fat milk.
- 1.1.3. Use only whole grain breads for school meals.

### 1.2 OTHER FOOD OPTIONS

- 1.2.1. School staff should consider using nutritional food as a reward for students.
- 1.2.2. The school should encourage parents to provide nutritional snacks and nutritional lunches for children who bring lunches from home.

### 1.3 LUNCHROOM CLIMATE

- 1.3.1. A lunchroom environment that provides students with a relaxed, enjoyable climate should be encouraged.
- 1.3.2. It is encouraged that the lunchroom environment be a place where students have:
  - 1.3.2.1 Convenient access to hand-washing facilities before meals.
  - 1.3.2.2 Adequate space to eat and pleasant surroundings.
  - 1.3.2.3 Adequate time for meals, which is twenty minutes from the time they are seated.



## **Component 2: Commitment to Physical Activity**

The primary goal for a school's physical activity is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long term benefits of a physically active and healthy lifestyle.

- 2.1. Students in grades 1-4 should have sixty minutes of physical activity on most, preferably all, days of the week.
- 2.2. Students should be given opportunities for physical activity during the school through daily recess periods, physical education classes, and the integration of physical activity into academic curriculum.
- 2.3. Students should be given opportunities for physical activity through a range of after-school programs including, interscholastic athletics, and family activity programs.
- 2.4. The school should work with the community to create an environment that is safe and supportive of student's physically active commute to and from school.
- 2.5. Students will receive instruction in the five health-related components of fitness: cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition.
- 2.6. The school will limit denial of student participation in recess or other physical activity as a form of discipline, or cancellation of recess or other physical activity time for instructional make-up time.
- 2.7. The school will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.



### **Component 3: Nutrition Education and Guidelines**

Peace Lutheran School will develop a comprehensive curriculum approach to nutrition in Pre-Kindergarten through Eighth grades. All instructional staff will be encouraged to integrate nutritional themes into daily lesson plans when appropriate. The health benefits of good nutrition should be emphasized.

- 3.1. Provide to parents, via the school's hot lunch menu and newsletters, helpful hints relating to childhood obesity, diet and healthy activities.
- 3.2. Display information posters in the school building that illustrate concerns associated with obesity, diet and healthy activities.
- 3.3. Consider integrating nutrition and healthy activities into core curriculum areas such as math, science, and language arts.
- 3.4. Consider placing additional emphasis on diet/ healthy activities in science/ health classes. Nutritional themes include but are not limited to:
  - 3.4.1 Knowledge of food guide pyramid Healthy heart choices
  - 3.4.2 Sources and variety of foods
  - 3.4.3 Guide to a healthy diet
  - 3.4.4 Diet and disease
  - 3.4.5 Understanding calories
  - 3.4.6 Healthy snacks
  - 3.4.7 Identify and limit junk food Healthy diet
  - 3.4.8 Food labels
  - 3.4.9 Major nutrients
  - 3.4.10 Multicultural influences Serving sizes
  - 3.4.11 Proper sanitation
  - 3.4.12 Healthy breakfast

### **Component 4: Setting Goals For Other School-Based Activities Designed to Promote Student Wellness**

Peace Lutheran School promotes a healthy school by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The school supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitation of learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children.



4.1. Provide on-going professional training and development for foodservice staff, teachers, and parents in the areas of nutrition and physical education.

4.2. Consider scheduling recess for elementary grades before lunch so that children will come to lunch less distracted and ready to eat.

4.3. Develop strategies for parents, teachers, students, foodservice, professionals, and community members to serve as role models in practicing healthy eating and being physically active in school and at home.

4.4. Snacks served during the school day will make a positive contribution to children's diet and health, with an emphasis on serving fruits and vegetables as the primary snacks and water or milk as the primary beverage. Peace will assess if and when to offer snacks based on timing of school meals (2 hours before lunch), needs, children's ages, and other considerations. The school will offer a list of healthful snack items to teachers and parents. Suggested foods are listed below:

- Raw vegetables /slices with dressing or yogurt dip
- Fresh fruit and 100% fruit juices
- Frozen fruit juice pops
- Dried fruits (raisins, banana chips, apricots, etc.) Trail Mix (no nuts)
- Low-fat meats and cheese sandwiches
- Party mix (no nuts)
- Low-sodium crackers
- Baked corn chips & fat-free potato chips with salsa and low-fat dips
- Low-fat muffins, granola bars and cookies with no nuts
- Angel food and sponge cakes
- Flavored yogurt & fruit parfaits
- Jell-O and low-fat pudding cups
- Low-fat ice creams, frozen yogurt, sherbets
- Low-fat and skim milk products
- Pure ice cold water
- Fig bars

4.5. The school will consider limiting celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages.

4.6. The school currently does not market or sell any food or beverages but if marketed in the future, the school will market only Smart Snacks compliant products. See following page for definition of Smart Snacks: <https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/smart-snacks-in-a-nutshell.pdf>



## **Component 5: Evaluation / Implementation**

5.1. To help with the initial development of the school's wellness policies, each classroom will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those assessments will be compiled to identify and prioritize needs.

5.2. The School Administrator will oversee the School Wellness Policy. To ensure public involvement, the School Wellness Team (made up of a community member/parent, teacher, PE teacher, and school administrator) will conduct a review of the school in the spring of every third year to identify areas for improvement. As a part of that review, the school will review the nutrition and physical activity policies and will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation. School families will be notified of any changes to the Local Wellness Plan. The group will also report their findings to the principal and School Leadership Team.

5.3. The School Administrator will ensure compliance with established school nutrition and physical activity wellness policies and will report on the school's compliance to the School Leadership Team.

5.4. School Nutrition Implementation Plans and Ideas –

- Know and be familiar with the new food guide pyramid.
- Have a health professional speak at a fall family night.
- Incorporate family communication in menus and newsletters.
- Do Physical Fitness Testing for ages 6 and up each year.
- Encourage and incorporate healthy snacks.
- Begin using healthier foods and beverages during parties.
- Place Wellness information on hall bulletin boards.
- Evaluate wellness plan and make any changes or additions that are needed.
- Provide for students to be physically active during school and encourage them to be physically active after school, at home, and in the community.

