

ST. PETER'S LUTHERAN SCHOOL
Columbus, Indiana
ADOPTED/REVISED: May, 2015

WELLNESS
Policy 601

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.

1 Corinthians 6:19-20

INTRODUCTION

The Law Requires

Congress recognizes that schools play a critical role in promoting student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical inactivity. To formalize and encourage this role, Congress passed a law (P.L. 108 - 265). Each local educational agency participating in a program authorized by the Richard B. Russell National School Lunch Act or the Child Nutrition Act of 1966, "shall establish a local school wellness policy by School Year 2006." By July 2014, schools participating in the National School Lunch Program, USDA requires that a School Wellness Policy must be implemented, evaluated, and monitored.

The Gospel Motivates

As leaders of Lutheran schools, we believe that God created us and gives us all things, including our health. Therefore, we thank God for the gift of life and health He has given us – imperfect as it may be with problems of illness and diseases as a result of sin. But knowing what God has done for us through Jesus Christ – forgiveness of sins, life, and salvation – our response is to care for the body that is on loan to us as a way of thanking and praising God. If we view our bodies as His temple, we can begin to see the importance of daily maintenance in order to keep it useable for his service. By keeping our bodies well-maintained and filled with the right kinds of fuel (foods) needed to sustain us, we will be ready at a moment's notice for the demands and tasks He is calling us to do.

(Adapted from "Fill'er Up-With Good Food," by Steve Grunewald, writer/editor of Better Health, a quarterly wellness letter published by Concordia Plan Services of the Lutheran Church-Missouri Synod and published in Shaping the Future, a publication of the Lutheran Education Association, Winter, 2005.)

SCHOOL HEALTH ADVISORY COUNCIL

Rationale

A Coordinated School Health (CSH) Advisory Council can assist a school in the promotion and protection of student and employee health. Involving parents/guardians and other community members on a CSH Advisory Council enables the school to use valuable community resources. An established and ongoing CSH Advisory Council increase the likelihood for sustained school wellness activities.

Policy

St. Peter's Lutheran School will engage students, parents/guardians, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring and reviewing school nutrition and physical activity policies. A School Health Advisory Council will be formed and maintained to oversee the development, implementation and evaluation of the school corporation's wellness policy.

1. The St. Peter's Lutheran School Health Advisory Council will consist of the Principal, Food Services Coordinator, Physical Education Teacher, School Nurse, School Counselor, one additional classroom teacher, and one student.
2. The Advisory Council shall meet regularly to review nutrition and physical activity policies and to develop an action plan for the coming year. The Council shall meet as needed during the school year to discuss implementation activities and address barriers and challenges.

3. The Advisory Council shall report annually to School Ministry Board on the implementation of the School Wellness Policy and include any recommended changes or revisions.
4. School nutrition and physical activity policies will be adopted or revised based upon recommendations made by the Advisory Council.
5. The School Wellness Policy shall be communicated to essential stakeholders.

NUTRITION

Rationale

According to the Indiana Youth Risk Behavior Survey, in 2011 only 6.8 percent of Indiana high school students ate the recommended amount of fruits and vegetables during the past seven days. Offering healthier food and drink options at school can send a strong message about the importance and value of healthy eating. When students have choice and have been exposed to healthy food options, they are more likely to consume them (Yale Rudd Center for Food Policy and Obesity, 2010). Nutrition policies can be phased in over time.

Policy

A. Nutrition Education and Promotion

Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level according to standards of the Indiana Department of Education. St. Peter's Lutheran School will link nutrition education and promotion activities with existing coordinated school health programs and Biblical principles of Christian life.

1. Nutrition education and promotion will be provided as part of a Comprehensive Health Education Program.
 - a. Whenever possible, health education will be taught by a licensed health education instructor.
 - b. St. Peter's Lutheran School will provide nutrition education training opportunities to teachers and staff for all grade levels.
 - c. Nutrition education will include lessons that cover topics such as how to read and use food labels, choosing healthy options and portion control.
 - d. Whenever possible, school staff will collaborate with community groups and organizations to provide opportunities for student projects related to nutrition.
 - e. Nutrition education resources will be provided to parents/guardians.
 - f. Healthy items, such as salads and fruits, will be displayed prominently in cafeterias to make healthier choices more appealing.
 - g. Foods of minimal nutritional value, including brands and illustrations, shall not be advertised or marketed in educational materials.

B. Standards for USDA Child Nutrition Programs and School Meals

St. Peter's Lutheran School will provide and promote the National School Lunch and Breakfast Programs to ensure that all students have access to healthy foods to support healthier choices and promote optimal learning.

1. School Meal Content
 - a. Meals served through the National School Lunch and Breakfast Programs will:
 - Be appealing and appetizing to children;
 - Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs;
 - Contain 0 percent trans fats;
 - Offer a variety of fruits and vegetables;
 - A majority of the grains offered are whole grain-rich.
 - b. All cooked foods will be baked or steamed. Proper procurement procedures and preparation methods will be used to decrease excess fat, calorie and sodium levels in food.
 - c. Fresh fruits and vegetables will be purchased from local farmers when practical.

- d. Students will have the opportunity to provide input on local, cultural, and ethnic favorites.
 - e. The Food Services Coordinator shall provide periodic food promotions that will allow for taste testing of new healthier foods being introduced on the menu.
 - f. Special dietary needs of students will be considered when planning meals, according to the document Accommodating Children with Special Dietary Needs in the School Nutrition Programs.
 - g. The Food Services Coordinator will share and publicize information about the nutritional content of meals with students and parents/guardians. The information may be available in a variety of forms that can include handouts, the school website, articles, school newsletters, presentations that focus on nutrition and healthy lifestyles, and through any other appropriate means available to reach families.
2. School Meal Participation
 - a. The USDA School Breakfast Program will be offered to all students.
 - b. The school will inform families of the availability and location of Summer Food Service Program meals.
 3. Mealtimes and Scheduling
 - a. At least 20 minutes will be provided to students to eat lunch.
 - b. School meals will be served in clean and pleasant settings.
 - c. Students will have the opportunity to wash hands before meals.
 - d. Potable (drinking) water must be readily available at all mealtimes.
 - e. Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.
 4. Professional Development
 - a. Professional development and training will be encouraged annually to Food Services Coordinator and staff on proper food handling techniques and healthy cooking practices.

C. Nutrition Standards for Competitive and Other Foods and Beverages

St. Peter's Lutheran School will provide and allow foods and beverages that support proper nutrition and promote healthy choices in vending machines, school stores and concession stands, or as school fundraisers and classroom celebrations.

1. Availability
 - a. A vending machine at an elementary school that dispenses food or beverage items may not be accessible to students.
 - b. Students and staff will have free, potable (drinking) water for consumption available in water fountains throughout the school building.
2. Concession Stands
 - a. The concession items sold at school-sponsored events to participants will have at least one health option, according to the approved nutrition standards.
3. Classroom Celebrations
 - a. Classroom celebrations are encouraged to focus on activities (e.g., giving free time, extra recess, music and reading time) rather than on food.
 - b. Schools shall inform parents/guardians of the classroom celebration guidelines.
4. Food as a Reward or Punishment
 - a. Teachers and staff are encouraged to not use food as a reward.
 - b. School staff will not withhold food or drink at mealtimes as punishment.
5. Fundraisers
 - a. Fundraising activities will consider supporting healthy eating and wellness.

PHYSICAL ACTIVITY

Rationale

According to the 2011 Indiana Youth Risk Behavior Survey, only 43.5 percent of Indiana high school students were physically active for a total of at least 60 minutes per day on five or more of the past seven days. According to the 2011 Indiana Youth Risk Behavior Survey, only 34.9 percent of Indian high school students attended physical education classes on one or more days in an average week when they were in school. Increased physical activity has been linked to higher academic achievement (Ehrlich, 2008). Aerobic conditioning may help to improve memory. Exercise may strengthen particular areas of the brain and oxygen intake during exercise may enhance greater connections between neurons (Hillman, Erickson & Kramer, 2008). Positive experiences with physical activity and physical education at a young age help lay the foundation for being regularly active throughout life (NASBE, "Fit, Healthy, and Ready to Learn," 2000). Physical activity and physical education policies can be phased in over time.

Policy

St. Peter's Lutheran School supports the health and well-being of students by promoting physical activity through physical education, recess and other physical activity breaks; before- and after-school activities; and walking and bicycling to school. Additionally, St. Peter's Lutheran School supports physical activity among elementary students by striving to provide them with at least 30 of the recommended 60 minutes of physical activity per day.

1. Physical Education
 - a. All students will participate in physical education in order to meet the Physical Education Standards.
 - b. Physical education classes will have the same student/teacher ratio required in other classes.
 - c. The physical education program shall be provided adequate space and equipment to ensure quality physical education classes for students.
 - d. Whenever possible, physical education will be taught by a licensed physical education instructor.
 - e. All staff involved in physical education will be provided opportunities for professional development focusing on physical activity, fitness, health and wellness.
2. Daily Recess and Physical Activity Breaks
 - a. All elementary school students will have at least 1 period of active recess per day that is at least 20 minutes in length. This recess period will be outdoors when possible. If outdoor recess is not possible due to inclement weather, teachers will provide an indoor physical activity break in the classroom.
 - b. All teachers are encouraged to use physical activity breaks during classroom time as often as possible.
 - c. St. Peter's Lutheran School discourages extended periods of inactivity (2 or more hours). During events such as mandatory school-wide testing, teachers will give students periodic breaks for moderate physical activity.
3. Physical Activity Opportunities Before and After School
 - a. St. Peter's Lutheran School encourages intramurals, clubs, interscholastic sports and voluntary activities to increase opportunities for physical activity before and/or after school, taking into account student interest and supervisor availability.
4. Physical Activity and Remedial Activities/Punishment
 - a. Students will not be removed or excused from physical education to receive instruction in other content areas.
 - b. School staff will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.
5. Walking and Bicycling to School
 - a. St. Peter's Lutheran School will allow walking and bicycling to school.
 - b. St. Peter's Lutheran School will promote walking and bicycling to school.

6. Use of School Facilities Outside of School Hours
 - a. School spaces and facilities may be made available to students, staff and community members before and after the school day; on weekends; and during school vacations. School policies concerning safety will apply at all times.

STAFF WELLNESS

Rationale

Teachers have the opportunity to model Biblical principles on healthy behaviors to their students. The implementation of wellness activities can motivate school staff to pursue a healthy lifestyle and establish a greater personal commitment to school health programs. The implementation of these policies increases access to opportunities for healthy eating and physical activity. Organizations and schools who use wellness programs can decrease healthcare costs by having healthier employees.

Policy

St. Peter's Lutheran School supports the health and well-being of our staff by creating and promoting policy and environmental supports to provide physical activity and healthy eating opportunities.

1. Nutrition and Physical Activity
 - a. St. Peter's Lutheran School will promote programs to increase knowledge of physical activity and healthy eating for faculty and staff. Presentations on health and wellness will be provided at least once each school year.
 - b. St. Peter's Lutheran School will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs and individual use.
 - c. Staff will be encouraged to participate in community walking, bicycling or running events.
 - d. School staff will be encouraged to develop and implement yearly wellness goals.
 - e. School staff will be encouraged to participate in the Concordia Plan Services *BeWell ServeWell* program

EVALUATION

Rationale

Evaluating the School Wellness Policy and implementation activities will give the School Health Advisory Council an opportunity to share their accomplishments with a large audience. This can create a better understanding of why it is important to realize and sustain these wellness efforts. An evaluation can also give a school the opportunity to showcase its efforts to strengthen the policy, the implementation of the policy, as well as the policy's impact on students and staff. Documenting accomplishments can help a school prepare for future funding requests.

Policy

St. Peter's Lutheran School is committed to enforcing the policies and guidelines included in this document. Through implementation of the school Wellness Policy, St. Peter's Lutheran School will create an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continuing progress, the school will evaluate implementation efforts and their impact on students and staff.

1. Implementation and Data Collection
 - a. St. Peter's Lutheran School will use an evidence-based assessment tool to track the collective health of students over time by collecting data such as body composition (height and weight), aerobic capacity, and/or muscular strength, endurance and flexibility.
 - b. The Principal shall ensure that the school is in compliance with the school's Wellness Policy.
 - c. The evaluation of the School Wellness Policy and implementation will be directed by the School Health Advisory Council.
 - d. Policy language will be assessed each year and revised as needed.