

# **St. Stephen's Evangelical Lutheran School**

412 West Maple Ave., Beaver Dam, Wisconsin 53916

## **WELLNESS POLICY 2024-2025**

St. Stephen's Ev. Lutheran School recognizes that there is a link between nutrition and education, the food served in school and physical activity and that wellness is affected by all of these. The school also recognizes the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. We also recognize that the sharing and enjoyment of food and participating in physical activities are fundamental experiences for all people and are a primary way to nurture and celebrate our differences. These fundamental human experiences are vital bridges for building friendships, forming intergenerational bonds, and strengthening communities.

### **Nutrition and Health Education**

We will promote fruits, vegetables, whole grain products, low fat and fat free dairy products, healthy food preparation methods and health enhancing practices. Healthy food education will be provided through parent and student newsletters and posters in the building. The school will promote healthy nutrition education. We will also encourage parents to give students nutritional lunches and healthy snacks; including participation in the National School Lunch Program.

### **Physical Activity**

Children and adolescents should participate in 60 minutes of physical activity every day. The district shall provide students with physical education, using an age appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The district shall also provide opportunities for students to participate in physical activity in addition to physical education. The school will encourage students to participate in intramural and interscholastic sports. Students and families will be informed of sports leagues and recreational facilities available. The playground will be designed and maintained for safe physical activity. The school will explore ways to increase the time students spend in physical activity at school. Physical activity will not be used as punishment or withheld as punishment. A quality physical education program will result in a lifelong physical competence fitness, personal responsibility, and enjoyment of physical activity for all students.

### **Guidelines for School Meals**

Food and beverages sold or served as part of federally reimbursed meal programs will meet nutrient standards as required by the U.S. Department of Agriculture Child Nutrition Program regulations. Meals served through the Child Nutrition Programs will be appealing to children of various ages and served in clean, safe and a pleasant setting. Meals served will include a variety of fresh fruits and vegetables, milk with one percent fat and nonfat options, whole grains and low fat protein. The lunchroom environment will provide students with a relaxed, enjoyable climate, pleasant food service staff, adequate seating, enforcement of student conduct rules, adequate supervision, and a minimum of twenty minutes to eat after being served their lunch.

### **Nutrition Guidelines for Foods Available on Campus**

When using food as part of class or student incentive programs, staff is encouraged to healthy, nutritious food choices. Parents are encouraged to send healthy snacks for birthday, holiday celebrations, and concession stand. Examples might include: yogurt, boxed raisins, frozen fruit bars, fruit, granola bars, popcorn, and 100% fruit juice.

### **Staff Wellness**

The staff will be encouraged to model healthful eating and physical activity habits to demonstrate support of healthy lifestyle habits to the students. If a staff member is feeling ill; they should consider staying home.

### **Monitoring and Evaluation Plan**

An assessment of the school's existing nutrition and physical activity environment and policy will be completed annually to help review policy compliance, assess progress and determine areas in need of improvement. As part of that review, the wellness committee will review nutrition and physical activity policies. The wellness committee will consist of a diverse group of stakeholders including, but not limited to Administrator, Classroom teacher, Physical education teacher, SFA representative and community member/parent.

### **Update and Inform Public**

St. Stephen's will actively inform families and the public about the content of and any updates to the policy through the school website and Board of Education meetings.