St. Stephen's Lutheran School
412 West Maple Ave.
Beaver Dam, WI, 53916
Phone: 920-885-6484

WELLNESS POLICY

As required by law, the St. Stephen's Board of Education establishes the following wellness policy.

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.

Wellness Policy Leadership
The Wellness Policy Committee, or designee, shall implement and ensure compliance with the policy by leading the review, update and evaluation of the policy.

Required Public Involvement
St. Stephen's will invite a diverse group of stakeholders from the list below to participate in the development, implementation, and periodic review and update of the policy.

Committee Representative:
Collaborators on this policy may include:
Administrator/Principal, Classroom teacher, Physical Education Teacher, SFA representative, Local nurse, School parent, Student (Former or present), and a medical healthcare professional.

Guidelines for School Meals

Food and beverages sold or served as part of federally reimbursed meal programs will meet or exceed current nutrition requirements established under the *Healthy Hunger-free Kids Act of 2010*. (https://www.fns.usda.gov/school-meals/nutrition-standards/nslp-meal-pattern)

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.

Standards for Foods and Beverages Sold Outside of School Meals
All food and beverages sold and served outside of the school meal programs ("competitive" foods and beverages) shall, at a minimum, meet the standards established in USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule.
https://fns-prod.azureedge.us/sites/default/files/resource-files/smartsnacks.pdf

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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.

Food and Beverage Marketing
St. Stephen's will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set for the USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snack) rule

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.

Nutrition Promotion
St. Stephen's is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.

Physical Activity
Children and adolescents should participate in 60 minutes of physical activity every day. The school shall provide students with physical education, using an age appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The school 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.

Other School-Based Strategies for Wellness
Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities (Playground and parking lot) outside the normal school day. The gymnasium could be available upon request.

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
St. Stephen's will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which the school is in compliance with the policy and how the policy compares to a model policy, as established by the USDA. As part of

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that review, the wellness committee will review nutrition and physical activity policies.

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.

USDA Nondiscrimination Statement 2015
In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at https://www.usda.gov/sites/default/files/documents/ad-3027.pdf, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. mail: U.S. Department of Agriculture
   Office of the Assistant Secretary for Civil Rights
   1400 Independence Avenue, SW
   Washington, D.C. 20250-9410;
2. fax: (202) 690-7442; or
3. email: program.intake@usda.gov.

This institution is an equal opportunity provider.
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