St. Peter’s Lutheran School Wellness Policy

**BELIEF STATEMENT**

The Board of Education of St. Peter’s Lutheran School is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle and recognizes the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn. The entire school environment shall be aligned with healthy school goals to positively influence students’ beliefs and habits and promote healthy and wellness, good nutrition and regular physical activity.

**INTENT**

The purpose of this policy is to ensure a total school environment that promotes and supports student health and wellness, helps to reduce childhood obesity and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004 and the Illinois School Code, including, without limitation, goals for nutrition education, physical activity and other school-based activities designed to promote student wellness; nutrition guidelines for all foods available during the school day; a plan for measuring implementation including designating one or more persons charged with operational responsibility; and involving parents, students, school food service providers, the school board, school administrators, and the public in developing this policy.

**RATIONALE**

A disturbing number of children are inactive and do not eat well. The result is an alarming 16 percent of children and adolescents are overweight—a three-fold increase since 1980. Congress passed the child Nutrition and WIC Reauthorization Act of 2004 on June 30, 2004. This law requires local education agencies participating in a program authorized by the National School Lunch Act to develop a local wellness policy. In addition, Public Act 904-0199 amends the Illinois School Code, requiring the Illinois State Board of Education to establish a state goal that all districts have a wellness policy.

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students

to achieve their full academic potential, full physical and mental growth and lifelong health and well-being. Schools have a responsibility to help students establish and maintain lifelong habits of being physically active. According to the U.S. Surgeon General, regular physical activity is one of the most important things people can

do to maintain and improve their physical health, mental health, and overall well-being.

**GOALS FOR NUTRITION EDUCATION**

- Students in preschool through grade 8 shall receive nutrition education as part of a sequential program

that is coordinated within comprehensive health education curriculum. The program shall be designed

to provide students with the knowledge and skills necessary to adopt healthy eating behaviors and aimed

at influencing student’s knowledge, attitudes and eating habits.

- Nutrition education shall be integrated into the standards-based lesson plans of other subjects.

- *To achieve positive changes, in students’ eating behaviors,* it is recommended that 50 contact hours

of nutrition education be provided to students in grades K-8 each year through classroom instruction,

field trips, assemblies or health fairs.

- The nutrition education program shall include enjoyable interactive activities such as contests,

promotions, taste testing, field trips and school gardens.

**GOALS FOR PHYSICAL ACTIVITY**

- Students in preschool through grade 8 shall participate in daily physical education that enables them to achieve and maintain a high level of personal fitness. Elementary students, grades PreK-2 are to

participate in physical education for a total of 150 minutes per week. Elementary & middle school

grades 3-8, are to participate in physical education for a total of 225 minutes per week.

- Our school shall provide daily supervised recess periods to our students.

- Students shall be provided opportunities for physical activity through a range of after school programs through physical activity clubs and teams.

- The physical education program actively engages families as partners of physical activity.

**GOALS FOR OTHER SCHOOL-BASED ACTIVITIES TO PROMOTE WELLNESS**

*Parent Partnerships*

- St. Peter’s shall support parents’ efforts to provide a healthy diet by catering to any special concerns of

parents in the foods that they are given at school.

- Parents shall be provided information to help them incorporate healthy eating and physical activity into

their student’s lives.

*Consistent School Activities and Environment--Healthy Eating*

- Food providers will share information about the nutritional content of school meals with students, staff

and family through menus and food labels.

- School meals shall be served in clean, safe and pleasant settings with adequate time to eat, relax and

socialize: at least 20 minutes after sitting down for lunch.

- *All food service personnel shall have adequate preservice training* and regularly participate in

professional development opportunities.

- Food providers shall work with suppliers to obtain foods and beverages that meet the nutrition

requirements of school meals and nutrition standards for those sold individually. (See Attachment A

with a change allowing 38% Total sugar for standards).

- Food providers and school instructional staff are to work closely to reinforce nutrition instruction and

foster the practice of healthy eating.

- Students, parents, school staff and community members bringing foods and beverages to school for

parties/celebrations/meetings shall be encouraged to provide healthful options and shall be provided with

a list of recommended food and beverage options. (See Attachment B)

- School based organizations shall be encouraged to raise funds through the sale of items other than food. (Attachment C)

- Students are not permitted to leave school grounds to purchase foods and beverages.

- Foods and beverages consistent with the current Dietary Guidelines for Americans and Food Guidance

System (My Pyramid) are promoted.

- All foods and beverages on campus comply with the federal, state, and local food safety and sanitation

regulations.

*Consistent School activities and Environment – Physical Activity*

- Physical education shall be provided by trained and well-supported staff that is certified to teach.

- Physical education classes shall have a student to teacher ratio comparable to those in other curricular areas.

- St. Peter’s will be encouraged to develop community partnerships with other child-serving organizations

such as park districts to provide students the opportunity to be active.

- St. Peter’s will provide student and community access to the use of the school’s safe physical activity

facilities outside of the normal school day.

*Food or Physical Activity as a Reward or Punishment*

- School personnel shall be encouraged to use nonfood incentives or rewards with students. (See Attachment

D) and shall not withhold food from students as punishment.

- School personnel shall be encouraged to not use physical activity as a punishment or withhold participation

in recess or physical education class as a punishment.

**NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE DURING THE SCHOOL DAY**

- Food providers offer a variety of age-appropriate, appealing foods and beverage choices and employ food

preparation, purchasing and meal planning practices consistent with the current Dietary Guidelines for

Americans.

- All foods and beverages sold individually (apart from the reimbursable school meal) on campus during

the school day meet the nutrition standards of Attachment A with one change of allowing 38% Total sugar.

**GUIDELINES FOR SCHOOL MEALS**

- School meals served shall be consistent with the recommendations of the Dietary Guidelines for Americans

and/or shall meet, the nutrition requirements and regulations for the National School Lunch Program and all state and local laws and regulations.

**MEASURING IMPLEMENTATION & COMMUNITY INVOLVEMENT**

- The school board shall be charged with the responsibility for ensuring that the school meets the wellness

policy.

* The school board shall appoint a school wellness team to oversee development, implementation and evaluation of the wellness policy.
* The principal shall be responsible for the implementation of the wellness policy.
* Before the end of each school year the wellness policy should be reviewed by the wellness team to recommend any changes to the school board in order to prepare for the following school term.

**Attachment A**

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| **Food or Beverage** | ***HealthierUS School Challenge* Nutrition Standards\*** |
|  | These criteria focus on decreasing fat and added sugar, increasing nutrient |
|  | density, and moderating portion size. |
| **Fruits** | Fruits and vegetable may be fresh, frozen, canned or dried, and they must be |
| **Non-Fried** | found in the Food Buying Guide for Child Nutrition Programs. |
| **Vegetables** | [http://schoolmeals.al.usda.glovFBG/2003FBG/%20Section%202.pdf](http://schoolmeals.al.usda.glovfbg/2003FBG/%20Section%202.pdf) |
|  | Examples of products that cannot be sold/served as a fruit or vegetable include: |
|  | ● Snack-type foods made from vegetables or fruits, such as potato chips, |
|  | and banana chips; |
|  | ● Pickle relish, jam, jelly; and |
|  | ● Tomato catsup and chili sauce |
| **Approved** | ● Flavored or plain reduced fat (2%), low-fat (1%), skim/nonfat fluid |
| **Beverages** | milk meeting State and local standards for pasteurized fluid milk and/or |
|  | USDA approved alternative dairy beverages4; |
|  | ● 100% full-strength fruit and vegetable juices; and |
|  | ● Water (non-flavored), non-sweetened, *and* non-carbonated) |
| **Any other** | ● **Calories from total fat** must be at or below 35%\*\*, *excluding nuts,*  *seeds, and nut butters.* This is determined by dividing the calories from |
| **Food** | total fat by the total calories and multiplying by 100. If calories from fat |
| **Sales/Service** | are not available, multiply the grams of fat by 9 to equal calories from fat. |
|  | ● **Calories from saturated fat** must be at or below 10%. This is |
|  | determined by dividing the calories from saturated fat by the total |
|  | calories and multiplying by 100. If calories from saturated fat are not |
|  | available, multiply grams of saturated fat by 9 to equal calories from |
|  | saturated fat. |
|  | ● **Total sugar** must be at or below 35% by weight. This is determined by |
|  | dividing the grams of total sugar by the gram weight of the product and |
|  | multiplying by 100. This includes both naturally occurring and added |
|  | sugars. This limit does not include fruits and vegetables or flavored |
|  | milk as defined above. |
|  | ● **Portion size** for a la carte sales in the school cafeteria are not to exceed |
|  | the serving size of the food served in the National School Lunch |
|  | Program/School Breakfast Program; for vending sales the item package |
|  | or container is not to exceed 200 calories. |

4There are no USDA approved alternative dairy beverages at this time. Public Law 108-265 (Child Nutrition Program

Reauthorization) authorized the Secretary of Agriculture to establish nutritionally equivalent non-dairy beverages by July

1,2005. Please check with the Illinois State Board of Education for clarification.

\*The above *Nutrition Standards* are criteria for sales/service of a la carte and/or vended items from the United States

Department of Agriculture’s *HealthierUS School Challenge.* Please be aware that these criteria are only meant to apply to individually sold foods and that foods sold as part of a reimbursable school meal my not necessarily meet these criteria although menus meet the nutrition standards set by the U.S. Department of Agriculture school meals. Local policy makers may wish to modify the stands but should be aware that this may make schools ineligible to meet the criteria for the *HealthierUS School Challenge.*

*\*\**The *Dietary Guidelines for Americans 2005* recommend a total fat intake of 20 to 35% for school-age children.

**Attachment B**

**Healthful Food and Beverage Options for School Functions\***

At any school function (parties, celebrations, meetings, etc.) healthful food options should be made available to promote student, staff and community wellness. Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans are listed below.

* Raw vegetable sticks/slices with low-fat dressing or yogurt dip
* Fresh fruit wedges – cantaloupe, honeydew, watermelon, pineapple, oranges, tangelos, etc.
* Sliced fruit – nectarines, peaches, kiwi, star fruit, plums, pears, mangos, apples, etc.
* Fruit salad
* Cereal and low-fat milk
* 100% fruit or vegetable juice
* Frozen fruit pops with fruit juice or fruit as the first ingredient
* Dried fruits – raisins, cranberries, apples, apricots
* Single serving applesauce or canned fruit in juice
* Peanut butter with apple wedges or celery sticks
* Fruit smoothies made with fat-free or low-fat milk
* Trial mix (dried fruits and nuts)
* Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
* Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
* Party mix (variety of cereals, nuts, pretzels, etc.)
* Pretzels or reduced fat crackers
* Baked chips with salsa or low-fat dip (Ranch, onion, bean, etc.)
* Low-fat muffins (small or mini), granola bars and cookies (graham crackers, fig bars)
* Mini bagels with whipped light or fat-free cream cheese
* Pasta salad
* Bread sticks with marinara
* Fat-free or low-fat flavored yogurt & fruit parfaits
* Fat-free or low-fat pudding cups
* Fat-free or low-fat milk and milk products (string cheese, single-serving cottage cheese, cheese cubes)
* Flavored soy milk fortified with calcium
* Pure ice cold water

\**This list is not all inclusive and is meant only to provide parents and school staff with guidance for healthier*

*food and beverage choices. Not all food and beverage items on this list will necessarily meet district nutrient standards (Attachment A) as items vary in sugar, fat can calories content from brand to brand. However, all of the items in the list are believed to be consistent with the intent of the wellness policy to promote student health and reduce childhood obesity.*

**Attachment C**

**Fundraising Ideas**

● Raffle

● Candles

● Book sale

● Cookbook

● \*Car wash

● \*Walkathons

● Student artwork

● Stuffed animals

● Stadium pillows  
● School photo ID

● Educational games

● Holiday decorations

● Shopping donation programs

● School mascot temporary tattoos

● Faculty and/or student talent show

● Teacher/student sports competition

● Auction of donated goods and services

● Balloon bouquets for special occasions

● Bottled water with the schools own label

● Refillable water bottle with the school logo

● Glow in the dark novelties (popular at dances)

● Greeting cards, especially designed by students

● School calendars with all the important school dates on them

● Party bags for kids’ birthday parties filled with non-food novelties

● Sale of flowers and balloons for the family to purchase for student graduates

● School spirit items – tee-shirts, sweatshirts, sweatpants, lanyards, pennants, bracelets and caps

● Growing and/or selling flowers and plants for holidays such as Valentine’s Day and Mother’s Day

\*These fundraisers have the added benefit of promoting physical activity for students.

**Attachment D**

**Classroom Rewards**

● A smile

● Going first

● Verbal praise

● Sit by friends

● Teaching the class

● Helping the teacher

● Enjoy class outdoors

● A field trip for the class

● Choosing a class activity

● Walk with a teacher during lunch

● Eat lunch outdoors with the class

● Eat lunch with a teacher or principal

● Extra credit or class participation points

● Taking care of the class animal for a day

● Have lunch or breakfast in the classroom

● A photo recognition board in a prominent location in the school

● A note from the teacher to the student commending his or her achievement

● A phone call, email, or letter sent home to parents or guardians commending a child’s accomplishment

● Recognition of a child’s achievement on the school-wide morning announcements or school website

● Ribbon, certificate in recognition of achievement or a sticker with an affirming message (e.g. “Great job”)

● Take a trip to the treasure box (filled with: stickers, temporary tattoos, pencils, pens, highlighters, sidewalk

chalk, notepads, erasers, bookmarks, etc.)