



ST. PAUL'S LUTHERAN SCHOOL

312 West 3rd Street
Ogallala, NE
Phone: (308) 284-2944

Wellness Policy Updated May 13, 2024

The mission of St. Paul's Lutheran School:

St. Paul's Lutheran School, under the power of the Triune God, strives to help children reach their full potential as Christian citizens of the world.

St. Paul's Lutheran School recognizes the importance of healthy students for the fulfillment of our mission, the success of the educational program, as well as the importance of teaching students healthy habits for life. Therefore, it is the policy of St. Paul's Lutheran School that:

- The school will engage parents, teachers, community members, in developing, implementing, monitoring, and reviewing the school's nutrition and physical activity policies that meet or exceed the USDA Smart Snacks in School nutrition standards.
- All students will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages served by the school at lunch will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- To the extent practically feasible, the school will participate in available federal school lunch and milk programs.
- The school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

To achieve these policy goals:

I. Wellness Team

The school will work within the existing school board to have said board serve as the Wellness Team for the school. This team is representative of teachers, parents, community members, teachers, and school administration.

II. Lunch and Milk Program

St. Paul's Lutheran School will contract with a lunch provider who meets the requirements of the National Federal School Food Program. These meals will meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations. If such a provider is not practically available, St. Paul's will either hire local personnel who will meet those same requirements or no lunch will be offered.

St. Paul's will contract with a milk provider, either through the lunch provider contract or as a separate contract, who provides milk that meets the requirements of federal and/or state programs. White and chocolate milk will be offered. Fat content of the milk will meet or exceed federal and/or state guidelines.

Helping Children Reach Their Full Potential as Christian Citizens of the World

Free and Reduced-priced Meals and Milk

When St. Paul's Lutheran School offers a lunch program, free and reduced-priced meals will be available to those who qualify under state and/or federal programs. Students who qualify will have access to these meals in such a way that other students do not know who is receiving meals under these programs.

Similarly, when St. Paul's Lutheran School offers a milk program, free and reduced-priced milk will be available to those who qualify under state and/or federal programs. Students who qualify will have access to this milk in such a way that other students do not know who is receiving milk under these programs.

In addition to milk, water is available through drinking fountains and the students may bring water bottles. Such water bottles may be restricted in the classroom by the classroom teacher according to their professional judgment, however the water bottles will always be allowed in the lunch room.

St. Paul's Lutheran School will ensure that student access to foods and beverages meet federal, state and local laws and guidelines including, but not limited to: USDA National School Lunch and School Breakfast nutrition standards, and USDA Smart Snacks in School nutrition standards. St. Paul's Lutheran School may provide a list of healthy ideas or food and beverage alternatives to parents, teachers, and students. All marketing of foods and beverages on the school campus during the school day will meet Smart Snack Standard.

Vending Machines

Vending machines are not allowed in the school. If they are installed by the church the students will not have access to them during the school day or for the hour prior to or 30 minutes past the dismissal time of the school. It shall not be sold or otherwise made available to students anywhere on school premises during the period beginning one half hour prior to the serving period for breakfast and/or lunch and lasting until one half hour after the serving of breakfast and/or lunch.

Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities that take place during the school day will not involve food. St. Paul's Lutheran School may provide a list of healthy ideas or food and beverage alternatives to parents, teachers, and students for classroom parties and classroom snacks.

III. Nutrition and Physical Activity Promotion and Food Marketing Nutrition Education and Promotion

St. Paul's Lutheran School aims to teach, encourage, and support healthy eating by students. The school should provide nutrition education and engage in nutrition promotion:

- At each grade level as developmentally appropriate
- Integrated in classroom instruction in subjects such as math, science, language arts, and social sciences.
- Including topics such as proper hand washing, importance of drinking water, food groups, trying new foods / eating a variety of foods, feeling full and chewing thoroughly, serving sizes, relationship of food intake (energy input) and physical activity (energy output), nutrition facts label reading, foods that help keep the body

healthy and foods that may contribute to poor health, including oral health; healthy body image, agricultural origins of common foods, and basic food safety (storing, cleaning).

IV. Physical Activity Opportunities and Physical Education

- All students will be provided the opportunity to receive physical education classes at least weekly, with a minimum of twice weekly being the norm. Such classes will include a variety of physical activities appropriate to the students' age, grade, and development level and will emphasize skills and activities that are helpful for developing a life-long active lifestyle.
- All students will have at least 20 minutes per day of supervised recess, preferably outdoors.

- Moderate to vigorous physical activity will be encouraged verbally and through the provision of adequate space and age-appropriate equipment.

V. Monitoring and Policy Review

The school Principal / Head Teacher will ensure compliance with this policy. Guidance will be provided to teachers who do not meet the requirements of this policy. The Principal / Head Teacher will enter into contracts with lunch and or milk providers according to this policy.

The Wellness Team / School Board will discuss the policy's compliance and review the needs of the students and the effectiveness of this policy with the Principal / Head Teacher at least four times per year. Additions, revisions, or rewrites of this policy will be accomplished as needed.