

H-9: Wellness Policy
Developed by: Board of Education
Effective Date: September 1, 2006
Reviewed:

Updated 2-2023			

St. Peter's Lutheran School promotes good nutrition and physical activity in a child's development, well-being and readiness to learn. St. Peter's will promote a healthy school by supporting wellness, good nutrition and regular physical activity as a part of the students learning environment.

The Principal and Lunch Coordinator shall establish and implement compliance with the policy by leading the review, update, and evaluation of the Wellness Policy.

St. Peters School will invite the following to participate in the development, implementation, and periodic review and update of the policy. The Board of Christian Education will be requested to approve and parents/guardians informed of any policy changes.

- Administrator
- Classroom Teacher
- SFA Representative
- Parent / Community Member
- Student

All meals shall meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids act of 2010. <https://dpi.wi.gov/school-nutrition/program-requirements/menu-planning/meal-pattern-tables-components>

All food and beverages sold outside of the school meal programs shall meet the USDA Smart Snack standards. <https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/smart-snacks-guide-usda.pdf>

St. Peter's encourages foods offered to meet or exceed the USDA Smart Snacks in school standards including those provided at celebrations and parties and classroom snacks brought by staff or family members. Upon request, parents will be provided a list of non-food and Smart Snack ideas.

St. Peters will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for all foods sold in school. (Smart Snacks) rule.

Teachers shall integrate nutrition education into classroom subjects, such as math, science, language arts, social sciences, etc.

School nutrition services shall use the Wisconsin Team Nutrition Meal Appeal Self-Assessment to determine ways to improve the school meals environment.

Children and adolescents should participate in 60 minutes of physical activity every day. The class time will provide students with physical education, using an age-appropriate, physical education curriculum consistent with the national and state standards for physical education. St. Peters shall also provide opportunities for students to participate in physical activity in addition to physical education.

St. Peter's promotes a healthy lifestyle through a positive clean environment including: educational posters in the cafeteria. Weekly menu is displayed throughout the school. St. Peters' Lunch Coordinator strives to improve the school's meal environment and promotes healthy eating.

St. Peter's will offer family-focused events supporting health promotion physical activity each year. Several events are sponsored by St. Peter's PTL and include, open skate night, Family Sports Night, etc.

St. Peters will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.

St. Peters will actively inform families and public about the content of and any updates to the policy through the school website and Board of education Meetings.