

Local Wellness Policy for St. Lorenz Lutheran School

St. Lorenz Lutheran School is committed to creating a healthy school environment that enhances the optimal development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

Implementation Plan

St. Lorenz will annually maintain and complete an annual review of our Wellness Policy.

Nutrition Standards

Our school hot lunch program is committed to serving healthy meals to our students with sufficient fruits, vegetables, whole grains, fat-free and low-fat milk, moderate sodium, and low in saturated fat. Meeting the nutritional needs of the students within their calorie-requirements is a goal of our program. The school shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The school should encourage students to make nutritious food choices. The school shall monitor all food and beverages sold to students, including those available outside the federally regulated child nutrition programs.

Portion Sizes

- 2 oz. serving of protein
- 2 servings of grain which is met with most pizzas or a bun
- 1 half pint of milk (has to be skim if flavored or can be 1% if unflavored)
- ½ cup of fruit
- ¾ cup of vegetable

Each tray must have a fruit or a vegetable and two other components, but students may turn down other options since we serve offer vs serve lunches.

Nutrition Education

St. Lorenz aims to teach, model, encourage, and support healthy eating by students. Students in preK-8 shall receive nutrition education as documented in the school's curriculum. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into various areas of the curriculum. The school will require students to bring healthy snacks to school and provide parents and students with a list of recommended snacks. Teacher will encourage students and parents to consider healthy snacks and treats for birthday parties and other celebrations. The school will also discourage the faculty from using food and beverages as an incentive for school performance. A Healthy cooking class is being offered as an elective to students in grade 8.

Physical Education and Physical Activity Opportunities

Children in preschool through grade 5 at St. Lorenz will be given the opportunity to participate in no less than 60 minutes of physical education activity every day. Students in grades 6-8 are offered physical education classes every other day for at least 45 minutes. Physical activity opportunities may occur through physical education classes, recess, classroom-based physical activity and after school programs. The school will provide adequate playground space and equipment for safe and vigorous activity.

The school shall offer age-appropriate physical education opportunities that include a quality physical education program. Physical education should equip students with the knowledge, skills, and values necessary for lifelong physical activity. Encouragement will be provided for each student to meet individual exercise goals.

Other School Based Activities Designed to Promote Student-Wellness

The school will encourage physical activity through before and after school programs that may include:

- Promotion of walk and bike to school days
- Full schedule of interscholastic athletic opportunities for upper grade students
- Challenge days during physical education classes throughout the year
- Running challenges during the year with students being encouraged by adding to class goals
- Cross Country Team
- Girls of Grace Dance Ministry
- Storage facilities for bicycles
- Crossing guards for safe access to school grounds

Implementation and Measurement

A school principal, hot lunch program director, and the school's physical education teacher shall implement this policy and measure how well it is being managed.

School Wellness Committee

Kristi Wolverton	Hot Lunch Program Director
David Palmreuter	Physical Education Director
Leah Knoll	Principal
Stephanie Baarck	Assistant Principal
Erin Wascher	Assistant Principal