

Wellness Policies on Physical Activity and Nutrition (Taken from the 2022-2023 Parent-Student Handbook)

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years of age) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid:

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, schools around the country are facing significant fiscal and scheduling constraints
and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, St. Paul Lutheran School in partnership with Guardian Angels Central Catholic School is committed to providing a school environment that will promote and protect our student's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Therefore, it is the policy of St. Paul Lutheran School that:

- SPLS and GACC will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.
- All students in grades Pre-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal

planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

- To the maximum extent practicable, SPLS and GACC will participate in available federal school meal programs including the National School Lunch Program and Special Milk Program.
- SPLS and GACC will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

Nutritional Quality of Foods and Beverages Sold and Served on Campus

Meals served through the National School Lunch Program and served at GACC will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables; GACC will share information, upon request, about the nutritional content of meals with parents and students.

Free and Reduced-Priced Meals

SPLS and GACC will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

Meal times and Scheduling GACC & SPLS:

- Will provide students with at least 20 minutes after sitting down for lunch;
- Will schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
- Will not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or tooth decay risk)

The Wellness Policies on Physical Activity and Nutrition is provided to all families at the beginning of the school year sent home in the family folders and is also available for viewing at any time online at stpaulwp.org on the "Registration & Parent Information" page in the 2022-2023 Parent-Student Handbook or separately in the "School Lunch Program Served at GACC" section.