

HEALTH AND WELLNESS

The overall goal of the Health and Wellness policy of Mt. Calvary Lutheran School is to promote student health and wellness. Building nutrition knowledge and skills helps children make healthy eating and physical activity choices. To accomplish goal, the following policy has been developed to encourage and educate students of Mt. Calvary Lutheran School on the benefits of maintaining healthy choices throughout life as well as to be a guide to food choices provided by the school.

NUTRITION EDUCATION GOALS

- Students in all grades, pre-K through 8 will receive nutrition education that is interactive and teaches the skill they need to adopt healthy eating behaviors.
- The message of making healthy choices will be consistent throughout the school, classrooms, lunch room, and other areas where the message can be presented.
- The curriculum for health education will include both nutrition and physical education.
- Health education and making healthy decisions will be infused as appropriate throughout the other curricula areas including mathematics, science, and language arts.
- Health education utilizes manipulatives and/or interactive technology to provide a variety of high quality and meaningful learning and application activities.
- Students will apply knowledge of nutrition and healthy living to their choices outside of the school environment.
- The school will seek additional ways to present the message of healthy choices in other events sponsored by the school.
- Staff who provide nutrition education will be offered appropriate training opportunities.
- A minimum of 2 hours per month should be spent on nutrition education.

PHYSICAL ACTIVITY GOALS

- Physical education classes will follow the established 4K-8th Grade curriculum which is aligned with state standards, includes grade level benchmarks, and grades are included on quarterly report cards.
- Students will be able to demonstrate physical education competency through application of knowledge, skill development, and practice.
- Students will be given opportunities for physical activity during the school day through one or more of the following physical activities: physical education classes, recess periods, and the integration of physical activity into the academic curriculum totaling between 100-150 minutes per week, according to respective grade levels.
- The physical education program meets the needs of all students, including those who are not athletically gifted, and teach cooperation, fair play, and responsible participation.
- The physical education program will be facilitated in a place with adequate space and equipment and conform to all required safety standards.
- Physical education will be taught by teachers licensed by the state of Wisconsin.
- Teachers involved in physical education will be provided with regular opportunities for professional development.
- Students will be given opportunities for physical activity through after school activities such as athletic programs.

- The school will work with the community to help provide safety for students walking, riding bikes, or otherwise using physical activities to get to school.
- The school will encourage parents and guardians to support their child's participation in physical activities and will work to offer physical activities in family events.
- The school will provide training for the staff to promote physical activity in enjoyable, lifelong activities.
- School permits the use of school facilities outside of school hours for physical activity programs offered by community-based organizations provided appropriate requirements have been met.

NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE AT SCHOOL

- The school shall provide school lunches that meet the nutritional standards required by the USDA School Breakfast and National School Lunch Programs.” (Lunches are received from Milwaukee Public Schools.)
- Food and beverages in the food service program will represent good choices for a balanced and nutritional diet. School meals are required to meet specific standards (e.g., 4 fruits and/or non-fried vegetables per day; only 1% and fat-free milk served; at least half of grains are whole grain; eliminates trans fats)
- The school does not allow vending machines, snack bars, and school stores.
- Healthy choices and nutritional food value will be a consideration in selecting school-sponsored fundraising activities. Physical activity fundraising alternatives will be considered when planning the yearly fundraising events (including Hoops for Heart).
- When school parties and classroom activities include food, the school encourages healthy snacks and efforts will be made to limit the number of low-nutrition snacks and instead providing children with nutritional alternatives.
- Classroom snacks will feature healthy choices that meet the District's Nutrition Standards and do not exceed 200 calories per serving.
- All foods served during the school day shall meet district guidelines, which include ... ensuring the provision of whole grains and fruits and vegetables.
- Soda will not be permitted before, during, or after school.
- Nutritious meals served by the food services operation and other nutritious food choices served in district schools and at district-sponsored events will comply with state and federal law and district guidelines.
- The school does not provide a la carte items in addition to the daily lunch.

GOALS FOR OTHER SCHOOL-BASED ACTIVITIES

- The school will maintain the lunch area to insure that it is a clean, safe, and enjoyable meal environment.
- The school will arrange a lunch schedule that provides adequate time for serving meals, for students to eat, and for clean-up following the meal.
- Drinking fountains will be available in the school buildings and students will be encouraged and given the opportunity to drink water throughout the day.
- Students will be encouraged to participate in the meal program. The staff will monitor lunches brought from home and encourage families to provide nutritious meals.
- The identity of students who receive free or reduced lunches will be protected.

- Lunch periods will be scheduled near the middle of the school day with adequate time for students to eat before needing to leave the lunch area.
- Students will be provided adequate time (minimum of 20 minutes) to eat lunch
- Appropriate supervision shall be provided in the cafeteria and rules for safe behavior will be consistently enforced.
- School personnel will encourage all students in developing the healthy practice of washing hands before eating.
- Food will not be used as a reward or punishment in the school. Children who have been removed from the classroom for disciplinary reasons will be provided with lunch.
- Teachers will be encouraged to provide all students with physical activities at recess and other times when physical education or activity is scheduled.
- Foodservice staff and teachers will receive proper training in nutrition and physical education.
- The school will make efforts to provide students and families with the opportunity to participate in physical activities in after-school programs including athletics and family night activities.
- The school will promote availability of nutritional snacks at family events
- All fundraisers require administrative approval.
- All food service personnel will have adequate training in food service operations.
- Foods sold before school (for snack time) will be restricted to a limited group of foods (prohibiting Foods of Minimal Nutritional Value).
- Foods are not sold after school.
- The school will provide information and outreach materials about other FNS programs such as Food Stamps, and Women, Infants, and Children (WIC) to families.

IMPLEMENTATION AND EVALUATION

- The total school environment, including cafeteria and classroom, will provide clear and consistent messages that reinforce healthy lifestyle choices
- The staff will strive to be role models in practicing healthy eating habits.
- Activity incentives and programs are offered to staff through “Power of Vitality”
- The food service manager will be available to speak with parents during school activities
- Nutrition information will be provided to parents and staff through a variety of means including newsletters, publications, and health fairs.
- The wellness policy was developed by a team including the school administrator, food service manager, and teachers.
- The wellness policy will be implemented at Mt. Calvary Lutheran School by the school staff.
- The principal or designee will be responsible for overseeing the implementation of the wellness policy.
- Through observation, and reports from the teachers, the principal will report any difficulties with the implementation of the wellness policy to the Board of Education.
- The wellness team will review the health and wellness policy annually to determine impact on student health impact, and effective programs and program elements.
- Revisions to the health and wellness policy will be made as determined necessary.