

St. Paul Lutheran School Wellness Plan

St. Paul Lutheran School is committed to creating a healthy school environment. Lifelong wellness practices will be taught and developed which will promote and protect students' health, well-being, and ability to learn by encouraging lifelong habits of healthy eating, physical activity, and spiritual development. We will strive to help students achieve their full academic potential, full physical and mental growth, and lifelong health and well-being through these lessons taught at St. Paul Lutheran School.

All students will possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff is encouraged to model healthy eating and physical activity as a valuable part of daily life. Parents will be encouraged to model healthful eating habits and levels of activity. St. Paul Lutheran School will prepare, adopt, and implement a comprehensive plan encompassing the entire day to encourage healthy eating habits, physical activity, and spiritual growth. This plan will make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

Nutrition Education

All students will receive nutrition education that is aligned with the *Michigan Health Education Content Standards and Benchmarks*. Nutrition education will be integrated throughout the curriculum, emphasizing the relationship of a balanced diet and regular exercise to good health, and stressing the importance of adopting a healthy lifestyle.

Nutrition Standards

St. Paul Lutheran School will ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The school cooks will conform to good menu planning principles, featuring a variety of healthy choices that are of good quality and served according to the health regulations. Food safety will be a key part of the school food-service operation. The school will encourage students to make nutritious food choices.

The students will be given adequate time to eat lunch. The school will provide a clean and safe eating environment. Drinking water and hand-washing facilities should be conveniently available at all times.

Physical Education and Physical Activity Opportunities

St. Paul Lutheran School will offer physical education opportunities that include the components of a quality physical education program. Physical education will equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction will be aligned with the *Michigan Physical Education Content Standards and Benchmarks*.

All students will have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand short- and long-term benefits of a physically active and healthy lifestyle. Extracurricular sports are offered for the older students, as interschool sports competition becomes appropriate and beneficial to the students.

Other School-Based Activities Designed to Promote Student Wellness

St. Paul Lutheran School may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

Spiritual Development

St. Paul Lutheran School believes that spiritual development is essential for the student's wellbeing. At various times throughout the day, students of St. Paul Lutheran School will pray. The students will study the Bible daily. The instruction and classroom management is based on Biblical principles. As we teach the children, we develop their spiritual life. The student's wellness is made complete through this spiritual development.

Implementation and Measurement

The Principal will annually monitor the implementation and effectiveness of this policy. A report will be given to the Board of Education on an annual basis.