



# ST. PAUL'S

## LUTHERAN SCHOOL

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**4-15-24**

Dear St. Paul's School Community,

We take pride at St. Paul's in supporting the needs of the whole child, to ensure that all children are safe, supported, engaged, and challenged each day as they walk into our building.

Research indicates that initiatives focused on improving aspects of students' well-being in schools – such as addressing childhood obesity, preventing bullying, supporting students' mental health, and restricting schools' use of exclusionary discipline – have been found to be successful in improving student success, and academic excellence. We have assessed our wellness policy as part of the USDA requirements. Below are the results of our assessment:

*Our policy was severely lacking in language and standards that align with the USDA requirements. Several of the practices that we have in our school are in alignment, but the policy did not live up to the standard for schools across the country. As a result, our wellness policy was re-written and re-organized to address several of these items and hold us accountable for the future. A wellness team will be created by the school board to ensure that this policy is upheld and reviewed on a regular basis.*

The review of our old policy as well as the newly written and adopted policy appear below.

If you have any questions, please feel free to reach out to me, Mr. Aaron Markgraf – principal at St. Paul's, at [amarkgraf@stpls.com](mailto:amarkgraf@stpls.com).

Have a blessed day,

Aaron Markgraf

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## Your District's Scorecard

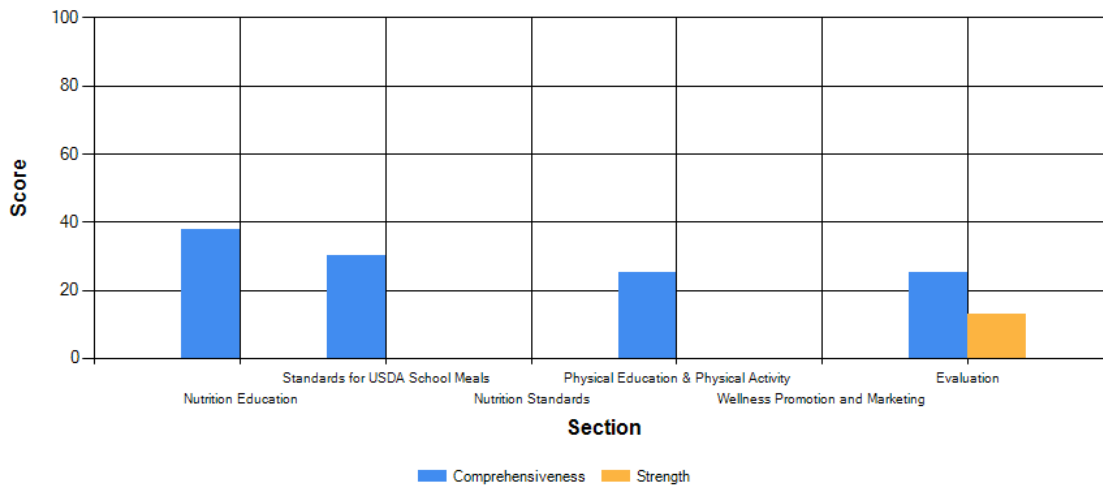
[Close window](#)

Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness policy.

Items with a rating of "0" (item not addressed in the policy) or "1" (general or weak statement addressing the item) can be improved by referring to the resource links next to the items. Multiple resources addressing school wellness policy topics are available online. To avoid duplicative information, we have included a small selection, rather than a comprehensive listing.

**Version: 3.0**

**Policy Name: St. Paul Lutheran - Norfolk 2023**



Policy Category: Parents/Health  
Policy Title: Wellness  
Policy Number: 1.3.4  
Date Revised: 4-15-24

St. Paul's Lutheran School is committed to providing a school environment that enhances learning and the development of lifelong wellness. St. Paul's Lutheran School is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

### Nutrition Education

*St. Paul's aims to teach, model, encourage and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.*

- The health curriculum will include information on good nutrition and healthy living habits.
- Teachers will incorporate information on nutrition and wellness into the classroom curriculum as appropriate.
- After school activities, including athletics, will be available for students to participate.
- Nutrition education will include developmentally-appropriate, culturally-relevant, and participatory activities. Students will be involved in cooking lessons, taste testing, and agriculture visits.
- Nutrition education will also be integrated into different subject areas such as math, science, language arts, and social studies.
- Students will learn nutrition education using scientifically-based and up-to-date nutrition information consistent with the Dietary Guidelines for Americans. St. Paul's will use resources such as: Food guidance from MY Plate and reacting and using USDA's food labels
- Teachers will encourage students to balance food intake with physical activity, teach about social influences on healthy eating, including media, family, and peers, and encourage students to resist peer pressure related to unhealthy dietary behavior.

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## **USDA Child Nutrition Programs and School Meals**

*St. Paul's is committed to serving healthy meals to children, with plenty of fruits, vegetables and wholegrains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their caloric requirements. St. Paul's participates in USDA child nutrition programs, including the National School Lunch Program (NSLP) and is committed to offering school meals through the NSLP.*

- St. Paul's offers hot lunch to all students that consists of a protein, an entree, a vegetable, a fruit, and milk options.
- St. Paul's provides Free and Reduced Lunch options for students who qualify.
- St. Paul's provides reimbursable school meals that meet USDA nutrition standards through Norfolk Public School system.
- We have water fountains positioned throughout the school with times for students to refill personal water bottles. Students are encouraged to bring personal water bottles in the classroom.
- St. Paul's has trained school lunch volunteers that serve on a rotational basis.

### *Other Food Available at School*

- St. Paul's does not have outside food or beverages sold on the property.
- Our meal program meets the USDA Smart Snack in School nutrition standards through the Norfolk Public School System. We offer a fruit, vegetable, and milk option at every lunch meal. We also offer fruit and vegetable options for our snack during Aftercare.
- Teachers do not use food or drink as rewards in the classroom for good behavior or withholding food as a form of punishment. Instead, we use marble goals where they can pick activities when a goal is met. Tally marks can be earned that will lead to prizes such as super balls or other small items.

## **Other Foods and Beverages**

- St. Paul's does not sell any food or beverages outside of the regular lunch program meals that are vended from Norfolk Public Schools. There are no vending machines or school stores located on our campus.
- Occasionally, food or beverages may be brought in to celebrate birthdays or other classroom events. These items must be approved by the classroom teacher and the principal according to health and nutrition standards set by the school.
- Snacks are served (at no additional cost) to students who are enrolled in the aftercare program during its operating hours. These snacks are purchased by the principal with health and nutrition standards in mind.
- Foods and beverages will not be used as a reward or withheld as punishment for any reason, such as for performance or behavior.

## **Physical Education and Activity**

*St. Paul's will provide students with physical education, using an age-appropriate, sequential adaptive physical education curriculum (SPARK) aligned with national and state physical education standards for adaptive education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students will be provided equal opportunity to participate in physical education classes.*

- All students will participate in physical education that meets or exceeds state and national standards.
- Students will be encouraged to engage in physical activities throughout the school day.
- All elementary and middle school students are required to take physical education for at least 60 minutes per week throughout the school year.
- All students will receive adequate time for daily recess and physical activity breaks during and between classes.
- Saint Paul's offers opportunities such as organized sports and open gym for students to participate in physical activity after school and on the weekends.

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- All physical education classes are taught by licensed teachers who are certified to teach physical education.
  - Physical education teachers are provided with physical education training opportunities through online classes and in-person workshops.
  - Waivers, exemptions, or substitutions for physical education classes are not granted.

### **Community Student Wellness**

- The school promotes to parents/caregivers, families, and the community the benefits of and approaches for healthy eating and physical activity throughout the school year. The school encourages parents to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- The school promotes participation in physical activity for students from St. Paul's and other schools throughout the community by leaving the gate open to our playground during non-school hours. We allow and encourage anyone to use our soccer field and rent out the soccer field to local sports clubs that are looking for practice space. In addition, children and families in our community are welcome to use the large hill on our property for sledding in the winter months.
- The school district provides safe routes to school for those walking or riding bikes. The streets outside our school building have crosswalks near each of our entrances/exits. "No parking" signs near the crosswalks allow ample room for clear visibility of oncoming traffic, which helps to ensure that our crossing guards can help students cross the street safely. In addition, "School zone" signs on Georgia Avenue limit the speed of passing vehicles.

### **Wellness Promotion and Marketing**

*Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. St. Paul's will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.*

- St. Paul's promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management.
- Faculty and staff each complete their own resilience plan which addresses mental and physical health goals. The principal and each individual are responsible for accountability to these plans.
- Physical activity will not be used as a reward/punishment or withheld as punishment for any reason, such as for performance or behavior.
- Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed USDA Smart Snacks in School Nutrition Standards. Food advertising and marketing includes, but is not limited to the following:
  - Brand names, trademarks, logos, or tags, except when placed on a physically present food or beverage product or its container.
  - Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards.
  - Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment.
  - Corporate brand, logo, name or trademark on educational materials.
  - School publications, in-school television screens, computer screen savers, school-sponsored Internet sites, and announcements on the PA system.
  - Corporate fundraisers and incentive programs (i.e. BoxTops for Education, Pastry Puffins, etc.)

### **Implementation, Evaluation, and Communication**

*This policy's implementation will be measured yearly by a wellness committee consisting of school board members, administrators, teachers, parents, and community members. Communication regarding the policy will be made annually.*

- The school's administrator will be given the duty of ensuring that the requirements of this policy are fulfilled.
- The school's Board of Education will review this policy, suggest possible revisions, and submit suggestions to the administrator prior to the March board meeting each year.

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- St. Paul's Lutheran School will actively notify households/families of the availability of the wellness policy through the school handbook available on the school website.
  - The school's Board of Education will update or modify the wellness policy based on the results of the annual progress reports and/or as priorities change, community needs change, wellness goals are met, new health science, information, and technology emerge; and new Federal or State guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years.