

ST. MARTIN'S LUTHERAN SCHOOL WELLNESS POLICY AND GUIDELINES



St. Martin's Lutheran School promotes a healthy school by supporting wellness, good nutrition and regular physical activity as a part of its total learning environment. Our School supports a healthy environment where our children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, our School contributes to the basic health status of our children. Improved health optimizes our student's performance potential and ensures that children can do their best.

- A. **Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.** The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to healthy nutrition and regular physical activity. A healthy school environment should not be dependent on revenue from high-fat, low nutrient foods to support school programs during the instructional day.
- B. **Increase the amount of time students are engaged in physical activity.** A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in our school's daily education program from grades PS through 8. Physical activity should include regular instructional physical education or a structured recess and a recess.
- C. **Support and promote proper dietary habits contributing to student's health status and academic performance.** All foods available on school grounds and at school-sponsored activities, during the instructional day, should meet or exceed the Nutritional Standards of the National School Lunch Program. Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety and packaging to ensure high quality meals and snacks.
- D. **The school will support and encourage communications with parents and efforts to provide a healthy diet and daily physical activity for their children.** We will encourage parents to pack healthy lunches and snacks and to refrain from including beverages that do not meet the Nutritional Standards of the National School Lunch Program. The school will provide parents a list of foods that meet the school's snack

standards along with ideas for healthy celebrations / parties, rewards, and fundraising activities. In addition, the school will provide opportunities for parents to share their healthy food choice ideas with others in the school community. We will also support parent's efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information through a newsletter, or other materials, and special events.

WHAT KIND OF SNACKS ARE ADVISED FOR MY CHILD TO HAVE AT SCHOOL?

St. Martin's Lutheran School encourages the use of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy.. Here are some ideas:

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit and 100% fruit juices
- Frozen juice pops
- Dried fruits (raisins, banana chips, etc)
- Trail mix (dried fruit and nuts)
- Dry roasted peanuts, tree nuts and soy nuts
- Low fat meats and cheeses
- Party mix (variety of cereals, nuts, pretzels, etc)
- Low sodium crackers
- Baked corn chips/fat-free potato chips with salsa or low-fat dips
- Low fat muffins, granola bars, and cookies
- Angel food and sponge cakes
- Flavored yogurt and fruit parfaits
- Jell-o made with 100% fruit juice and low fat pudding cups

- Low fat ice creams, frozen yogurts, sherbets
- Low fat and skim milk products
- Pure ice cold water
- Bagels and low fat cream cheese
- Popcorn
- Graham crackers
- Pretzels
- Peanut butter crackers

Foods of Minimal Nutritional Value as Defined by the USDA:

1. Soda water - any carbonated beverage (even water). No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals and protein.

2. Water ices - any frozen, sweetened water such as "...sicles" and flavored ice with the exceptions of products that contain fruit or fruit juice.
3. Chewing gum - any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
4. Certain candies - any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients.
5. Hard candies - any product made predominately from sugar (sucrose) and corn syrup that may be flavored and colored, is characterized by a hard, brittle texture and includes such items as: sour balls, lollipops, fruit balls, candy sticks, starlight mints, after dinner mints, jaw breakers, sugar wafers, rock candy, and cinnamon candies

Snacks to throw in your backpack:

- | | |
|------------------|------------------|
| -Bagel | -fresh fruit |
| -Muffin | -fig bars |
| -Raw veggies | -cereal |
| -Popcorn | -granola bar |
| -Juice box | -pretzels |
| -Nuts | -string cheese |
| -Dried fruits | -cheese sticks |
| -Trail mix | -graham crackers |
| -Low fat cookies | -raisin bread |

