

The St. Louis School Wellness Policy

St. Louis School is committed to promoting and protecting the health, well-being, and ability of students to learn by offering health and nutrition education, nutritious food, and physical activities. The school will use the following rules to guide its actions.

I. Health and Nutrition Education

- Health education is offered for students in kindergarten through grade eight, as part of the State of Indiana standards-based curriculum, designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Health education may include enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.
- Health education will promote fruits, vegetables, whole grain products, low fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- In grades five through eight, emphasis will be placed on caloric balance between food intake and energy expenditure (physical activity/exercise).
- Health education will include the study of food advertising, including marketing goals versus nutritional truth.
- The school will support parental efforts to provide a healthy diet and daily physical activity for their children by communicating with the home and sharing the growing knowledge regarding health and nutrition.
- Parents will be encouraged to obtain BMI (Body Mass Index) information during the child's annual physical examination. Blood pressure checks will be performed on all students on an annual basis.
- The school lunchroom will serve as a focus to support the integration of nutrition education with healthy lifestyle choices. The nutritional value of food, as well as promotional materials to reinforce good health, will be displayed.
- Training and other educational information will be offered to teachers and parents in order that they become more aware and informed concerning wellness topics.

II. School Nutrition

- Meals will:
 - be appealing and attractive to children.
 - be served in clean and pleasant settings.
 - serve only fruit juice (at breakfast) and low fat milk (at lunch).
 - meet, at a minimum, nutrition requirements established by local, state and federal statutes and regulations.
 - offer a variety of fresh fruits and vegetables as often as possible.
 - introduce whole grain bread, brown rice, oatmeal, etc. whenever possible.
- The school will, to the extent possible, arrange student arrival schedules and utilize methods to encourage participation in the school breakfast program.
- The school will frequently notify parents and students of the availability of the School Breakfast Program.
- The school will provide students with at least ten minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- The school will schedule meal periods at appropriate times: lunch will be scheduled between 11: 00 a.m. and 1:00 p.m.
- The school will schedule lunch periods to follow recess periods when feasible.
- The school will refrain from scheduling tutoring, club, or organizational meetings or activities during meal times, unless students may eat school lunch during such activities.
- At least 35% of the food and beverage items available for sale at school will qualify as “better choice” foods or beverages. Food items and beverage items that meet all of the qualifying standards which are considered better food and beverage choices may be found in the body of the state law. (Bill 111 may be accessed at <http://www.in.gov/apps/lsa/session/billwatch/billinfo>.)

- Portion sizes of foods and beverages sold individually should adhere to those limits listed below, and progress toward these guidelines will be made by June 2007. A food item available for sale at school, or on school grounds, will not exceed the following portion limits if the food item contains more than 210 calories:

1. In the case of potato chips, crackers, popcorn, cereal, trail mixes, nuts, seeds, dried fruit, and jerky, 1.75 ounces.
2. In the case of cookies and cereal bars, 2 ounces.
3. In the case of bakery items, including pastries, muffins, and donuts, 2 ounces.
4. In the case of frozen desserts, including ice cream, 3 fluid ounces.
5. In the case of nonfrozen yogurt, 8 ounces.
6. In the case of entrée items and side dish items, including French fries and onion rings, the food item available for sale may not exceed the portion of the same entrée item or side dish item that is served as part of the school lunch program or school breakfast program.
7. A beverage item available for sale at school or on school grounds may not exceed 20 ounces.

- In order to support children's health and school nutrition educational efforts, every attempt will be made to replace school fundraising activities that involve food with alternative choices.

- A positive contribution to children's diets and health is made by serving fruits and vegetables as the primary snacks with water as the primary beverage

- School food service personnel will participate in training, provided by the state, county, or local educational agency, on a regular basis.

- Every effort will be made to educate parents and students concerning healthy choices for lunches brought from home:

 - Parents and students will be encouraged to include fresh fruits and other healthy items, rather than packaged chips, etc.

 - Soft drinks may not be brought to school.

- Students will not have access to vending machines at any time during the school day.

- "Fast food" meals brought in to the school will occur no more than once per month. The foods chosen for these meals must be low in fat, sugar, and sodium. Whole grain products should be chosen when available.

- In light of the information available regarding childhood nutrition, the school will limit the use of candy or food snacks as rewards for academic performance or good behavior.

- Students will no longer be allowed to bring soft drinks to school. When drinks are allowed, students will be required to bring water or juice. There may be an occasional exception, such as field trips or class parties. These situations require administrative approval.

- Food or beverages, including food served through the school meals, will never be withheld from students as a disciplinary measure.
- The school will limit celebrations that involve food during the school day to no more than one party per class per month, encouraging healthy food choices and other means of celebrating, (i.e. games).

III. Physical Activity

In order for students to meet the nationally recommended amount of daily physical activity of 60 minutes, the school will aim to provide at least 30 minutes per day, including but not limited to, classroom movement activities, physical education class, recess and extracurricular activities.

- Classroom education will complement physical education classes by reinforcing the knowledge and skills needed to maintain an active lifestyle and to reduce time spent in sedentary activities.
- Regular classroom teachers will make adaptations which will allow students to experience an increased healthy physical environment by examining the school day for opportunities for increased physical movement; i.e., during class transition times and other previously unrecognized chances to implement beneficial activities.
- St. Louis School will examine the possibility of holding an “open gym” time before the school day begins which would include both the use of the available equipment and adequate adult supervision.
- The development and implementation of interscholastic, extracurricular and intramural programs will be undertaken to the advantage of students.
- St. Louis School will take part in the President’s Fitness Challenge or other fitness assessment.
- St. Louis School will encourage fundraising activities that promote physical activity, (i.e. Walk-a-thons, Jump Rope for Heart, etc.)
- Walking or biking to school in order to promote physical activity will be encouraged if it is safe.
- Those in charge will provide the equipment and supplies needed for recess activities each day for all students; (i.e., games and/or equipment for student use, such as jump ropes, balls, etc.)
- Students will not be kept from participation in physical education classes for academic or disciplinary reasons.
- No child may miss more than half the recess period.