

School Wellness Policy

Philosophy

St. Paul Lutheran School believes what the Scriptures say in I Corinthians 6:19-20, “Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.”

Keeping the Word of God in mind, it is important that children and youth who begin each day as healthy individuals can learn more and learn better and are more likely to have success in their education. St. Paul Lutheran School also believes that healthy staff can more effectively perform their God-given tasks and assigned duties and model appropriate wellness behaviors for students. This policy encourages an approach to staff and student wellness that is sensitive to individual needs, according to the will of God.

Nutrition

Academic performance and quality of life issues are affected by the choice and availability of good foods in our school. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

(a) Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by St. Paul Lutheran’s Nutrition Services Department or contracted vendors. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible.

(b) Nutrition services policies and guidelines for reimbursable meals shall meet federal and State of Ohio regulations and guidelines.

(c) A la carte offerings to students shall be nutritious and meet federal recommended guidelines and shall be selected with input from students, parents and staff, whenever possible.

(d) Vending Machines – if they are acquired in the future

1. All snack vending machines shall provide only single serving snacks that meet at least two, with at least 50% of the items meeting three of the following: 300 or fewer calories; six grams of fat or less, one or more grams of fiber, at least 10% of RDA of calcium, iron, vitamin A or vitamin C.

1. No Vending machines will be placed where student meals are served or eaten.

1. All beverage vending machines in school public areas shall include:

1. water
2. 100% fruit juice

3. non-carbonated drinks with less than 150 calories per container
4. no more than 1/3 of the choices will be carbonated drinks
5. The beverage vending machines may also include:
6. non-fat, low-fat, plain or flavored milk or yogurt in 16 ounces or less servings
7. other non-carbonated drinks

(e) Nutrition services shall support classroom activities for all St. Paul Lutheran School students that include hands-on applications of good nutrition practices to promote health and reduce obesity.

Health Education and Life Skills

Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

(a) St. Paul Lutheran School shall provide for an interdisciplinary, sequential skill-based health education program based upon State of Ohio standards and benchmarks.

(b) Students shall have access to valid and useful health information and health promotion products and services.

(c) Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before or after school programs.

(d) Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.

Physical Education and Activity

Physical education and physical activity shall be an essential element of St. Paul Lutheran School's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.

Physical Education Program

The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.

(a) Participation in such physical activity shall be required for all students in kindergarten through grade eight to accommodate the State of Ohio minimum standards and benchmarks.

(b) Such instruction shall be provided for grades K-8 through formal physical education courses, integration into other courses, regularly scheduled interscholastic activities, and/or regularly scheduled school-wide activities.

(c) The Physical Education program shall include a Physical Fitness component whereby all students are tested yearly regarding their level of fitness. Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.

(d) Students shall be provided varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.

Healthy and Safe Environment

St. Paul Lutheran School shall strive to provide a healthy and safe environment for all, before, during and after school because that supports academic success. Safer schools promote healthier students. Healthier students do better in school and make greater contributions to their community.

(a) School buildings and grounds, structures, and equipment shall meet all current health and safety standards, and be kept inviting, clean, safe and in good repair.

(b) St. Paul Lutheran School's offices shall maintain an environment that is free of tobacco, alcohol and other drugs.

(c) Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.

(d) St. Paul Lutheran School shall work to create an environment where all students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.

(e) St. Paul Lutheran School shall regularly conduct safety drills (fire and tornado evacuation) as directed by the State of Ohio Fire Marshal.

Social and Emotional Well-Being

Programs and services that support and value the social and emotional well being of students, families and staff build a healthy school environment.

(a) St. Paul Lutheran School shall provide a supportive environment that includes guidance, counseling, and school social services that encourages students, families and staff to request assistance when needed and links them to school or community resources.

(b) Students shall be provided the skills to express their thoughts and feelings in a responsible and appropriate manner and give and receive support from others.

(c) Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relationships.

(d) Students and staff shall be encouraged to balance work and recreation and helped to become aware of stressors which may interfere with health development.

Health Services

An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff.

(a) Primary coordination of health services shall be through a trained school health care practitioner (School Nurse) with the support and direction of St. Paul Lutheran School and the Cuyahoga County Health Department, as needed.

(b) St. Paul Lutheran School shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff and community.

(c) Health services shall be provided to students and staff and shall include violence prevention, school safety, communicable disease prevention, health screening, including Body Mass Index (BMI), community health referrals, immunizations, parenting skills, first aid and other priority health education topics, as needed.

Family, School and Community Partnership

Long term effective partnerships improve the planning and implementation of health promotion projects and events within St. Paul Lutheran School and throughout the community.

(a) Families, students and community partners shall be included on an ongoing basis in school health and wellness planning processes.

(b) The equality and diversity of the school and community shall be valued in planning and implementing wellness activities.

(c) Community partnerships shall be developed and maintained as a resource for school programs, projects, activities, and events.

(d) St. Paul Lutheran School shall support the engagement of students, families and staff in community health enhancing activities and events at the school and throughout the community.

Staff Wellness

St. Paul Lutheran School will provide information about community wellness resources and services and assist in identifying and supporting the health, safety and well being of the teaching and non-teaching support staff.

(a) St. Paul Lutheran School shall be in compliance with drug, alcohol and tobacco free policies.

(b) St. Paul Lutheran School shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules. This shall be monitored regularly by the Cuyahoga County Board of Health and the Fire Marshal for the City of Westlake.

(c) Employees shall be encouraged to engage in daily physical activity during the workday whenever possible (using stairs, modeling/demonstrating activities/exercises during physical education classes, etc.) and after work hours.