

St. Peter's Lutheran School
Wellness Policy Updated – September 2026

Prepared and reviewed annually by the Wellness Committee

Wellness Coordinator: Jessica Arnett, Food Service Manager

Wellness Committee: Food Service Manager, Principal, Physical Education Teacher, School Nurse, Parent Representative

Purpose

St. Peter's Lutheran School is committed to developing, implementing, monitoring, and reviewing the nutrition and physical activity policies in accordance with Indiana Code 20-26-9-18 and the Healthy, Hunger Free Kids Act of 2010.

St. Peter's Lutheran School has a Wellness Coordinator who is responsible for facilitating the implementation, monitoring, evaluation, and updating of this Wellness Policy. The Food Service Manager serves as the Wellness Coordinator and works with the Wellness Committee to develop, implement, evaluate, and update the Wellness Policy.

The Wellness Coordinator will encourage participation from parents, students, school food service staff, physical education staff, school health professionals, school administrators, and other members of the school community in the development, implementation, evaluation, and updating of the Wellness Policy.

St. Peter's Lutheran School is committed to following USDA meal requirements, and will follow nutritional guidelines for any additional foods and beverages sold separately on campus. Parents and teachers will be informed of and encouraged to follow USDA guidelines with all classroom snacks including birthday prizes etc.

School cafeteria staff will be hired with the understanding that they are responsible to adhere to the policies the school has in place.

School cafeteria staff will be provided continuing staff development that includes training programs for good child nutrition and appropriate training on any nutrition updates or revision to the policy.

The Gospel Motivates

As leaders of a Lutheran School, we believe that God created us and gives us all things, including our health. Therefore, we thank God for the gift of life and health He has given us – imperfect as it may be with problems of illness and diseases as a result of sin. But knowing what God has done for us through Jesus Christ – forgiveness of sins, life, and salvation – our response is to care for the body that is on loan to us as a way of thanking and praising God. If we view our bodies as His temple, we can begin to see the importance of daily maintenance in order to keep it usable for his service. By keeping our bodies well-maintained and filled with the right kinds of fuel (foods) needed to sustain us, we will be ready at a moment's notice for the demands and tasks He is calling us to do.

I. Nutrition Education

- A.** Nutrition education will reinforce lifelong balance and emphasize the relationship between food choices, caloric intake, and physical activity in ways that are age-appropriate.
- B.** Nutrition education signage will be displayed in the cafeteria and serving areas to reinforce healthy eating concepts.
- C.** The school will provide nutrition education information to students and families through classroom instruction, cafeteria activities, and/or school communications at least quarterly.
- D. Goal:** The school will work to increase students' awareness and understanding of healthy food choices through age-appropriate nutrition education and cafeteria-based activities.
- E. Goal:** The school will provide opportunities for students to connect nutrition education with the healthy food choices available through the school meal program.

II. Nutrition Promotion

- A.** Mealtimes are scheduled for all classes so there is minimum disruption by recess and other special programs or events.
- B.** The school will provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school cafeteria.
- C.** Foods of minimal nutritional value, including brands and illustrations, shall not be advertised or marketed in educational materials.
- D.** Healthy items, such as salads and fruits, will be displayed prominently in the cafeteria to make healthier choices more appealing.
- E. Goal:** Promotional materials, including bulletin boards and other nutrition-related displays, will be reviewed and refreshed regularly to maintain student interest and provide current, engaging messages promoting healthy food choices.
- F. Goal:** The school will encourage students to make healthy food and beverage choices by making nutritious options appealing, accessible, and easy to identify within the cafeteria.

III. Physical Activity

- A. Goal:** Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.
- B.** If outdoor recess is not possible due to inclement weather, teachers will provide indoor physical activity breaks in the classroom or gym.
- C.** Parish community use of school facilities will be permitted. Fitness groups, adult recreation leagues, etc. are encouraged.
- D.** After-school enrichment providers will include physical activity in their programs, to the extent space and equipment allow.
- E.** Taking away recess as a consequence will be limited and assessed on a case-by-case basis.
- F. Goal:** The school will maintain regular opportunities for students to participate in physical activity through recess, classroom physical activity breaks, and extracurricular or enrichment activities.

IV. Other Activities

- A.** A wide variety of healthy, alternative rewards are used to provide positive reinforcement for children's behavior and academic performance.
- B.** Students will have access to free, palatable drinking water during the school day. Teachers may offer students the option of keeping water bottles at their desks.
- C.** After-school child care and enrichment programs will provide daily periods of moderate to vigorous physical activity for all participants.
- D. Goal:** The school will work to reduce the use of food-based rewards and incentives by encouraging healthy, non-food alternatives for recognizing student behavior and academic performance.
- E. Goal:** The school will promote positive student wellness and school community through programs and activities that recognize and encourage healthy behaviors, positive choices, and acts of kindness.
- F.** The school will provide a Wildcat Share Station during lunch periods where students may place eligible, unopened food and beverage items for other students to access, helping reduce food waste and providing additional nutritious choices to students who may still be hungry or thirsty.

Evaluation Plan

The Wellness Committee will include representatives from school food service, school administration, physical education, school health, and parents. The Wellness Coordinator will encourage participation and feedback from students, parents, staff, and other members of the school community in the development, implementation, evaluation, and updating of the Wellness Policy. Members of the Wellness Committee will complete a triennial assessment and summarize the three required components

- 1) Compliance with the Wellness Policy
- 2) How the Wellness Policy compares to model wellness policies
- 3) Progress made in attaining the goals of the Wellness Policy
- 4) Meetings of the committee will be announced and parents can submit feedback via email collected at wellness@stpetersfw.org

Staff Wellness: St. Peter's supports the health and well-being of our staff by creating and promoting policy and environmental support to provide physical activity and healthy eating opportunities.

1. St. Peter's will promote programs to increase knowledge of physical activity and healthy eating for faculty and staff. Presentations on health and wellness will be provided at least twice each school year.
2. St. Peter's will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs and individual use.

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Last revised September 2026