

**St. John's Lutheran School
Wellness Policy
2023-2024**

The primary goal of nutrition education is to influence students' eating behaviors. Building nutritional knowledge and skills helps children make healthy eating and physical activity choices. To accomplish this goal, St. John's Lutheran School has developed this policy to encourage and educate students on the benefits of maintaining healthy choices throughout their life.

NUTRITION EDUCATION GOALS

1. Nutrition lessons are integrated into the curriculum and the health education programs 4K through grade 8.
2. Students in all grades, 4K through grade 8 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
3. The method of making healthy choices will be consistent throughout the school, classrooms, lunch room and other areas where the message can be presented.
4. The curriculum for health education will include both nutrition and physical education.
5. Health education and making healthy decisions such as the skill of reading nutrition labels and menu planning will be infused as appropriate throughout the other curricula areas.
6. The school will seek additional ways to present the message of healthy choices in other events sponsored by the school encouraging the addition of a school garden.
7. Staff who provides nutrition education will be offered appropriate training opportunities.
8. The school will seek ways to involve the parents, students, and the community in nutrition education activities.
9. 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 good nutrition and regular physical activity.

PHYSICAL ACTIVITY GOALS

1. Students will be given opportunities for physical activity during the school day through physical education classes, recess periods, and the integration of physical activity into the academic curriculum.
2. The school has a comprehensive, standards-based physical education curriculum that identifies the progression of skill development in grades K-12. Physical education curriculum revision will follow a formally established periodic review cycle congruent to other academic subjects.
3. Students will be given opportunities for physical activity through before and/or after school activities such as athletic programs.
4. The school will work with the community to help provide safety for students walking, riding bikes, or otherwise using physical activities to get to school.
5. The school will encourage parents and guardians to support their child's participation in physical activities and will work to offer physical activities in family events.
6. St. John's will provide training for the staff to promote physical activity in enjoyable, lifelong activities.
7. St. John's will provide physical education that fosters lifelong habits of physical activity.
8. All students in grades 5K through grade 8 are required to complete an average of one hundred instructional minutes per week of physical education.
9. Physical education should be taught by a licensed teacher.
10. All staff involved in physical education should be provided with opportunities for professional development.
11. Unless otherwise exempted, all students will be required to engage in the St. John's physical education program.
12. St. John's shall provide at least 20 minutes of active daily recess to all elementary school students.
13. Teachers should provide students with physical activity breaks.

STANDARDS FOR USDA CHILD NUTRITION PROGRAMS AND SCHOOL MEALS

1. Food and beverages in the food service program will represent good choices for a balanced and nutritional diet.
2. All meals meet or exceed nutrition requirements established under the Healthy Hunger-free Kids Act of 2010.
3. The cafeteria is cashless—all students, regardless of the type of payment they make for school meals are recorded and invoiced in the school office.
4. St. John's will reach out to the family of a child with an unpaid balance to assess whether the child is eligible for free or reduced price meals.
5. St. John's must serve students a reimbursable meal, regardless of whether the student has money to pay or owes money.
6. Applications for free/reduced priced meals are sent home to all families at the beginning of the school year. The application is also available on the district website. The identity of students who receive free or reduced lunches will be protected.
7. The district shall use the USDA's Smarter Lunchroom tools and other resources available on the USDA website.
8. After obtaining food, students will have at least 20 minutes to eat lunch.
9. Water fountains or water filling stations are available in all major hallways and in the cafeteria. Water bottles are acceptable in classrooms.
10. All food service personnel will have adequate training in food service operations.
11. St. John's is encouraged to source fresh fruits and vegetables from local farmers where practicable.

NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE AT SCHOOL

1. When school parties and classroom activities include food, efforts will be made to limit the number of high calorie, low-nutrition snacks and instead provide children with nutritional alternatives.
2. The school does not allow vending machines, snack bars, and school stores during the school day. During school sponsored activities, healthy alternatives will be offered in the concession stand, so that parents and students can make choices.
3. Healthy choices and nutritional food value will be a consideration in selecting school-sponsored fundraising activities. Physical activity fundraising alternatives will be considered when planning the yearly fundraising events.
4. All food or beverage products marketed to students and/or depicted on items/equipment on the school campus during the school day, must meet Smart Snacks nutrition standards.
5. Food service shall strive to include some healthy choices (choices listed) for all a la carte food sales.
6. All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines.
7. Smart Snacks nutrition standards apply to all foods and beverages sold to students through district-sponsored fundraisers, unless an exemption applies. St. John's will be allowed to hold up to 3 exempt fundraisers per school year during which any food or beverages may be sold.
8. Classroom parties, celebrations, etc. shall be limited to snacks and beverages from a list of Smart Snack allowable items.
9. Only healthy snacks will be served to students in after school programs.
10. Only healthy snacks will be sold to children participating in on-site programs after school ends.

GOALS FOR OTHER SCHOOL-BASED ACTIVITIES

1. The school will maintain the lunch area to insure that it is clean, safe, and enjoyable meal environment.
2. The school will arrange the lunch schedule that provides adequate time for serving meals, for students to eat, and for clean-up following the meal.
3. Drinking fountains will be available in the school building and students will be given opportunity to have water throughout the day.

4. Students will be encouraged to participate in the meal program. The staff will monitor lunches brought from home and encourage families to provide nutritious meals.
5. Lunch periods will be scheduled near the middle of the school day with adequate time for student to eat before needing to leave the lunch area.
6. Food will not be used as a reward or punishment in the school. Children who have been removed from the classroom for disciplinary reasons will be provided with lunch.
7. Teachers will be encouraged to provide all students with physical activities at recess and other times when physical education or activity is scheduled.
8. Foodservice staff and teachers will receive proper training in nutrition and physical education.
9. The school will make effort to provide all students and families opportunities to participate in physical activities in after-school programs.
10. The school will provide information and outreach materials about other FNS programs such as Food Stamps, and Women, Infant, and Children (WIC) to families.

WELLNESS PROMOTION AND MARKETING

1. The staff will strive to be role models in practicing healthy eating habits.
2. Health and wellness classes will be offered to staff through the Concordia Health Plan.
3. Teachers may use non-food alternatives as rewards and discouraged from assigning physical activity as student punishment. For example, extra recess may be provided as a reward when time allows.
4. The administration believes that recess and other opportunities for physical activity are an essential part of the school day. Teachers are encouraged to find alternatives to withholding recess or other physical activities as a punishment.
5. Marketing strategies, such as taste tests and signage in the cafeteria, should be used to promote healthy food and beverages throughout the school.
6. Marketing on the school campus will be limited to those products that are allowed to be sold according to the district's nutrition standards.
7. Busses, building exteriors, score boards, etc. on and around school property shall be free of brands and illustrations of unhealthy foods.
8. Criteria for selecting educational materials for the classroom shall be expanded to include review of advertising content. Every effort will be made to select materials free of brand names/logos and illustrations of unhealthy foods.
9. Advertising of any food or beverage that may not be sold on campus during the school day is prohibited. Advertising of any brand on containers used to serve food or in areas where food is purchased is prohibited.
10. St. John's will attempt to limit advertising of unhealthy products in school publications. All ads should be approved by the principal before being printed or included on the school website.
11. It is recommended that St. John's avoid participation in fundraising or corporate incentive programs that promote a message inconsistent with our goals for a healthy school community.

IMPLEMENTATION AND EVALUATION

1. The Wellness Policy will be implemented at St. John's Lutheran School by the school staff. Teachers will be responsible for operating the policy and reporting any problems to the principal.
2. The principal will be responsible for overseeing the implementation of the Wellness Policy.
3. Through observation, and reports from teachers, the principal will report any difficulties with the implementation of the Wellness Policy to the Board of Ministry to Children.
4. The Board of Ministry to Children (BMC) will review, assess, revise and update the Wellness Policy on a biennial basis or as needed. The approved updates and dates of review will be listed at the end of this document. Assessments will be kept in the school office and school website.
5. All stakeholders will be allowed to give input into the Wellness Policy on a biennial basis. All approved reports will be distributed to stakeholders digitally.

6. The district will ensure school and community awareness of this policy by making it available by request.
7. The Advisory Council shall conduct a quantitative assessment of policy implementation every three years using the Wellness School Assessment Tool-Implementation (WellSAT-I) or the School Health Index.
8. A triennial progress report with information about each school's wellness related activities will be shared with the entire school community.