

St. John's Lutheran School

Local Wellness Policy Report Card | 2019-2020

A local wellness policy guides a school district's efforts to create a healthier school environment. Effective wellness policies support a culture of health by establishing healthful practices and procedures for students, staff, and families. School districts participating in the federal Child Nutrition Programs are required to complete an assessment of their local wellness policy, at minimum, once every three years. This report summarizes policy objectives and details the results of the most recent evaluation. For questions regarding the results or for information on joining the wellness committee, contact Mike Allard at stjohs1886@gmail.com.

Overall Rating:

2.95

Ratings are based on a four-point scale to measure success in meeting/complying with each objective.

0 = objective not met/no activities completed

1 = objective partially met/some activities completed

2 = objective mostly met/multiple activities completed

3 = objective met/all activities completed

| Nutrition Standards for All Foods in School | Rating |
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| The School is committed to ensuring that: All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010 (www.fns.usda.gov/sites/default/files/dietaryspecs.pdf). | 3 |
| • All meals are accessible to all students. | 3 |
| Withholding food as a punishment shall be strictly prohibited. | 3 |
| All meals are appealing and attractive and served in clean and pleasant settings. | 3 |
| Drinking water is available for students during mealtimes. | 3 |
| Students are provided at least 20 minutes to eat lunch after being seated. | 3 |
| All school campuses are "closed" meaning that students are not permitted to leave the school grounds during the school day. | 3 |
| All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. | 3 |
| All food and beverages sold and served outside of the school meal programs ("competitive" foods and beverages) shall, at a minimum, meet the standards established in USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. The standards are available at http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks . | 3 |
| the School's nutrition services shall notify parents of the availability of the breakfast, lunch, and summer food programs and shall be encouraged to determine eligibility for reduced or free meals. | 3 |

| Nutrition Promotion | Rating |
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| Teachers shall integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects. Nutrition education shall be provided to families via handouts, newsletters, postings on the web-site, presentations, and workshops. | 3 |
| The School is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media. | 3 |
| Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. | 3 |
| Foods Provided but Not Sold The School encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in | 3 |

| Nutrition Promotion | Rating |
|--|--------|
| School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members. | |
| Foods and beverages that meet or exceed the USDA Smart Snacks standards may be sold through fundraisers during the school day. No restrictions are placed on the sale of food/beverage items sold outside of the school day. | 2 |
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| Nutrition Education | Rating |
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| Teachers shall integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects. | 3 |
| Nutrition education shall be provided to families via handouts, newsletters, postings on the web-site, presentations, and workshops. | 3 |
| Recess monitors/teachers shall encourage students to be active during recess. | 3 |
| Opportunities to participate in physical activity shall be promoted throughout the school via school newsletters, announcements, entry bulletin board and flyers. | 3 |
| <ul style="list-style-type: none"> • The School shall support active transport to and from school by engaging in the following activities: <ul style="list-style-type: none"> o Promotional activities such as participation in International Walk to School Week. o National Walk and Bike to School Week. o Instruction on walking/bicycling safety provided to students. | 3 |
| As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle. | 3 |
| The School supports the implementation of other programs that help create a school environment that conveys consistent wellness messages in an effort to promote student well-being. | 3 |
| Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water. | 3 |
| The School shall work with community partners, including the Clark County Health Department, to support school wellness. The School shall provide information on how the public can participate in the school wellness committee on an annual basis. | 3 |
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| Physical Education/Activity | Rating |
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| <ul style="list-style-type: none"> • Physical activity during the school day shall not be withheld as punishment. <ul style="list-style-type: none"> o Participation on sports teams may be exempt from this rule if related to failure to meet WIAA or other school codes, e.g. academic or attendance requirements. | 3 |
| <ul style="list-style-type: none"> • Outdoor recess shall be offered weather permitting. Students will not go outside for recess when it is raining or if the temperature or wind chill is below 0. | 3 |
| <ul style="list-style-type: none"> • Recess monitors/teachers shall encourage students to be active during recess. | 3 |
| <ul style="list-style-type: none"> • Opportunities to participate in physical activity shall be promoted throughout the school via school newsletters, announcements, entry bulletin board and flyers. | 3 |
| <ul style="list-style-type: none"> • The School shall support active transport to and from school by engaging in the following activities: <ul style="list-style-type: none"> o Promotional activities such as participation in International Walk to School Week. o National Walk and Bike to School Week. o Instruction on walking/bicycling safety provided to students. | 3 |
| All elementary students in each grade shall have physical education a minimum of two times per week. | 3 |
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| Physical Education/Activity | Rating |
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| Other School Based Wellness Activities | Rating |
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| As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle. | 3 |
| The School supports the implementation of other programs that help create a school environment that conveys consistent wellness messages in an effort to promote student well-being. | 2 |
| Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water. | 3 |
| The School will implement the following activities below to promote healthy eating and physical activity among school staff. o Exercise Classes o Nutritional Lunches | 3 |
| The School shall work with community partners, including the Clark County Health Department, to support school wellness. | 3 |
| The School shall provide information on how the public can participate in the school wellness committee on an annual basis. | 3 |
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| Policy Monitoring and Implementation | Rating |
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| The Wellness Committee shall evaluate compliance with the Wellness Policy no less than once every three years. | 3 |
| The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture. | 3 |
| The School shall notify school staff, students, and households/families of the availability of the wellness report via newsletters and website postings. The report will be made available at www.stjohnsneillsville.com/school . | 3 |
| The School wellness policy shall be updated as needed based on evaluation results, school changes, emersion of new health science information/technology, and/or new federal or state guidance issued | 3 |
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Comments regarding progress made towards obtaining policy goals:

We continue to update our wellness policy. We continue to involve parents and staff in looking for ways to improve and add to the policy. We continually strive to meet the goals listed in the policy.