

Wellness Policy

St. John's Lutheran School

Policy Preamble

St. John's Lutheran School (hereto referred to as the School) is committed to the optimal development of every student. Good nutrition and regular physical activity before, during, and after the school day are strongly correlated with positive student outcomes. The School believes that we need to create and support health-promoting learning environments throughout our schools, giving students the opportunity to achieve success. This policy outlines the School's approach to ensure all students practice healthy eating and physical activity behaviors throughout the school day.

Policy Leadership

The designated official for oversight of the wellness policy is Mike Allard. The official shall convene the Wellness Committee and lead the review, updating, and evaluation of the policy.

The School shall provide an ongoing review and evaluation of the Wellness Policy annually. The School shall seek input from parents during monthly meetings and via parent newsletters and/or surveys. The School Board shall have final approval of the Wellness Policy.

The School shall invite a diverse group of stakeholders to participate in the development, implementation, and periodic review and update of the wellness policy. Stakeholders may include:

- Administrator
- Board member
- Classroom teacher
- School food service representative
- Community member/parent, Student

Nutrition Standards for All Foods

The School is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs. The School participates in USDA child nutrition programs, including the National School Lunch Program.

Standards and Guidelines for School Meals

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).
- All meals are accessible to all students.
- Withholding food as a punishment shall be strictly prohibited.
- All meals are appealing and attractive and served in clean and pleasant settings.
- Drinking water is available for students during mealtimes.
- Students are provided at least 20 minutes to eat lunch after being seated.
- All school campuses are "closed" meaning that students are not permitted to leave the school grounds during the school day.
- 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.

In addition, 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.

Foods and Beverages Sold Outside of the School Meals Program

- 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>.
- 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.

Marketing

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. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.

Foods Provided but Not Sold

The School encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members.

Nutrition Education

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.

Nutrition Promotion

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.

Physical Activity

The School shall provide students with age and grade appropriate opportunities to engage in physical activity. As such:

- Physical activity during the school day shall not be withheld as punishment.
 - 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.
- 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.
- Recess monitors/teachers shall encourage students to be active during recess.
- Opportunities to participate in physical activity shall be promoted throughout the school via school newsletters, announcements, and flyers.
- The School shall support active transport to and from school by engaging in the following activities:
 - Promotional activities such as participation in International Walk to School Week.

- National Walk and Bike to School Week.
- Instruction on walking/bicycling safety provided to students.

Physical Education All elementary students in each grade shall have physical education a minimum of three times per week.

Other School Based Activities that Promote Wellness

As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle. 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. Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water.

Staff Wellness

The School will implement the following activities below to promote healthy eating and physical activity among school staff.

- Exercise Classes
- Nutritional Lunches

Community Engagement

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.

Monitoring and Evaluation

The Wellness Committee shall evaluate compliance with the Wellness Policy no less than once every three years. 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. 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.

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.

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