

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 and the USDA School Breakfast 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.
- Free 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.
- The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure that professional development in the area of food and nutrition is provided for food service directors, managers and staff. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

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- To the extent possible, school and transportation schedules shall be designed to encourage participation in school meal programs.
- The School is encouraged to make available locally grown produce.
- The School will not use food or beverages as rewards for academic, classroom, or sports performances.

In addition, the School's nutrition services shall notify parents of the availability of the breakfast, lunch, and summer food programs, as well as the free and reduced programs. Applications for free/reduced price meals are sent home to all families at the beginning of the school year. The School has taken steps to ensure that students qualifying for free or reduced priced meals are not overtly identified in any way. All students, regardless of their eligibility status, are served in the same manner. All payments are handled privately in the school office.

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.
- Only healthy snacks will be served to students in aftercare.

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.

The healthiest choices, such as fresh vegetables and fruits, will be prominently displayed in the cafeteria to encourage students to make healthy choices.

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.

Unpaid Meal Balance

The School must serve students a reimbursable meal, regardless of whether the student has money to pay or owes money.

Nutrition Education

Teachers shall integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects for every grade level (K-8). Nutrition education to provide the knowledge and skills necessary to promote health, shall be provided to families via handouts, newsletters, postings on the web-site, presentations, and workshops. Students will visit local orchards and farms.

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:

- 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.
 - 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.
- The School shall provide at least 20 minutes of active daily recess to all students in grades K-8.
- The School must schedule a physical activity break mid-morning.
- Teachers may use non-food alternatives as rewards. For example, extra recess may be provided when time allows.
- 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, entry bulletin board 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 two times per week that teaches them the skills needed for lifelong physical fitness. The School's standards-based physical education curriculum identifies the progression of skill development in grades K-8. Physical education curriculum revision will follow a formally established periodic review cycle congruent to other academic subjects.

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
- Free water is available to all staff members
- School staff members shall be encouraged to model healthy eating and physical activity behaviors

Community Engagement

The School shall promote its local wellness policy to faculty, staff, parents, and students. A copy shall be posted on the school website.

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 triennial progress report will be made available at www.stjohnsneillsville.com/school. The report will include an assessment on compliance, the extent to which our wellness policy compares to model wellness policies, and progress made in achieving goals. 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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