



**St. John's Lutheran School
Mattoon, IL**

Local Wellness Policy

Adopted January 2023

Table of Contents

| | |
|--|---|
| Preface | 2 |
| Wellness Policy Committee | |
| Wellness Policy Leadership | 3 |
| Wellness Policy Committee Members | 3 |
| Lutheran School Board | 3 |
| Words of Truth | 3 |
| Belief Statement | 3 |
| Wellness Policy Committee Responsibilities | |
| Public Involvement | 4 |
| Assessments | 4 |
| Reporting | 4 |
| Nutrition | |
| Nutrition Standards | 5 |
| Meals | 5 |
| Competitive Foods | 5 |
| Other Food and Beverages | 5 |
| Nutrition Education | 6 |
| Nutrition Promotion | 6 |
| Marketing | 6 |
| Physical Activity | |
| Physical Education Classes | 7 |
| Other Opportunities for Physical Activity | 7 |
| Other School-Based Activities | 8 |
| Unused Food Sharing Program | 8 |
| Healthful Food and Beverage Options for School Functions | 9 |

Preface

In accordance with 7 CFR 210.31c, a Local Education Agency (LEA) that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. As of June 30, 2017 Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation under the Healthy, Hunger-Free Kids Act of 2010.

Local Wellness Policies are a valuable tool in the promotion of student health and wellness through the NSLP and SBP. Schools play an essential role in preparing students for successful futures, and proper nutrition and physical activity are key to creating constructive learning environments. Local Wellness Policies provide guidance to further support schools efforts to provide students with a successful and healthy future.

Wellness Policy Committee

Wellness Policy Leadership

Principal, Curtis Wudtke

The principal is responsible for the oversight and implementation of the Local Wellness Policy.

Wellness Policy Committee Members

Stephanie Rieck, Kitchen Director

Meghan Hagen, Teacher

Morgan Biggs, Teacher

TBD, Parent in fitness field

TBD, Parent in medical field

TBD, Board member

The Wellness Policy Committee will meet at least twice a year.

Lutheran School Board

The governing board of St. John's Lutheran School approves all policies for the school. The Wellness Policy Committee will submit recommendations in regards to the Wellness Policy the Lutheran School Board for approval.

Words of Truth

"Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought with a price; therefore, glorify God in your body and in your spirit, which are God's." 1 Corinthians 6:19-20

Belief Statement

St. John's Lutheran School is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle. We recognize the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.

As Christians, we understand that we were created in the image of God. In addition, we understand that our bodies are a gift from God and should be treated as such. God did not intend for us to be inactive. Therefore, we were not made to exercise our brains only; our bodies were meant to be used too. If we fail to get any exercise at all, we could be at risk of getting a number of different illnesses and diseases.

The *entire school environment* shall be aligned with healthy school goals to positively influence students' beliefs and habits to promote health and wellness, good nutrition, and regular physical activity. In addition, school staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life.

Wellness Policy Committee Responsibilities

Public Involvement

St. John's Lutheran School annually sends out a copy of the Local Wellness Policy to all parents, teachers, and staff with any updates or reviews. We invite any parent, faculty and staff member, or community member to participate in the implementation, review, and further development of the Local Wellness Policy. The meetings of the Wellness Policy Committee are open and will be announced to all faculty, staff, and families through email.

Assessments

St. John's Lutheran School shall conduct an annual review of the Local Wellness Policy. Under the Healthy, Hunger-Free Kids Act of 2017, assessments of the Local Wellness Policy must occur no less than every three years. St. John's Lutheran School shall assess the Local Wellness Policy every three years, beginning in June 2023 and occurring every three years thereafter. These assessments will:

- Ensure the Wellness Policy follows USDA, State and Local rules and regulations.
- Compare the LEA's wellness policy to model wellness policies.
- Measure the progress made in achieving the goals as outlined in the LEA's wellness policy.

Based on the triennial assessment, modifications and updates will be made to the Local Wellness Policy to improve performance and the health and safety of the students at St. John's Lutheran School.

Reporting

In order to communicate the Local Wellness Policy to anyone interested, St. John's will...

- Post the Local Wellness Policy on our website, updating the post whenever changes are made to the policy.
- Email updates to faculty, staff and parents after each annual review.
- Make available in the school office:
 - The current Local Wellness Policy
 - The triennial assessment, including progress toward meeting the goals outlined in the wellness policy.

Nutrition

Nutrition Standards

Meals

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e. grains, meats/meat alternative, fruits, vegetables and milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated and trans-fat.

St. John's Lutheran School hot lunch program personnel will design menus that meet the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). St. John's Lutheran School will encourage students to make food choices based on the most current *U.S. Dietary Guidelines for Americans*. Food and beverages that compete with the school's policy of promoting a healthy school environment will be discouraged.

- St. John's Lutheran School will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans* for food and beverages.
- St. John's Lutheran School will draw upon qualified child nutrition professionals and provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.
- St. John's Lutheran School will provide clean, safe, and pleasant settings and adequate time for students to eat.

Competitive Foods

All competitive foods and beverages sold must comply with the USDA Smart Snacks in Schools nutrition standards (7 CFR 210.31c(3)(iii)). All food and beverages sold individually during the school day (apart from the reimbursable school meal) will be well-regulated and consistent with the nutritional goals of this policy.

St. John's Lutheran School goes beyond the basic competitive foods and beverages requirements by not allowing soda or energy drinks to be consumed at lunch or any time during the school day.

Other Foods and Beverages

- St. John's Lutheran School encourages families who bring in food or treats for parties or birthdays to include healthy options and consider nutritional standards.
- St. John's Lutheran School provides to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
- Food or treats brought in may be denied if they are determined to be detrimental to the health and wellness of students.

- St. John’s teachers are encouraged to avoid food items as rewards for students. If food items are used, teachers are encouraged to provide nutritional food items in lieu of candy.
- No food or beverages will be sold for fundraising purposes to students during the school day.

Nutrition Education

- St. John’s Lutheran School will provide nutrition education that fosters lifelong habits of healthy eating and physical activity and will establish linkages between health education and school meal programs.
- Students in Kindergarten through grade 8 will receive sequential and interdisciplinary nutrition education. The program will be designed to provide the students with the knowledge and skill necessary to adopt healthy eating behaviors. Special emphasis is placed on nutrition education in kindergarten through the primary grades as eating habits are established at a young age.
- Students at St. John’s should be able to at an age-appropriate level...
 - Understand what it means to “eat healthy.”
 - Explain the dietary guidelines promoted by MyPlate.
 - Read and use USDA’s food labels.
 - Balance food intake and physical activity.
 - Find valid information or services related to nutrition and dietary behavior.
 - Influence, support and advocate for others’ healthy dietary behavior.
- The nutrition program may include enjoyable interactive activities such as contests, promotions, taste testing, field trips, or other like activities.
- The school will work with parents to assist in providing a healthy diet and daily physical activity for children.

Nutrition Promotion

Students and staff will receive consistent nutrition messages throughout the school, classrooms, lunchroom, etc. St. John’s will promote healthy food and beverage choices for all students throughout the school, as well as encourage participation in the school meal program.

- St. John’s uses the school kitchen bulletin board, email, and other means to distribute the monthly lunch menu.
- The kitchen bulletin board will display materials that promote nutritional eating.

Marketing

St. John’s does not promote marketing or advertising of foods or beverages on our school campus that do not meet the Smart Snacks nutrition standards.

Physical Activity

Physical Education Classes

- Kindergarten-5th grade: 30 minutes – 3 times a week = 90 minutes per week
- 6th-8th grades: 45 minutes – 5 times a week = 225 minutes per week

Developmentally appropriate physical education will be offered to all students. St. John's Lutheran School will implement a quality physical education program that addresses the following:

- Equips students with the knowledge, skill, and attitudes necessary for lifelong physical activity.
- Has a curriculum that promotes Christian standards and values as written in Holy Scriptures.
- Influences personal and social skill development.
- Is aligned with state and federal standards.
- Builds students' confidence and competence in physical abilities.
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- Includes students of all abilities
- Is taught by qualified teachers.
- Builds students' confidence and competence in physical abilities.
- Has an age-appropriate student-to-teacher ratio.
- Has enough functional equipment for each student to actively participate.

Other Physical Activity Opportunities

- St. John's Lutheran School offers daily opportunities for unstructured physical activity, commonly referred to as recess, for all students Kindergarten through Grade 8. Recess should be in addition to physical education class time and not a substitute for physical education. Proper equipment and a safe area designed for supervised recess is provided. Teachers are discouraged from withholding participation in recess from students or canceling recess to make up for missed instructional time.
- St. John's Lutheran School provides extra-curricular opportunities for physical activity, including an athletic program for boys and girls.
- Before and After Care Programs provide additional opportunities for physical activity.
- St. John's Lutheran School integrates physical activity into the academic curriculum (i.e. brain breaks).
- Parents, teachers, administrators, students, and community members are encouraged to serve as role models in practicing healthy eating habits and being physically fit.

Other School-based Activities

The Wellness Policy Committee will establish additional school-based activities to promote health and wellness by August 2023 and these items will be implemented during the 2023-2024 school year.

St. John's Lutheran School participates in the Healthy Kids program as presented by Sarah Bush Lincoln Health System.

Unused Food Sharing Program

St. John's Lutheran School has a share table on which students can place unwanted food items per the guidelines below. Students are free to take anything they want from the table at no additional cost. The goal of this program is to reduce the amount of wasted food.

Acceptable Foods:

- Unopened, pre-packaged, shelf stable items, such as granola bars, cereal packs, crackers, ketchup, and drinks.
- Wrapped fruit and vegetables and fruits with a thick skin, like bananas, oranges, and washed apples, if the peel is intact.
- Unopened, pre-packaged perishable food items, such as string cheese and milk, when a temperature control mechanism or specific time limit is in place.

Unacceptable Foods:

- Unpackaged food items, such as a salad bowl without a lid.
- Packaged items that have been opened, or otherwise compromised, such as an open bag of baby carrots.
- Packaged items that can be opened and resealed.
- Food items brought from home.

Healthful Food and Beverage Options for School Functions

At any school function (parties, celebrations, meetings, etc.) healthy food options should be made available to promote student, staff and community wellness. Parents are also encouraged to provide healthy treats as options for class parties. Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans are listed below:

- Raw vegetable stick/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges: cantaloupe, honeydew, watermelon, pineapple, oranges, etc.
- Sliced fruit: nectarines, peaches, kiwi, star fruit, pears, mangoes, apples, etc.
- Fruit salad
- Cereal and low-fat milk
- 100% fruit or vegetable juice
- Frozen fruit pops with fruit juice or fruit as the first ingredient
- Dried fruits: raisins, cranberries, apples, apricots
- Single serving applesauce or canned fruit in juice
- Fruit smoothies made with fat-free or low-fat milk
- Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
- Party mix (variety of cereals, pretzels, etc.)
- Pretzels or reduced fat crackers
- Baked chips with salsa or low-fat dip (Ranch, onion, bean, etc.)
- Low-fat muffins (small or mini), granola bars, and cookies (graham crackers, fig bars)
- Mini-bagels with whipped light or fat-free cream cheese
- Pasta salad
- Bread sticks with marinara
- Fat-free or low-fat yogurt and fruit parfaits
- Fat-free or low-fat pudding cups
- Fat-free or low-fat milk and milk products (string cheese, single-serving cottage cheese, cheese cubes)
- Flavored soy milk fortified with calcium
- Pure ice cold water, flavored water
- Graham crackers, animal crackers
- Popcorn

** This list is not all-inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices.*

**ST. JOHN'S LUTHERAN SCHOOL will not serve foods with peanut products and will discourage parents from bringing these foods in to share as well. This is to help maintain a safe environment for students with severe peanut allergies.*