

ST. JOHN'S LUTHERAN SCHOOL WELLNESS POLICY

St. John's Lutheran School is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle. It also recognizes the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn. The entire school environment will be aligned with healthy school goals to positively influence students' beliefs and habits and school staff will be encouraged to model healthy eating and physical activity as a valuable part of daily life. A quality nutrition education program addresses the following:

Curriculum:

- Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.
- Has a curriculum that promotes Christian standards and values as written in Holy Scripture.
- Is aligned with state and federal standards.

Instruction and Assessment:

- Aligns curriculum, instruction, and assessment.
- Addresses the state and federal guidelines for recommended instruction.
- Builds students' confidence and competence in making healthy nutrition choices.
- Engages students in learning that prepares them to choose a healthy diet.
- Is taught by highly qualified teachers, health professionals and qualified volunteers.

Opportunity to Learn:

- Includes students of all ages and abilities.
- Provides adequate instruction time to build students' confidence and competence in health-enhancing skills.

NUTRITION STANDARDS

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 encourage nutrition professionals to attend professional development seminars.

- St. John's Lutheran School will provide clean, safe, and pleasant settings and adequate time for students to eat.
- St. John's Lutheran School will provide nutrition education that fosters lifelong habits of healthy eating and physical activity, will establish linkages between health education and school meal programs, and will utilize related community services.
- 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 should be placed on nutrition education in kindergarten through the primary grades as eating habits are established at a young age.
- 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, which may include information to help them incorporate healthy eating and physical activity.
- Teachers will be encouraged to provide non-food or healthy treat reward for positive behavior rewards.
- All food and beverages sold individually (apart from the reimbursable school meal) will be well-regulated and consistent with the nutritional goals of this policy.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITIES

Developmentally appropriate physical education will be offered to all students. In addition, physical education topics may be integrated into the entire curriculum when appropriate. St. John's Lutheran School will implement a quality physical education program that addresses the following:

Curriculum

- 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.

Instruction and assessment:

- Aligns curriculum, instruction, and assessment
- 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 highly qualified teachers.
- Keeps all students involved in purposeful activity for most of the class period.

Opportunity to Learn

- 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.
- Includes students of all abilities.
- Addresses the state and federal guidelines for recommended instruction.
- Provides facilities to implement the curriculum for the number of students served.

St. John's Lutheran School may offer 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 necessary. 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 is encouraged to provide extra-curricular opportunities for physical activity, including an athletic program for boys and girls.

St. John's Lutheran School is discouraged from using physical activity as a punishment.

Parents, teachers, administrators, students, and community members are encouraged to serve as role models in practicing healthy eating habits and being physically fit.

IMPLEMENTATION AND MONITORING

The principal will ensure compliance with the nutrition and physical activity wellness policy.

- School service staff will ensure compliance with nutritional policies within school food service areas and will report to the principal.
- Physical education and healthy curriculum are aligned with state and federal standards.
- St. John's Lutheran School will comply with all applicable federal and state requirements.
- This policy is subject to ongoing review and modification as necessary to assure compliance with the purpose and intent of St. John's Lutheran School.
- Students, staff, and the school community will be informed about the local wellness policy. Records of annual inspections and reports will be available in the school office.

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 peanuts 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.*

Reviewed and Approved: July 2018