



WELLNESS POLICY

St. John's Lutheran School

It is the belief of St. John's Lutheran School to strive to make a significant contribution to the general well-being, mental and physical capacity and learning ability of each student and staff member, and afford them the opportunity to fully participate in the education process. St. John's Lutheran School promotes a healthy school environment by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. St. John's supports a healthy environment where students and staff members learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, our school contributes to the basic health status of students and staff. Improved health optimizes student performance potential and ensures that no child is left behind.

The School Environment

St. John's Lutheran School is committed to the mission of building school and community connections that create a school environment that treats all students and staff with dignity and respect, provides a safe physical and emotional learning environment, and promotes respect and cooperation.

St. John's Lutheran School shall strive to:

- Develop self-confidence and maintain a safe psychological environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind for both students and staff.
- Improve each child's readiness to learn and to form supportive and constructive relationships that will afford them the opportunity to fully participate in the education process.
- Enhance the success of students in the classroom by providing intervention and prevention strategies consistent with student needs.
- Create an environment of mutual support during times of personal, school, and community crisis.
- Provide an employee assistance program that helps address a variety of crises which occur in an employee's daily life.

Physical Activity Opportunities and Physical Education

Daily Physical Activity K4-8. All students in grades K4-8, including students with disabilities, special health-care needs, and in alternative educational settings, should have the opportunity to participate in and receive daily physical activity throughout the school year. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) should not be substituted for meeting the physical education

requirement. Students should spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess. St. John's Lutheran School will strive to provide all elementary grades 45 minutes a day of supervised recess, preferably outdoors, during which the school will encourage moderate to vigorous physical activity through the provision of space and equipment.

St. John's will discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities such as mandatory testing make it necessary for students to remain indoors for long periods of time, the school will give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School. St. John's Lutheran School will strive to offer as appropriate, interscholastic sports programs. They will offer a range of activities that meet the needs, interests, and abilities of the students, including boys and girls.

After-school child care will provide and encourage daily periods of moderate to vigorous physical activity for all participants through the provision of space, equipment, and activities.

Physical Activity and Punishment. Teachers and other school personnel should not use physical activity (e.g., running laps, pushups) or habitually withhold opportunities for physical activity (e. g., recess, physical education) as punishment unless there is a safety issue.

Food Service Nutritional Guidelines (Grades K4-8)

Hot Lunch Program:

The full meal program will follow the US. Government's Nutrition Standards.

Nutrition Standards - FOOD:

- Any food item for sale prior to the start of the school day and throughout the instructional day will have no more than 30% of its calories from fat (excluding nuts, seeds, and other nut butters) and 10% of its calories from saturated and trans fat combined.
- Strive towards offering 50% whole grains.
- Strive towards offering multiple choices of non-fried vegetables and fruit options each day at lunch. Fresh fruits and vegetables will be provided from local sources when practicable.

Nutrition Standards - BEVERAGES:

- Serve only low-fat and fat free milk.
- Offer 100% fruit juices with limited alternative choices on the school grounds both prior to and throughout the instructional day. Vending machines containing non-healthy choices will be phased out.

- Water consumption will be encouraged throughout the instructional day. Water will be easily available for students during snack and mealtimes.
- Vending sales of pop or artificially sweetened drinks will not be permitted on school grounds prior to the start and throughout the instructional day.
- The non-vending sale of pop or artificially sweetened drinks will not be permitted on school grounds prior to the start of the school day and throughout the instructional day, but will be permitted at those special events that begin after the conclusion of the instructional day.

Nutrition Standards - Candy:

- Non-vending sales of candy will be permitted at the conclusion of the instructional day.
- Candy is defined as any item that has sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose/dextrose, high-fructose corn syrup, honey, invert sugar, lactose, maltose molasses, raw sugar, table sugar/sucrose) listed as one of the first two ingredients.

Meal Times and Scheduling

- St. John’s will strive to provide students with at least 20 minutes to eat after sitting down for lunch.
- St. John’s will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- St. John’s will provide peanut-free eating areas if necessitated by student needs.
- St. John’s will provide students access to hand washing before they eat meals or snacks.
- St. John’s will take responsible steps to accommodate the tooth-brushing regiments of its students.

**Guidelines for Nutrition and Wellness at School Functions
(Grades K4-8)**

Snacks and Celebrations:

- Snacks served during the school day or in after-school care or enrichment programs will meet the Nutrition Standards.
- A healthy snack list may be distributed to parents and staff and include, but not be limited to:

Fresh fruit or fruit cups	Graham Crackers
Fresh vegetables and dip	Yogurt
Dried fruits	Pretzels
String cheese/cheese curds	Popcorn
Whole grain crackers	Low-Fat Muffins

Trail/cereal mixes (no candy)

- During occasional celebrations (i.e., birthdays, holidays) items that do not meet the school's Nutrition Standards may be acceptable for student consumption within moderation.

Teacher-to-Student Incentives (Rewards): Strong consideration should be given to nonfood items as part of any Teacher-to-Student Incentive programs. Should a teacher feel compelled to utilize food items as an incentive, they are encouraged to adhere to the school's Nutritional Standards.

Fundraising Activities:

- Any fundraising requires administrative approval.
- To support children's health and school nutrition-education efforts, St. John's encourages the use of fundraising activities that include non-food items or foods that meet the school's Nutrition Standards.
- St. John's will encourage fundraising activities that promote physical activity.

School-sponsored events/Concessions:

- Organizations operating concessions at school functions should try to include offerings which meet the school's Nutrition Standards.
- It is suggested that groups market healthy options at a lower profit margin to encourage selection by students.

Parent Nutrition Education:

- The goal is to provide education to parents at all school levels.
- Nutrition education may be provided in the form of handouts, postings on the school's website, or presentations that focus on nutritional value and healthy lifestyles.