

## School District: St. John Lutheran School

### Policy Preamble

The Board of Education recognizes that good nutrition and regular physical activity affect the health and well-being of the students of St. John Lutheran School (hereto referred to as the District). Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school. As required by law, the Board of Education establishes the following wellness policy.

### Policy Leadership

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

To assist in the creation of a healthy school environment, the District shall establish a Wellness Committee that will provide an ongoing review and evaluation of the Wellness Policy. The Committee shall meet no less than two times during the school year to implement, assess and review, and make recommendations for changes to the Wellness Policy.

The District 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:

- Board member
- Classroom teacher
- Physical education teacher
- School food service representative
- Community member/parent
- Student
- Medical/health care professional
- Nutrition and/or health education teachers

### Nutrition Standards for All Foods

The District 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. All schools in the District participate in USDA child nutrition programs, including the National School Lunch Program.

#### *Standards and Guidelines for School Meals*

The District 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](http://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.

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In addition, the District'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.
- Shall allow students the opportunity to provide input on menu items.

### *Foods and Beverages Sold Outside of the School Meals Program*

- No beverages with non-nutritive sweeteners (artificial or natural), such as diet iced tea, diet soda, etc. shall be sold to students during the school day regardless of their compliance with the USDA Smart Snacks standards. The sale of foods and/or beverages containing caffeine (with the exception of trace amounts of naturally occurring caffeine) at all grade levels during the school day are prohibited.
- The District adheres to the Wisconsin Department of Public Instruction fundraiser exemption policy and allows two exempt fundraisers per student organization per school per year. All other fundraisers sold during the school day will meet the Smart Snacks nutrition standards. 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 District encourages healthy snacks and treats for celebrations in classrooms. If treats are being provided to classrooms, consider healthy fruit and vegetable based options that offer nutritious value and will enhance the diets of our students.

## **Nutrition Education**

The primary goal of nutrition education is to influence students' lifelong eating behaviors. As such:

- Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the District.
- The District aims to teach, model, encourage, and support healthy eating by providing nutrition education.

## **Nutrition Promotion**

The District 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.

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### **Physical Activity**

The District shall provide opportunities for students to participate in physical activity in addition to physical education. As such:

- Children and adolescents should participate in 60 minutes of physical activity every day.
- Physical activity during the school day shall not be withheld as punishment.
- The District shall offer at least 20 minutes of recess on all or most days during the school year (early dismissal/late arrival days are exempt).
- Outdoor recess shall be offered weather permitting.
- Recess monitors/teachers shall encourage students to be active during recess.
- Teachers shall offer short (3-5 minute) activity breaks throughout the school day.

#### *Physical Education*

The District shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. As such:

- All District elementary students in each grade shall have physical education a minimum of three times per week.
- Students shall be moderately to vigorously active for at least 50% of class time during all physical education class sessions.

### **Other School Based Activities that Promote Wellness**

As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle. The District 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.

#### *Community Engagement*

The District shall work with community partners, including Lincoln County Health Department, to support district wellness. The District shall inform and invite parents to participate in school-sponsored activities throughout the year. The District shall actively inform families and the public about the content of and any updates to the policy through the school website ([www.stjohnmerrill.org](http://www.stjohnmerrill.org)) and weekly newsletter. The District 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 District 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.stjohnmerrill.org](http://www.stjohnmerrill.org).