

# **Christ-St. John's Lutheran School Wellness Policy**

This policy supports the mission of Christ-St. John's Lutheran School of West Salem to provide an environment that cultivates maximum student potential to glorify God. 1 Corinthians 10:31 "So whether you eat or drink or whatever you do, do it all for the glory of God." Christ-St. John's Lutheran School supports the education of how nutrition and regular physical activity can affect a child's development, health and potential for learning. This policy will help encourage all members of Christ-St. John's Lutheran School to create an environment that supports good nutrition, lifelong healthy eating habits and physical activity. Proverbs 22:16 "Train a child in the way he should go, and when he is old he will not turn from it."

## **I. PURPOSE**

The purpose of this policy is to assure a school environment that promotes and protects students' health, well being, and ability to learn by supporting healthy eating and physical activity.

## **II. GENERAL STATEMENT OF POLICY**

- A. The school board recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
- B. The school environment should promote and protect students' health, well being, and ability to learn by encouraging healthy eating and physical activity.
- C. The school encourages the involvement of students, parents, employees and other interested persons in implementing, monitoring, and reviewing the school nutrition and physical activity policies.
- D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- E. All students in 3K through 8<sup>th</sup> grade will have opportunities, support, and encouragement to be physically active on a regular basis.
- F. All students will have access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students. Nutrition staff will make every effort to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning. Students will be provided adequate time to eat in a clean, safe, and pleasant setting.

### **III. GUIDELINES**

#### **A. Foods and Beverages**

Students' lifelong eating habits are influenced by the types of food and beverages available to them. Christ-St. John's has a responsibility to help students establish and maintain lifelong healthy eating patterns.

1. All foods and beverages made available on the school campus shall meet the standards established in the USDA's Nutrition Standards for All foods Sold in Schools (Smart Snacks) rule.
2. NO foods and beverages will be sold individually **during the school day** with the exception of foods sold as part of the reimbursable school meals program.
3. Foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including classroom parties and snacks brought by staff or family members.
4. School Nutrition personnel shall adhere to all federal, state, and local food safety and security guidelines.
5. The school will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.
6. The school will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
7. The school will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.
8. The school will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
9. The school will encourage school sponsored events and programs held outside of the school day to be supportive of the wellness policy and guidelines. Christ-St. John's will participate in the annual "Walk to School Challenge" and "Hoops or Jump for Heart". This will also be encouraged with any fundraising activities. The school nutrition manager is available to provide information related to the food and beverage guidelines.

#### **B. School Nutrition Program/Personnel**

1. The school will provide a healthy and safe school meal program that strictly complies with all federal, state, and local statutes and regulations. All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010.
2. The school shall designate an appropriate person to be responsible for the school district's nutrition program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available on campus to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.
3. As part of the school's responsibility to operate a school nutrition program, the school will provide continuing professional development for all school nutrition personnel in the school.

## **C. Nutrition Education and Promotion**

The primary goal of nutrition education is to positively influence students' eating behaviors.

1. The school will ensure that students in 3K through 8<sup>th</sup> grade receive nutrition education that provides the knowledge they need to adopt healthy lifestyles. Nutrition education should include instruction in all classroom subjects that helps students learn more about the importance of various food groups, caloric, sugar and fat intake, healthy cooking methods, recognition of the role media play in marketing and advertising foods and beverages, and the relationship of a balanced diet and regular exercise to a healthy lifestyle.
2. The school will encourage all students to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as fundraising events and concession stands. School will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards of the Smart Snacks rule.
3. The school will not use food or beverages as reward or punishment for academic performance or good behavior.
4. The school will provide educational information and encourage healthy eating and physical activity for families through the weekly Cougar News school newsletter. Family members should be engaged as a critical part of the team responsible for teaching children about health and nutrition.
5. School nutrition services will use the Smarter Lunchroom Self-Assessment Scorecard on a yearly basis to determine ways to improve the school lunch program.
6. Nutrition concepts should be reinforced by all school personnel.

## **D. Physical Activity**

The primary goal for a school's physical activity component is to provide opportunities for every student to: Develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long term benefits of a physically active lifestyle.

1. Students in 3K through grade 8 will receive scheduled, developmentally appropriate physical education using age appropriate, physical education curriculum consistent with national and state standards for physical education. The school will provide opportunities for students to participate in physical activity in addition to physical education, i.e. using the activity field located on school grounds for students to play various sports at recess time.
2. Physical education should be designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle.
3. Students should be encouraged to participate in physical activities outside of the school day.
4. The importance of physical activity should be reinforced by all school personnel.

## **E. Communications with Parents**

It is important that students receive consistent messages throughout school, home, community and media regarding good nutrition and healthy lifestyles.

1. The school recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well being. The school will support this role and provide educational materials that will assist families in making healthy choices related to nutrition and physical activity.
2. The school will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. The school will encourage parents to pack healthy lunches, snacks, treats and beverages. Parents will be provided with information that will offer suggestions for healthy snacks and lunches.
4. The school will provide information about physical education and other school-based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school.
5. The wellness policy will be made available at the school building and on the school website for parent review.

## **IV. IMPLEMENTATION AND MONITORING**

1. After review and approval by the Board of Education, the wellness policy will be implemented throughout the school. The wellness policy will be reviewed annually.
2. The principal will ensure compliance with the wellness policy and will provide a report of the school's compliance with the policy to the school board as requested.
3. The school will inform families and the public regarding any updates to the wellness policy through the school website and Board of Education meetings.

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