

# St. John Lutheran School Wellness Policy

A fundamental mission of St. John Lutheran School is to encourage healthy behaviors among its students, staff, administration, parents, and board members. This especially includes providing students with the knowledge and skills necessary to become healthy and productive adults. Therefore, St. John Lutheran School promotes a healthy school environment by supporting wellness, good nutrition, and regular physical activity as a part of the total learning experience. Our school will contribute to the basic good health status of our children by facilitating learning through the support and promotion of good nutrition, physical activity, adequate rest, and stress reducing practices. Through these endeavors, we expect to increase the students' readiness to learn, reduce absenteeism, improve physical fitness, and improve mental health.

## Physical Activity

St. John Lutheran School recognizes that physical activity plays a critical role in a child's overall wellness, alertness, and ability to learn. The school will promote a healthy environment where children participate in regular physical activity as a part of the total learning environment. Efforts to promote and incorporate good physical-activity opportunities into children's lives are the shared responsibility of all school employees, parents/guardians, and the community.

### Implementation

The school will ensure that every student from Pre-School through eighth grade receives regular, age-appropriate physical education instruction.

- The elementary and middle school students have daily physical activity. Teachers are encouraged not to withhold recess for academic or classroom disciplinary reasons. Elementary students are expected to go outside (weather permitting) for recess.
- The school will provide information to parents that will help them promote proper sleep habits and physical activity into their children's lives. Information should also be provided on alternatives to television and video/computer games.

## Curriculum

### Physical Education Curriculum

In gym class students receive instruction in the five health-related components of fitness: cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition.

A formal P.E. Curriculum is being developed as part of our accreditation & self study process.

### Health Class

The Health instruction encourages students to develop the knowledge, attitudes, skills, and behavior for life-long healthy eating habits and physical activity. The PK- 8 curriculum addresses the following Wisconsin Academic Standards for Health Education:

- Health Promotion and Disease Prevention

- Healthy Behaviors to Promote Health and Reduce Health Risks
- Goal Setting and Decision Making to Enhance Health
- Valid Health Information and Services Knowledge
- Culture and Media Influence on Personal, Family, and Community Health
- Effective Interpersonal Communication Skills to Enhance Health
- Advocacy for Health in the Community
- Sexual behaviors, teen pregnancy, and sexually transmitted diseases

### **Nutrition Education**

#### **Alcohol, Drug, and Tobacco Education**

St. John supports laws that make student use of alcohol, drug and tobacco illegal. The school recognizes the fact that educating children on the negative effects of these substances is our best contribution to their future wellness. Federal funding for AODA issues will be used to support curriculum, materials, and activities that promote the abstinence of alcohol, drugs, and tobacco. St. John has existing school board policies that address these issues.

#### **Safety Education**

Safety education is integrated into the K-8 curriculum. The school establishes rules and regulations to minimize accidents in and around school property.

#### **Parent Wellness Education**

- Wellness education will be provided to parents at all levels. The goal is to continue to educate parents on wellness issues.
- Wellness education may be provided in the form of handouts, postings on the website, wellness fairs, or presentations that focus on nutritional value and healthy lifestyles P.T.L. meetings.
- St. John Lutheran School will utilize the resources of other community health organizations to enhance parent education.

#### **Emotional Wellness**

This area is one of the 5 major areas mentioned in our mission statement. It is covered in Health, P.E. & Religion classes. St. John School will make efforts to educate staff and students on emotional wellness issues. Counselors will be made available as needed

## **Student Nutrition**

Students are taught about good nutrition and the value of healthy food choices. The School Board, administrators, teachers, parents, and students are encouraged to promote healthy lifestyle principles, replacing unhealthy food offerings with healthy ones.

#### **Hot Lunch Program**

St John Hot Lunch Program will continue to adhere to the National School Lunch Program and follow the U.S. Government Nutritional Standards. Food Service will limit the use of dyes, sulfites, MSG, and other additives that may affect food allergies in children.

The Hot Lunch Program will also strive to:

- Provide a variety of fresh fruits and vegetables
- Provide whole grain products
- Keep sugar concentrated desserts at a minimum

### **Cold Lunch**

Children bringing cold lunch to school are encouraged to have one that consists of healthy and nutritious choices. Water, juice, and milk beverages are preferable. Milk is available at school for purchase with cold lunch.

### **Lunchroom Climate**

Students will be provided with a relaxed and enjoyable climate for lunch. The lunchroom environment for students will have:

- Adequate space to eat and pleasant surroundings
- Adequate time for meals (20 minutes is minimum recommendation by American Food Service Association from time the child is seated)
- Convenient access to hand washing facilities before meals

Parents are always invited to join their child for hot or cold lunch. Parents who bring cold lunch/take out food to share are encouraged to follow the St. John Nutrition Guidelines and Healthy Choices List.

### **Snacks**

Snacks brought by the students or served during the school day are encouraged to be healthy, nutritious food choices.

### **Classroom Parties/Celebrations**

The classroom party is a great learning environment to promote healthy food and beverage choices.

- Food and drinks provided by staff for classroom parties must meet the St. John Nutrition Guidelines and Healthy Choices List.
- Students and parents are encouraged to provide food and beverages for classroom parties that meet the St. John Nutrition Guidelines and Healthy Choices List.

### **Classroom Rewards/Incentives**

- Consideration should be given to non-food items for rewards/incentives. Should teachers feel compelled to utilize food items as an incentive, they are encouraged to adhere to St. John Lutheran School Nutrition Guidelines and Healthy Choices List.
- When curricular-based food experiences are planned, staff and students are encouraged to utilize items from St. John Nutrition Guidelines and Healthy Choices List.

### **Water Consumption**

Staff members should encourage the consumption of water throughout the day, particularly during periods of hot weather. The use of water bottles in the classroom is recommended, but each teacher/grade level can establish their own policy. Water bottles should be taken home to be washed and/or sanitized regularly.

## **Nutrition Guidelines**

St. John School strongly encourages the sale and distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories that are rich in nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, St. John has adopted the following Nutrition Guidelines governing the sale of food, beverage, and candy on school grounds.

### **Food:**

- The consumption of nutrient dense foods such as whole grains, lean meats, seeds/nuts, cheeses, fruits, and vegetables is encouraged (see Healthy Choices List).
- It is recognized that there may be rare special occasions when the principal may allow a school group to deviate from these guidelines.

### **Beverages and Candy:**

- Vending and school sales of soda are not permitted to students between 7:00 am and 3:00 pm.
- It is highly encouraged that staff members use discretion when consuming soda and caffeine products such as coffee, espresso, latte, etc. in the presence of students.

### **Concessions**

Evening and weekend concessions for extracurricular activities may include candy and soda sales. However, healthy food and beverage options should also be available. (See District Nutrition Guidelines and Healthy Choices List).

### **Fundraising**

It is important to promote fundraising activities that reinforce good food choices and lifestyle behaviors. New fundraising strategies which include the sale of healthy foods and non-food items, is a public demonstration of the school's commitment to promoting healthy behaviors among students, families, and the communities at large, while helping schools meet their financial needs.

- All fund-raising projects must be approved by school administration.
- School should encourage fundraising activities that support physical activity.
- All fundraising projects are encouraged to meet the Nutrition Guidelines.
- After school concessions for extra-curricular activities and outside groups may include soda and candy sales. Healthy food and beverage options should also be available.
- Items being sold must not interfere or compete with the School Lunch Program.
- Outside groups are not allowed to sell products on school grounds that do not meet school administration approval.

# Healthy Choices List

(List is not all inclusive)

## **Proper portion size is important to healthy eating.**

- Raw vegetable sticks/slices with low fat dressing or yogurt dip
- Fresh fruit and 100% fruit juices
- Frozen fruit juice pops
- Dried fruits (raisins, banana chips, etc.)
- Trail mix/Party mix (dried fruit, nuts, cereal, pretzels, etc.)
- Soy nuts, dry roasted peanuts, walnuts, almonds, pecans, and other tree nuts (avoid coconut or palm nuts)
- Low-fat meats and cheese sandwiches
- Baked crackers (e.g. Goldfish crackers)
- Baked corn chips and fat-free potato chips with salsa and low-fat dips
- Low-fat muffins, low-fat cookies, and granola bars
- Angel food and sponge cakes
- Flavored yogurt and fruit parfaits
- Low-fat pudding cups
- Low-fat ice creams, frozen yogurt, sherbets
- Low-fat and skim milk products
- Unbuttered popcorn
- String cheese
- Single serve fruit cups in natural or light syrup
- Graham and flavored crackers
- Whole grain cereals and bagels
- Water and water products
- Sugar free gelatin