

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.

Nutrition Education

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

School Newsletter (Badger Bytes)

At least once a month in weekly school newsletter we will provide nutrition education such as reading Nutrition Facts Labels, Healthy Recipes and other Nutrition Education.

Nutrition Education- Food Environment

We have posters hung around the school that promote good nutrition and regular physical activity. 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. Nutrition education will be incorporated into other classes where appropriate.

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. The School District has not received any funds for this program in recent years.

Standards for USDA Child Nutrition Programs and School Meals

Hot Lunch Program

The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure that professional development in the area of food and nutrition is provided for the food service director and staff. Directors will have at least 12 hours of training; managers will have at least 10 hours of training and staff at least 6 hours of training.

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
- There is a water fountain and water filling station outside of the cafeteria for anyone to use during lunch

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. We will add something to our Parent/School Policy Handbook for 2021-2022 school year that encourages a healthy cold lunch for students who bring their lunch to school.

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. We will maintain the hand sanitizer which was installed near the entrance to the cafeteria.

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.

Free & Reduced Applications and Families with Overdue Accounts

The cafeterias are cashless – all students, regardless of the type of payment they make for school meals are allowed to eat a school lunch.

It is prohibited for students with unpaid balances to be shamed in any way.

The school will reach out to the family of a child with an unpaid balance and provide them with an application for free or reduced-price meals.

Applications for free/reduced meals are offered to all families at the beginning of the year when teachers do their home visits.

We do not have any vending machines on our school property, so no snack foods are available for purchase during the school day including meal times.

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.

Students and parents are encouraged to provide food and beverages for classroom parties that meet the St. John Nutrition Guidelines and Healthy Choices List. We will send a reminder to teachers on a yearly basis so they can continue to remind families. When they remind families, they should also provide some examples of healthy snacks.

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.

Smart Snacks

Our school does not have vending machines, or a school store and we do not sell snacks during the school day.

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. We have a Christmas card/gift wrap sale in September and a fruit sale in November. When COVID restrictions are lifted, we will try to arrange a fitness fundraiser like a walk-a-thon, or participate in the Theda Care 5K.

- 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.

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.

Snacks

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

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. Extra recess will be considered as an alternative reward when time allows.
- 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. We have installed 2 water bottle filling stations in the school to aid students in filling their water bottles

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

Physical Education and Physical Activity

A formal P.E. Curriculum is being developed as part of our accreditation & self study process. We plan to have this formal curriculum finalized by the beginning of the 21/22 school year.

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

Students in K to 4th grade receive 60 minutes of physical education instruction per week. Students in 5th to 8th grade receive 105 minutes of physical education instruction per week.

Physical Education is taught by a licensed teacher.

There will be no substitutions allowed for the physical education time requirement.

We have bike racks available for students who choose to ride their bikes to school.

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. We will provide the parents with wellness education in the newsletter monthly.

- 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. We will display wellness posters around the school.
- St. John Lutheran School will utilize the resources of other community health organizations to enhance parent education. We will send out email blasts from the county regarding COVID wellness and staying safe during the pandemic.

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.

Recess

All students in grades K-4th grade will be provided a with two 20 minute recess periods per day and will be sent outside weather permitting otherwise they will be given time in the gym. All students in 5th to 8th grade will be given one 20 minute recess outside weather permitting or in the gym, they are also given a break in the morning for a snack and the stretch and move around.

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. We will have Weekly Wellness Challenges in the daily morning announcements and monthly in the school newsletter.

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

Wellness Promotion and Marketing

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.

We will have two Wellness Challenges per year for staff to encourage physical, mental and emotional wellbeing. We will have prizes as an incentive to the staff to join the challenges.

We will email staff about programs offered through their insurance plan as a reminder of different programs that are offered to help with physical, mental, and emotional wellbeing.

After School Sports

We offer Volleyball, Cheerleading and Basketball as extracurricular (after school) activities. Because our school is so small we really encourage participation by all students so we will have enough students for a team. We also offer open gym opportunities after school for students in the off seasons.

Rewards and Punishments

Teachers may use non-food alternatives as rewards, such as extra recess when time allows. Teachers are discouraged from assigning physical activity as student punishment.

Marketing

School based marketing shall be consistent with Smart Snacks nutrition standards.

The advertising of foods and beverages that are not available for sale in the school will not be advertised on any new school property.

An effort will be made to remove advertising from the school. The existing scoreboard will be changed when possible.

The school will not expose students to food marketing of any kind. All advertising in school publications and school media outlets must be approved by the principal.

Fundraising (copied from other section so it is in here twice)

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Implementation, Evaluation and Communication

Wellness Committee

The Wellness Committee will meet four times per year.

Every year we will invite teachers and parents to join our committee.

Our Wellness Policy is posted on our school website and on the school bulletin board. At the beginning of each school year, we will remind staff and parents where the Wellness policy is posted and provide them with a copy if they would like one.

The Principal will be responsible for ensuring that the wellness policy is implemented throughout the school.

The Wellness Committee will assess the policy implementation every three years using the Wellness School Assessment Tool-Implementation.

The triennial progress report will be posted on the district website. The report will include an assessment on compliance, the extent to which our wellness policy compares to model wellness policies and progress made to achieve goals.

Every two-three years the wellness committee will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly.

The triennial progress report will be posted on the district website. The report will include an assessment on compliance, the extent to which our wellness policy compares to model wellness policies, and progress made in achieving goals.

Physical Wellness

COVID-19 Wellness

To keep students and families healthy during the COVID-19 Pandemic the school has enacted several new Wellness Policies.

- We will maintain posters about proper handwashing by sinks.
- We will encourage mask wearing while staff/students are sick and while it is required by law. We will send parents information about masking wearing and cleaning.
- We have an isolation room for students who display symptoms.
- We will take student temperature daily and send home students who appear ill.
- Staff will sign a self-health evaluation each morning.
- Families are to do a student self-health evaluation before sending their child each day.
- We have purchased PPE equipment and new cleaning supplies and have trained staff in proper usage of them.
- We will keep classes separated into cohorts and try not to mix grade levels, do to this we will
 - Have separate entrances for grade levels
 - All classes will eat in their classrooms
 - We will have separate recesses for cohorts

Spiritual Wellness

Our school exists as a branch of the Church's ministry and to assist the parents in fulfilling the command in Deuteronomy 6:6-7a, "*And these words that I command you today shall be on your heart. You shall teach them diligently to your children.*"

Because the Word of God is our focal point, we strive to incorporate its directives in all areas of instruction. Our curriculum will be faith based and Christian views will be expressed in all subjects.

Students will attend Chapel weekly during the school day and be encouraged to attend Church and Sunday School outside school hours. Students in grades 7th and 8th will also attend confirmation class with the pastor during the school day.