

St. John's Lutheran School
27 1st ST. NW
Norwood Young America MN 55397

WELLNESS POLICY

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, and that helpful eating and physical activity can have a positive impact on student behavior.
- 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, teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing 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 Pre-school through grade 8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- F. Qualified food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.

III. GUIDELINES

- A. Foods and Beverages
 - 1. Food service personnel will take every measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and guidelines.
 - 2. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.
 - 3. The school will be make every effort to keep the identification of students who are eligible for free and reduced-price school meals a private matter, known only to those working with the accounting and reporting sections of our hot lunch program.
 - 4. The school will provide students access to hand washing or hand sanitizing before they eat meals or snacks and students should be encouraged to use such facilities.

5. The school will make every effort to provide students with sufficient time to eat after sitting down for school meals and will make every effort to schedule meal periods at appropriate times during the school day.
6. The school will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.

B. School Food Service Program/Personnel

1. The school will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
2. The school shall designate the Food Service Director to be responsible for the school's food service program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available 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 food service program, the school will provide continuing professional development for all food service personnel.

C. Nutritional Education and Promotion

1. The school will encourage and support healthy eating by students and engage in nutrition promotion that is:
 - a. offered as part of a comprehensive program designated to provide students with the knowledge and skills necessary to promote and protect their health;
 - b. part of health education classes and in other classes where appropriate.
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, including birthday or holiday classroom snacks.

D. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle. Team and life-long sport activities to reduce sedentary activities such as watching television and playing video games will be encouraged by members of our faculty and staff.
2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate.
3. Students will be encouraged to find ways that they enjoy to get exercise needed for a healthy lifestyle.

E. Communications with Parents

1. The school recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their childrens' health and well being.

2. The school will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. The school encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
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 school newsletter and school site newsletters may be used to communicate to parents and guardians about the school's Food and Beverage Guidelines, Nutrition Education Guidelines, and Physical Education and Activity Guidelines.

IV. IMPLEMENTATION AND MONITORING

- A. After approval by the school board, the wellness policy will be implemented.
- B. School food service staff will ensure compliance within the school's food service areas and will report to the food service program administrator, or to the principal, as appropriate.
- C. The school's food service program administrator will provide an annual report to the principal setting forth the nutrition guidelines and procedures for selection of all foods made available in school.
- D. The Wellness Committee, comprised of a school board member, a PTL parent, two students, and the principal of St. John's will meet annually to evaluate St. John's Lutheran School's wellness plan. This committee will assess programs, projects, and activities that have been implemented, and make suggestions for improvement.
- E. The Board of Christian Education will approve the revised plan at their July board meeting.
- D. The principal or designee will ensure compliance with the wellness policy.