

St. John's Lutheran School West Bend, Wisconsin School Wellness Policy Statement

Recognizing that healthy living health optimizes student performance potential and is a part of Christian stewardship, St. John's Lutheran School of West Bend, Wisconsin shall promote life-long healthy habits to enhance each child's academic, physical, emotional, social, and spiritual development. St. John's Lutheran School shall create an environment that supports wellness education with a K-8 curriculum; includes instruction in good nutrition and healthy eating habits; and provides opportunities for regular physical activity as part of the total learning environment.

School Wellness Policy Administrative Rules and Guidelines

1. Comprehensive K-8 Wellness Education

- School programs should ensure that students in kindergarten through grade 8 receive nutrition education that provides the knowledge they need to adopt healthy lifestyles.
- The School shall integrate health nutrition education into various subject areas.

2. Comprehensive K-8 Physical Education Curriculum

- Physical education should be designed to build interest and proficiency in the skills, knowledge and attitudes essential to lifelong physically active lifestyle.
- Whenever possible, options other than withholding physical activity, such as recess, should be used as discipline.

3. Student Nutrition Services: Food and Beverages Served and Sold During the School Day

General Guidelines

- Classroom snacks should reinforce the importance of healthy choices. The schools shall provide suggestions of healthy choices for parents and families
- Classroom celebrations should encourage healthy choices and portion control.
- Food and beverages, other than hot lunch and milk, will not be sold during the school day.
- Food being used as a reward should be minimal.

Concession Stands

- Concession stands operated by school-sponsored groups shall provide healthy food and beverage choices.

Lunch- Provided by the West Bend Public School District

- Food and beverages available offered over the course of a school week should be nutrient-dense, including whole grain products and fiber-rich fruits and vegetables to provide students a variety of choices to maintain a balanced diet.
- Foods and beverages during the school day should include a variety of healthy choices that are of excellent quality, appealing to students, and served at the proper temperature.
- Foods and beverages available during the school day should minimize the use of trans and saturated fats, sodium, and sugar and meet or exceed the Dietary Guidelines for Americans.

Water Consumption

- School staff shall encourage the consumption of water throughout the school day.

4. Health Services

- The school will continue to monitor immunizations and communicable diseases, and making appropriate referrals as necessary.
- Vision screening will be implemented for all third grade students and teacher-referred students.
- Scoliosis screening will be provided for 6th and 7th grade girls and 8th grade boys.

5. Health Promotion Activities

- There will be at least one school-wide health promotion event each school year.

6. Counseling and Psychological Services

- The school shall continue to refer families to health care professionals to address mental health issues of our youth.

7. Healthy School Environments

- Family members should be engaged as a critical part of the team responsible for teaching children about health and nutrition.
- The custodial staff shall continue to monitor the building for environmental health concerns.
- Proper hand-washing techniques shall be taught and emphasized.

8. Monitoring and Evaluation

- A Health and Wellness Committee shall be established and representatives shall include a nurse, a teacher, a parent and/or interested community member, and other interested staff.
- The Health and Wellness Committee shall conduct an annual evaluation of the policy, and make recommendations for continual improvement.
- The Health and Wellness Committee shall provide information to the school office for inclusion in the home school communication.
- The school shall support collection of survey data over time to evaluate the effectiveness of the Wellness Policy.