

St. John's Lutheran School

School Wellness Policy

St. John's Lutheran School educates the whole child: mind, body, and soul. As part of the education of the body, we stress what Scripture teaches in I Corinthians 6:19-20 which states: "Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own, you were bought at a price. Therefore, honor God with your body." Therefore, teaching our students how to take care of the bodies God has given them is an important part of St. John's Lutheran School's ministry.

Our wellness policy exists to guide us in teaching our students to care for their bodies and develop healthy eating habits. It is based on Federal, State, and local laws, especially Section 204 of Public Law 108-265, enacted June 30, 2004, as a part of the Child Nutrition and WIC Reauthorization Act of 2004.

St. John's Lutheran School's Wellness Policy is composed of the following four sections:

1. Goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness;
2. Nutrition guidelines selected for all foods available on our school campus during the school day with the objectives of promoting student health and reducing childhood obesity;
3. An assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section 9(f)(1) and 17(a) of the Richard B Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)), as those regulations and guidance apply to schools;
4. A plan for measuring implementation of the local wellness policy, including designation of one or more persons within the local educational agency, charged with operational responsibility for ensuring that the school meets the local wellness policy.

While what follows serves as our current guide, ongoing development, improvement, and refinement is continuously sought and coordinated between representatives of the school food authority, school administrators, and the food vendor in order to make the plan as effective as possible. Additional resources can be found at:

<http://dpi.wi.gov/fns/wellnessplcy.html>

Goals for Nutrition Education

- Nutrition education will be offered in the school kitchen via a bulletin board that is regularly changed and presents timely, relevant, and engaging nutrition information.
- In classrooms, healthy eating and nutrition education will be presented as part of the science, health, and religion curricula.
- Field trips to local food stores and museums' health and wellness displays, as well as presenters brought into school, will provide reinforcement of concepts taught.

- Periodic messaging on health and nutrition will be included in newsletters and notes sent home.
- Weekly chapel services will include themes about being good stewards of our bodies and health.

Goals for Physical Activity

- As part of grade promotion requirements, all students will participate in a physical education program consisting of free-play, recess periods and structured, physical education class periods totaling in excess of 100 minutes per week.
- Students will be given opportunities for physical activity through a range of after-school programs including, but not limited to interscholastic athletics.
- Physical activity will be integrated into the regular classroom setting when appropriate.

Goals for Other School-Based Activities

St. John's Lutheran School will...

- Provide a clean, safe, enjoyable meal environment for students.
- Provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- Make drinking fountains available in school, so that students can get water at meals and throughout the day.
- Encourage all students to participate in school meals program and protect the identity of students who eat free and reduced price meals.
- Ensure an adequate time for students to enjoy eating healthy foods with friends in school
- Schedule lunch times as near the middle of the school day as possible.
- Encourage parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- Encourage and provide opportunities for students, teachers and community volunteers to practice healthy eating and serve as role models in school dining areas.
- Strive to reduce student access to foods with limited nutritional value.

Nutritional Guidelines

- St. John's Lutheran School contracts only with Food Service Providers which provide meals compliant with school nutritional standards and specifications for each food component or menu item by NSLP nutritional guidelines for grade, style, condition, weight, ingredients formulations and delivery times as required by 7CFR 210.16(c)(3). In addition, the use of food incentive/rewards will be discouraged unless the food is nutritious, being low in fat and refined sugar, and high in whole grains, fruits and vegetables.

Assurances for Reimbursable School Meals

- Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to

subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section 9(f)(1) and 17(a) of the Richard B Russell National School Lunch Act (42 U.S.C.1758(f)(1), 1766(a)0, as those regulations and guidance apply to schools.

Measuring Implementation

- An annual review of the Local Wellness Policy shall be led by the school principal and include a “wellness committee” comprising the school administrators, the school food authority, and a representative from the food vendor. On the basis of the annual review, improvements and refinements will be instituted to make the Local Wellness Policy better for the next school year.