

SCHOOL WELLNESS POLICY

Policy Preamble

St. John Lutheran School (hereto referred to as the District) is committed to the optimal development of every student. Good nutrition and regular physical activity before, during, and after the school day are strongly correlated with positive student outcomes. The District believes that we need to create and support health-promoting learning environments throughout our schools, giving students the opportunity to achieve success. This policy outlines the District's approach to ensure all students practice healthy eating and physical activity behaviors throughout the school day.

Policy Leadership

The superintendent shall implement and ensure compliance with the policy by leading the review, update, and evaluation of the policy.

The District shall convene a Wellness Committee that meets at least one time during the school year to establish goals and oversee school health policies and programs, including development, implementation, and periodic review and update of this Wellness Policy.

The District shall invite a diverse group of stakeholders to participate in the development, implementation, and periodic review and update of the wellness policy. Stakeholders may include:

- Administrator
- Board member
- Classroom teacher
- Physical education teacher
- School food service representative
- Community member/parent

Nutrition Standards for All Foods

The District is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

Standards and Guidelines for School Meals

The District is committed to ensuring that:

- All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010 (www.fns.usda.gov/school-meals/nutrition-standards-school-meals).
- All meals are accessible to all students.

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- Withholding food as a punishment shall be strictly prohibited.
- All meals are appealing and attractive and served in clean and pleasant settings.
- Drinking water is available for students during mealtimes.
- When drinking fountains are not present in the cafeteria, water cups/jugs are available.
- Students are provided at least 20 minutes to eat lunch after being seated.
- All school campuses are “closed” meaning that students are not permitted to leave the school grounds during the school day.
- Lunch shall be served between 11am and 1pm.
- Menus shall be posted on the District website and will include nutrient content.
- Menus shall be created/reviewed by a Registered Dietitian or other certified nutrition professional.
- All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

In addition, the District’s nutrition services shall:

- Notify parents of the availability of the breakfast, lunch, and summer food programs and shall be encouraged to determine eligibility for reduced or free meals.
- Allow students the opportunity to provide input on menu items.
- Restrict the scheduling of club/organizational meetings during the lunch period unless students are allowed to purchase lunch to be consumed during the meetings.

Foods and Beverages Sold Outside of the School Meals Program

- All food and beverages sold and served outside of the school meal programs (“competitive” foods and beverages) shall, at a minimum, meet the standards established in USDA’s Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. The standards are available at <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>.
- All food and beverages sold to students during before and after school programs shall meet the USDA Smart Snack nutrition standards., No beverages with non-nutritive sweeteners (artificial or natural), such as diet iced tea, diet soda, etc. shall be sold to students during the school day regardless of their compliance with the USDA Smart Snacks standards.
- The sale of foods and/or beverages containing caffeine (with the exception of trace amounts of naturally occurring caffeine) at all grade levels during the school day are prohibited.
- Foods and beverages that meet or exceed the USDA Smart Snacks standards may be sold through fundraisers during the school day. No restrictions are placed on the sale of food/beverage items sold outside of the school day.
- The District adheres to the Wisconsin Department of Public Instruction fundraiser exemption policy and allows two exempt fundraisers per student organization per school per year. All other fundraisers sold during the school day will meet the Smart Snacks nutrition standards. No restrictions are placed on the sale of food/beverage items sold outside of the school day.

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Marketing

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.

Foods Provided but Not Sold

The District encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members.

Nutrition Education

Schools shall provide nutrition education that helps students develop lifelong healthy eating behaviors. As such:

- Nutrition education shall follow the Wisconsin Department of Public Instruction Model Academic Standards for Nutrition.
- Teachers shall integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects.

Nutrition Promotion

The District is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media. School nutrition services shall use the Smarter Lunchroom Self-Assessment Scorecard to determine ways to improve the school meals environment.

Physical Activity

The District shall provide students with age and grade appropriate opportunities to engage in physical activity. As such:

- Children and adolescents should participate in 60 minutes of physical activity every day.
- The District shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.
- The District shall also provide opportunities for students to participate in physical activity in addition to physical education.
- Physical activity during the school day shall not be withheld as punishment.
 - Participation on sports teams may be exempt from this rule if related to failure to meet WIAA or other school codes.
- Elementary schools shall offer at least 20 minutes of recess on all or most days during the school year (early dismissal/late arrival days are exempt).
- Outdoor recess shall be offered weather permitting.
- Recess monitors/teachers shall encourage students to be active during recess.
- Teachers shall incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible.
- District facilities shall be made available to students and community members.
- The District shall support active transport to and from school by engaging in the following activities (check those that apply below):
 - Secure storage facilities for bicycles (e.g., bike racks, shed, fenced area).
 - Instruction on walking/bicycling safety provided to students.
 - Crosswalks exist on streets leading to schools.

Physical Education

- All District elementary students in each grade shall receive at least 60 minutes of physical education per week throughout the school year.
- All District middle school students in each grade shall receive at least 60 minutes of physical education per week throughout the school year.
- Students shall be moderately to vigorously active for at least 50% of class time during all physical education class sessions.

Other School Based Activities that Promote Wellness

As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle. The District supports the implementation of other programs that help create a school environment that conveys consistent wellness messages in an effort to promote student well-being. Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water. Staff is strongly encouraged to model healthful eating habits, and are discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum.

Staff Wellness

The District will implement activities to promote healthy eating and physical activity among school staff such as encouragement of staff members to set medical appointments for screening for cancer, heart disease, diabetes, and other diseases.

Community Engagement

The District shall actively inform families and the public about the content of and any updates to the policy through school website and newsletter. The District shall provide information on how the public can participate in the school wellness committee on an annual basis.

Monitoring and Evaluation

The Wellness Committee shall evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture. The District shall notify school staff, students, and households/families of the availability of the wellness report via newsletters and website postings. The report will be made available at stjohnwaterloo.com.

The District wellness policy shall be updated as needed based on evaluation results, District changes, release of new health science information/technology, and/or issuance of new federal or state guidance.