

ST. JOHN LUTHERAN SCHOOL

WELLNESS POLICY

Policy Statement

The link between nutrition and learning is well documented. The Board of Christian Education (BOCE) at St. John Lutheran School recognizes that good health fosters student attendance and education. The BOCE also recognizes that students need nourishing foods and physical activity in order to grow, learn and thrive. Therefore, St. John Lutheran School will strive to help students develop skills, knowledge and attitudes necessary to adopt and maintain a healthy lifestyle.

Purpose/ Goals

- Provide students access to nutritious food and beverages;
- Provide opportunities for physical activity and develop mentally appropriate exercise; and
- Require that all meals served by St. John Lutheran School meet the federal guidelines issued by the USDA.

School Meals

- St. John Lutheran School will offer breakfast and lunch
- School personnel, along with parents, will encourage students to choose and consume full meals.
- Menus will meet the nutrition standards consistent with Federal and State regulations, conforming to good menu planning principals featuring healthy choices that are tasty, attractive, of excellent quality, and served at the proper temperatures.
- Food safety will be a key element of the school Nutrition Program.
- Drinking fountains will be available for students to get water at meals and throughout the day.
- School personnel will assist all students in developing the healthy practice of washing hands before eating.

Classroom Snacks/ Beverages

- All students may keep a water bottle at their desks. Students are encouraged to bring a healthy/ nutritious snack to keep at their desk.

Vending Machines

- At this time, there are no vending machines on the property.

Carbonated Beverages

- Students are expected to refrain from drinking carbonated beverages prior to or during school hours. Exceptions may be made at a teacher's discretion for special events.
- Carbonated beverages may not be brought from home for consumption during the school day, including lunch time. Exceptions may be made for medical reasons.

School Celebrations or Special Occasions

- Parents and teachers will be encouraged to provide healthy beverages and/or food at class/school celebrations.
- The administrator will monitor food and drinks brought on to the school grounds for class/school celebrations.

Physical Activity

- Each school day shall incorporate several minutes of physical activity or exercise for students in grades Pre-K through 6th in addition to the physical education curriculum for grades Pre-K through 8.
- Nutrition, health and fitness topics shall be integrated within existing curriculum areas at every grade level.
- St. John Lutheran School will encourage parents and community members to institute programs that support physical activities.

Compliance

- The Administrator or designee shall jointly share the operational responsibility for insuring that the provisions of this policy and its regulations are met. The Administrator will be responsible for reporting to the BOCE on an annual basis the progress of the school in implementing this policy.
- The Administrator is also responsible to prepare rules, regulations and guidelines to implement and support this policy. Such provisions should address all foods and beverages sold and/or served to students, including competitive food sales, vending machine, fund-raising and rewards to students.

Policy Review

The school's wellness policy will be reviewed on a yearly basis by a committee comprised of the school Administrator, the Nutrition Director, the PE teacher, one parent member and a member of the student body. They may suggest changes to the policy that comply with Federal and State regulations. There will be an evaluation of the wellness policy conducted every three years.