

St. John Lutheran School
Health & Safety—Wellness Policy

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Rational

As a tenant of our Christian faith, we believe that God has created our bodies and that our bodies are His temples. We are, therefore, to act as responsible stewards of God's gift of our bodies. In order to make a significant contribution to the general well-being, mental and physical capacity, and learning ability of each student and to afford them the opportunity to fully participate in the educational process, St. John Lutheran School promotes a healthy school environment by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. Decisions made regarding school programming will reflect and encourage a message of wellness.

Further, as a result of the *Child Nutrition and WIC Reauthorization Act of 2004*, we recognize that many children consume diets with too many calories and lacking in nutrition. Additionally, many children are not getting enough physical activity. Poor diet and lack of physical activity can lead to increased risk for chronic health conditions.

The link between nutrition and learning is well-documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and life-long health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases. Schools and school communities have a responsibility to help students acquire the knowledge and skills necessary to establish and maintain life-long healthy eating patterns. Well-planned and well-implemented wellness programs have been shown to positively influence children's health.

Schools also have a responsibility to help students establish and maintain life-long habits of being physically active. According to the U.S. Surgeon General, regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general, of heart disease, high blood pressure, colon cancer, and diabetes.

No smoking, tobacco use, or e-cigarette use is allowed in any building at any time. Smoking is only allowed beyond 15 feet from the building doors.

Nutrition

Goals for Nutrition Education

Students attending St. John Lutheran School will receive nutrition education instruction as part of a sequential program that is coordinated within a comprehensive Health Education (CATCH) curriculum. The program curriculum will:

1. Be consistent with Illinois State Learning Standards for Health and Physical Education.
2. Be instituted at the youngest possible age (Pre-Kindergarten) as this is when eating habits are established.

3. Provide students with the knowledge and skills necessary to adopt healthy eating behaviors.
4. Influence students' attitudes and eating habits.
5. Be integrated into the standards-based lesson plans of other school subjects like math, science, language arts, physical education and social sciences.

Nutritional Food Service

School meals served shall be consistent with the recommendations of the Dietary Guidelines for Americans and/or shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and all applicable state and local laws and regulations.

Schools shall take efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System (MYPLATE) such as fruits, vegetables, low-fat dairy foods and whole grain products.

Food providers shall offer a variety of age-appropriate, appealing foods and beverage choices and employ food preparation, purchasing and meal planning practices consistent with the current Dietary Guidelines for Americans.

School lunch shall be served in a clean, safe, and pleasant setting with adequate time provided for students to eat in accordance with state and federal standards and guidelines. The National Association of State Boards of Education recommends that students have adequate time to eat, relax, and socialize: at least 20 minutes after sitting down for lunch.

Food Service Staff

The food service director shall have adequate pre-service training and will regularly participate in professional development activities that:

1. Provide strategies for providing tasty, appealing and healthy school meals.
2. Provide nutrition education strategies including coordination of classroom and cafeteria activities.
3. Provide effective promotional techniques to encourage healthy eating habits.
Provide information on safety issues and emergency preparedness.

School Lunch Nutritional Guidelines

1. A variety of foods including fruits and vegetables, low-fat dairy and whole grain options will be promoted and served to students. These choices will be included in the on-line and newsletter menu to share the information with students, staff, and parents.
2. Milk options available to students will include 1% and skim milk.
3. When salads are offered to students, low-fat salad dressing will be offered.
4. Informational displays to provide education and promote healthy food choices will be posted in the lunchroom area.
5. Non-disposable serving trays and utensils will be used to serve meals to students and staff.
6. For the safety and security of food, access to areas involved in storage, preparation or serving of cafeteria food shall be limited to authorized personnel.

Foods and Beverages Sold at Sporting Events

Food providers shall work with suppliers to obtain foods and beverages that meet nutrition standards.

1. A minimum of 50% of the items available to students will be healthy options. The item will have no more than 35% of its calories from fat [excluding nuts, seeds, and peanut butter] and 10% of its calories from saturated fat and trans fat combined. The item will contain 35% or less sugar by weight. (The sugar limit does not include fruit or flavored milk.)
2. A choice of at least two fruits and/or vegetables will be offered for sale at any location on the school site where foods are sold. Such items include 100% fruit or vegetable juice, and dried or canned fruits.
3. Available beverages will be less than 50% carbonated soda choices.

School-Wide Efforts

1. School personnel may on occasion use foods or beverages that meet the nutrition standards above for rewards and will not withhold food or beverages as a punishment.
2. Classes should limit celebrations that involve food during the school day to no more than one party per month. Each party should include no more than one food or beverage that does not meet nutrition standards. The school will disseminate a list of healthy party ideas to parents and teachers.
3. To support children's health and school nutrition education efforts, school fundraising groups will be provided with information regarding nutrition. The schools will encourage fundraising activities that promote physical activity.
4. Faculty and /or staff members who are breastfeeding their children will be accommodated with negotiated scheduling, a private place to pump breast milk, and a place to safely store the milk during the day.

Physical Activity

Goals for Physical Activity

1. Students in preschool through grade 8 will participate in a physical education program (CATCH) taught by a certified teacher with a student to teacher ratio similar to other classes. The program will:
 - a. Enable students to achieve and maintain a high level of personal fitness,
 - b. Emphasize self-management skills including energy balance (calories in minus calories out),
 - c. Be consistent with state guidelines,
 - d. Be coordinated within a comprehensive health education curriculum.
2. Students will participate in physical activity including physical education for a total of at least 150 minutes per week. Emphasis will be placed on promoting an active lifestyle—especially in preschool and primary grades where habits are established.
3. Planned instruction in physical education will require students to be engaged in moderate to vigorous physical activity for at least 50% of the scheduled class time.

4. Students will have opportunities for physical activity through the extended care program and interscholastic athletics.

School Wide Efforts

1. The Physical Education program will be closely coordinated with the other components of the overall school health program. Physical Education topics/physical activities will be integrated within other curricular areas. The importance of physical activity and other information being provided in physical education class will be reinforced in the classroom and school environment.
2. Professional development opportunities will be encouraged for physical education and health staff.
3. All teachers and staff are encouraged to limit extended amounts of inactivity for students.
4. School staff and teachers will not withhold opportunities for physical education/activity as punishment or use physical activity as a punishment.
5. Continuous evaluation will be done on the indoor and outdoor facilities where physical education/activities are held and provide improvements or repairs as appropriate.
6. Continuous evaluation of the physical education curriculum will be done to assess needed changes for teachers and students.
7. Information on classroom activities that integrate physical activity throughout the school day will be provided to teachers.

Parent Partnerships

1. The school will provide parents with information to help them incorporate healthy eating and physical activity into their families' lives through handouts, website postings, the school newsletter, presentations focusing on nutrition and healthy lifestyles, and other appropriate means.
2. The school will encourage parents to provide opportunities for physical activities for their children outside of school with the goal of student participation in 60 minutes of physical activity daily.
3. The school will support parents' efforts to provide a healthy diet and daily physical activity for their children during their years at St. John.

Measuring Implementation

1. The principal shall appoint a school wellness team that includes parents, students, school food service staff, school administration, teachers, congregation members, other stakeholders, and the parish nurse to oversee development, implementation and evaluation of the School Wellness Policy.
2. The representatives of the wellness team shall report to the school administration annually on the progress of the wellness team and the status of compliance of the School Wellness Policy.
3. The representatives of the wellness team shall evaluate policy implementation regularly and at least annually to identify areas for improvement. The wellness team will report their findings to the school administration and develop an action plan for improvement as appropriate.

4. Community partners will participate on the wellness team, provide material resources where applicable, assist in trainings and professional development for teachers and help in the planning and implementation of coordinated school health efforts.

Attachment A

Food or Beverage	<i>Healthier US School Challenge Nutrition Standards</i> These criteria focus on decreasing fat and added sugar, increasing nutrient density, and moderating portion size.
Fruits and Non-fried Vegetables	Fruits and vegetables may be fresh, frozen, canned or dried, and they must be found in the Food Buying Guide for Child Nutrition Programs. http://schoolmeals.nal.usda.gov/FBG/2003FBG/%20Section%202.pdf Examples of products that <i>cannot</i> be sold/served as a fruit or vegetable include: <input type="checkbox"/> Snack-type foods made from vegetables or fruits, such as potato chips, and banana chips; <input type="checkbox"/> Pickle-relish, jam, jelly; and <input type="checkbox"/> Tomato catsup and chili sauce
Approved Beverages	<input type="checkbox"/> Plain low-fat (1%) or flavored skim/nonfat milk meeting State and local standards for pasteurized fluid milk and/or USDA approved alternative dairy beverages; <input type="checkbox"/> 100% full-strength fruit and vegetable juices; and <input type="checkbox"/> Water (non-flavored, non-sweetened, <i>and</i> non-carbonated)
Any Other Individual Food Sales	Calories from total fat must be at or below 35%, <i>excluding nuts, seeds, and nut butters</i> . This is determined by dividing the calories from total fat by the total calories and multiplying by 100. If calories from fat are not available, multiply the grams of fat by 9 to equal calories from fat. Calories from saturated fat must be at or below 10%. This is determined by dividing the calories from saturated fat by the total calories and multiplying by 100. If calories from saturated fat are not available, multiply grams of saturated fat by 9 to equal calories from saturated fat. Total sugar must be at or below 35% by weight. This is determined by dividing the grams of total sugar by the gram weight of the product and multiplying by 100. This includes both naturally occurring and added sugars. This limit does not include fruits and vegetables or flavored milk as defined above.