

**St. John's Evangelical
Lutheran
School
Corcoran, MN**

Wellness, Physical Education, and Nutrition Policy

June 2018

St. John's Evangelical Lutheran School

Wellness, Physical Education, and Nutrition Policy

I. Purpose

The purpose of this policy is to combat the growing problem of childhood obesity and the health problems associated with poor nutrition and a lack of physical activity and to assure a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

II. School Health Committee

The school's health committee will consist of teaching staff, administrator, parents, the school nurse, and a representative of the school lunch program. The committee will develop, implement, monitor, review, and as necessary, revise the school wellness, physical education, and nutrition policies.

III. General Statement of Policy

- A. Since our bodies are created by God, (Genesis 1:17), and are the earthly dwelling place of His Holy Spirit, (1 Corinthians 6:19), and since we are not our own, but are bought with a price, (1 Corinthians 6:20), all health and wellness policies of St. John's Evangelical Lutheran School will reflect a high respect for life and for the healthy bodies as gifts from God.
- B. The school recognizes that nutrition and physical education are essential components of the educational process, and that good health fosters student attendance and performance.
- C. The school environment should promote and protect student's health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- E. All students in grades Pre-K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.

IV. Guidelines

A. Food and Beverages

1. Meals served through the National School Lunch Program will be appealing and attractive to children. The meals will be prepared and served in a clean and pleasant setting. They will meet the nutrition requirements established by the local, state, and federal statutes and regulations.
2. A qualified nutrition staff will administer the program; have proper certification, and training as a food manager.
3. The school will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced school lunches.
4. The school will provide students with access to hand washing or hand sanitizing before they eat their meals or snacks.
5. School meal periods will be scheduled between 10:40 AM to 12:00 PM. The school will make every effort to provide the students with sufficient time to eat after sitting down for the school meal.
6. Students are encouraged to eat their own food or beverages during meal time.
7. Milk containing no more than 1% fat will be offered at meal time.
8. Pop is not allowed at lunch time. Pop is not served by the Hot Lunch Program.
9. All food and beverages will meet federal, state and local guidelines for safety and nutrition.

B. Health and Nutrition Education

1. Health education is taught by classroom teachers within other academic areas. It will be sequential, reviewed on a regular cycle, and properly documented in lesson plans.
2. The teaching staff will engage in nutrition promotion across subject areas where appropriate.
3. The teaching staff will provide the students with dental education, proper hand washing procedures, and personal safety programs.
4. The 5-6 grades will be involved in an outdoor education experience that addresses survival in the outdoors.
5. The Maple Grove Police Department will annually educate students through the D.A.R.E. program in grades 2, 4, and 5.
6. The school will encourage all students to make age appropriate healthy selections of food and beverages.
7. Sex education and personal hygiene education will be provided every other year.

C. Physical Education

1. At least four 20 minutes periods of physical education class will be offered to all grades each week. Classes will be lead by classroom teachers.
2. The physical education objectives will be sequential for grades K-8. At all recess periods, the students will be encouraged to be actively engaged in physical activity instead of remaining sedentary.
3. Field Day and Family FUNDay will be held each spring to promote physical activity.
4. Opportunities to participate in the following activities will be offered to students: Soccer, Cross-Country, Basketball, Ski Club, Bowling, Ice Skating, Volleyball, Track & Field, Golf Club, and Softball.

D. Communication with Parents

1. The school recognizes that parents (or guardians) have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. The school will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. The school encourages parents to pack healthy lunches and snacks.
4. Through the school newsletter, information will be provided about physical activity opportunities and information about items that will promote physical and nutritional education and better the well-being of children. The school nurse and school staff will help provide this information.

V. Implementing and Monitoring

- a. After approval by the Board of Education, the wellness policy will be implemented.
- b. The food managers will ensure compliance of HHFKA (Healthy, Hunger-Free Kids Act) for the school lunch program through daily logs and records.
- c. Teachers will be compliant of Health Education through lesson plans.
- d. The Administrator will ensure compliance with this policy by adding "Review Wellness Policy" and "Review Curriculum Goals" to the meeting agenda every June.
- e. This policy will be referenced on the school website: www.stjlutherschool.org

Goals

- i. Examine reducing saturated fat, trans fat, sodium, and caloric content in various types of foods and condiments according to HHFKA.
- ii. Promote health and nutrition awareness through school newsletter, curriculum, and lesson plans. This goal will be implemented and reviewed by the Administrator during end-of-year June meetings and accreditation reviews every 5 years.
- iii. Health objectives are reviewed along with Science objectives within our seven year curriculum cycle.
- iv. Continue to implement “St. John’s Physical Fitness” programs for grades 2-4.

Committee Members

Food Managers: Heather Bursch, Lynn Schutte

Staff: Maria Koosman Julie Preus, Kyle Peterman

Administrator: Suzanne Haag, Gary Volberding

Parents: Danielle Woodgate, Katie Moore

Community Member: Stephanie Albert, Dawn Rolf

Students: William Schutte, Gretchen Schutte

Board of Education Members: Kari Schutte