

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

Wellness Policy

December 2024

# **St. John's Evangelical Lutheran School**

## **Wellness Policy**

### **I. Purpose**

The purpose of this policy is to ensure a school environment that promotes and protects students' health, well-being, and the ability to learn by supporting healthy eating and physical activity.

### **II. School Health Committee**

The school's health committee will consist of teaching staff, the school principal, parents, the school nurse, and a representative of the school lunch program. The committee will develop, monitor, review, and as necessary, revise the school's wellness policy for approval by the Board of Education.

### **III. General Statement of Policy**

- A. Since our bodies are created by God (Genesis 1:17), 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 education 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 served in a clean and pleasant setting.
- 2. Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.
- 3. A qualified nutrition staff member will administer the program and have proper certification and training as a food manager.
- 4. All food service personnel will meet annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals.
- 5. 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.

6. The school will serve students a reimbursable meal regardless of any unpaid balance.
7. Applications for free/reduced priced meals are made available to all families at the beginning of the school year.
8. The school will provide students with access to hand washing before they eat their meals or snacks.
9. School meal periods will be scheduled between 11:00 AM to 12:30 PM. After obtaining food, students will have at least 20 minutes to eat lunch.
10. Students are encouraged to eat their own food or beverages during meal time.
11. Water will be made available at meal times through access to student water bottles or cups upon request. Drinking fountains and bottle fillers are made available to students and staff throughout the day.
12. Only water, milk, and 100% juice will be sold to students during the school day.
13. Pop or caffeinated drinks are not allowed for students at snack or lunch time.
14. Meals served through the food services program shall comply with the National School Lunch and Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in [7 CFR 210.10](#) or [220.8](#), as applicable.
15. All food and beverages sold outside of the school meal programs shall meet the USDA Smart Snack standards.
16. No competitive foods or beverages may be sold during the school day except for fundraisers approved by the school principal.
17. Food and beverage marketing will be restricted 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.

**B. Health and Nutrition Education**

1. Health education is taught by classroom teachers within other academic areas, will be sequential, reviewed on a regular cycle, and properly documented in lesson plans.
2. Nutrition lessons are integrated into the curriculum and the health education program and will be taught at every grade level. These lessons will provide the knowledge and skills necessary to promote health.
3. The teaching staff will provide the students with dental education, proper hand washing procedures, and personal safety programs.
4. The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.
5. The 5-6 grades will be involved in an outdoor education experience.

6. The Maple Grove Police Department will annually educate students through the D.A.R.E. program in grades 2, 4, and 5.
7. The school will encourage all students to make age-appropriate healthy selections of food and beverages.
8. Sex education will be provided every other year.

#### C. Physical Education

1. Students in grades K-4 will spend 150 minutes per week in physical education instruction throughout the school year. Students in grades 5-8 will spend at least 225 minutes per week in physical education instruction throughout the school year. Classes will be led by classroom teachers.
2. Physical education will enable students to acquire the knowledge and skills necessary to maintain physical fitness, participate in physical activities, and foster lifelong habits of healthy lifestyle choices.
3. The K-8 physical education curriculum should follow existing sequential standards.
4. The school shall provide a 30-minute daily recess for students in grades K-4.
5. At all recess periods, the students will be encouraged to be actively engaged in physical activity instead of remaining sedentary.
6. The school shall provide physical activity opportunities for students before and after school.
7. Teachers should provide students with physical activity breaks throughout the instructional day.
8. Field Day will be held each spring to promote physical activity.

#### D. Wellness Promotion

1. School staff members shall be encouraged to model healthy eating and physical activity behaviors.
2. An employee wellness program will be available for benefitted staff members.
3. Teachers are encouraged to use non-food alternatives such as physical activity as rewards.
4. Teachers should encourage healthy food choices at class parties, etc.
5. Recess and other opportunities for physical activity are an essential part of the school day. Teachers are encouraged to find alternatives to withholding recess or other physical activities as a punishment.

#### E. 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. The Board of Education approves and implements the wellness policy.
  - B. The Food Manager will ensure compliance of federal regulations 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. An assessment of the policy and its implementation will be conducted every three years using the WellSAT or the School Health Index.
  - F. The Wellness Committee will meet at least three times a year.
  - G. Notice will be given in the school newsletter inviting any of the St. John’s community to join the Wellness Committee.
  - H. This policy will be referenced on the school website: [stjlutheranschool.org](http://stjlutheranschool.org)

## Goals

1. Promote health and nutrition awareness through school newsletter, curriculum, and lesson plans. This goal will be implemented by the Administrator during end-of-year June meetings and accreditation reviews every 5 years.
2. Review health objectives and curriculum options along with science objectives within our seven-year curriculum cycle.
3. Work with the lunch program to improve healthy food options beyond the minimum nutritional standards required.
4. Explore the topics of healthy use of technology and social-emotional learning (SEL) through guidelines, curriculum, parent resources, or information.

## Committee Members

**Food Manager:** Deanne Kania (New Horizon Foods)

**Staff:** Megan Basham, Kyle Peterman (Athletic Director), Rhoda Davis

**Administrator:** Kristen Skura

**Parents:** Leif Briel, Angie Hooper, Leah Johnson, Rachel Kolstad

**Community Member:**

**Students:**

**Board of Education Members:**

