**Policy Statement:**St. John’s Lutheran School believes that nutrition and physical activity influence a child’s development, well-being, and readiness to learn. St. John’s will promote healthy schools by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. St. John’s supports a healthy environment where student and staff members learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, students will appreciate their body as a marvelous gift from God, basic health status of students and staff.

**Rationale:**

Section 204 of the Healthy, Hunger Free Kids Acts of 2010 (the Act), Public Law 111-296, added Section 9A to the Richard B. Russell National School Lunch Act (NSLA) (42 U.S. C. 1758b), Local School Wellness Policy Implementation. The provisions set forth in Section 204 expand upon the previous local wellness policy requirement from the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act of 2004 (Public Law 108-265), Physical Education Philosophy, St. John’s Lutheran School.

**Overall wellness policy goals:**

Promote student wellness, prevent and reduce childhood obesity.

Provide assurance that school meal nutrition guidelines meet the minimum Federal school meal standards.

1. **Nutrition Education:**

**Goal:** To support and promote nutrition education which contributes to student health and academic performance:

* Standards based nutrition education integrated into curricula
* Utilize nutrition education within the school environment.
* Help students develop the knowledge, attitudes, skills and behavior regarding life-long healthy eating habits.

**Parent Nutrition Education:**

The goal is to provide education to parents at all school levels. St. John’s will promote nutrition education by providing informational handouts, postings on our school website, focusing on nutritional value and healthy lifestyles.

1. **Nutrition Guidelines:**

**Goal:** To provide meals that meets or exceeds federal and state standards:

* National school meal program guidelines
* Competitive foods (vending), classroom/school celebrations, sports events

**National School Meal Program Guidelines:**

The food service department will promote healthy meals and meal alternatives as part of the educational learning environment. This will be accomplished by the following:

* Hot Lunch
* The full meal program will follow the U.S. Government’s Nutrition Standards and the District Nutrition Standards.

**St. John’s Nutrition Standards- FOOD**

St. John’s will follow the Nutrition Standards in the National School Lunch, which follow the guidelines of the Healthy Hunger Free Kids Act. This policy states that we have less than 10% saturated fats in all foods served. Lunch calorie, sodium, bread, fruit, vegetable and milk requirement of the school nutrition program.

St. John’s works to provide a nutritional analysis of meals served daily. Calorie and Nutritional values of meals are available upon request.

**St. John’s will-**

* Offer non-fried vegetables and fruit options each day at lunch
* School sponsored events occurring after the end of the instructional day

**St. John’s Nutrition Standards- BEVERAGES**

* Vending or non-vending sales of soda or artificially sweetened drinks will not be permitted.
* Only low-fat and fat-free milk will be sold on school grounds.
* 100% fruit juice drinks are recommended and amounts are restricted based on guidelines.
* Water drinking is encouraged throughout the school day.

**Links**

Federal Guidelines for parents: <http://www.fns.usda.gov/school-meals/regulations>

Smart Snacks Guidelines: [http.//dpi.wi.gov/school-nutrition/national-school-lunch-program/smart-snacks](file:///C%3A%5CUsers%5Clbeck%5CDownloads%5Chttp%5Cdpi.wi.gov%5Cschool-nutrition%5Cnational-school-lunch-program%5Csmart-snacks)

Nutritional Guidelines (Meal Pattern): <http://dpi.wi.gov/school-nutrition/national-school-lunch-program/menu-planning#meal-patterns-tables>

1. **Celebrations:**

Schools should limit celebrations that involve food during the school day to no more than one party per class per month. The school will disseminate a list of healthy party ideas to parents and teachers. Parents are encouraged to provide healthy snack for celebrations.

1. **Physical Activity:**

**Goal:** To provide opportunities for physical activity in school programs from Kindergarten through 8th grade.

* Physical Activity
* Physical Activity Opportunities

**Physical Activity:**

The importance of exercise and wellness, and the development of physical activities and skills, is essential for students to be healthy and physically active throughout life. St. John’s will strive to accomplish this by the following:

* All students should have the opportunity to participate in and receive daily physical activity throughout the school year.
* Physical education teachers will follow a physical education curriculum, which shall be aligned with National and State Physical Education Standards.
* Students should spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
* Physical Education waiver and exemption requirements are address on an as needed basis. Alternate activities are provided.

**Daily Recess-**

* St. John’s will provide supervised recess, preferably outdoors, encouraging moderate to vigorous physical activity through the provision of space and equipment.

**Integrating Physical Activity into the Classroom Setting**

For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

* Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
* Opportunities for physical activity will be incorporated into other subject lessons; and
* Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

**Physical Activity and Punishment-**

* Teachers and other school and community personnel should not habitually use physical activity (i.e. running laps, pushups) or habitually withhold opportunities for physical activity (i.e. recess, physical education) as punishment unless there is a safety issue.
1. **Non-Food Rewards for Children Guide**

|  |  |
| --- | --- |
| **Rewards for Home and/or School** | **Rewards for School** |
| * Ribbon
* Certificate
* Trophy
* Plaque
* Pencils
* Pens
* Erasers
* Notebooks
* Crayons
* Stamps
* Stencils
* Bookmarks
* Highlighters
* Markers
* Coloring Books
* Rulers
* Water Bottles
* Frisbees
* Stickers
* Yo-Yos
* Finger Puppets
* Rubber Balls
* Slinkies
* Marbles
* Jacks
* Playing Cards
* Stuffed Animals
* Silly Putty
* Hair Accessories
* Necklaces
* T-Shirt
* Key Chains
* Magnets
* Books
* A Plant
* Gift Certificate
* Movie Pass
* Puzzle
 | * Extra recess
* Eating lunch outside
* Reading outside
* Going to the lunchroom first
* Extra art, music, gym or reading time
* Listening to music
* Having class outside
* Dancing to music
* Playing a game
* “Free Choice” time
* A book read aloud
* A field trip
* Announcing the child’s achievement on the morning announcements
* Photo recognition board
* Phone call/email/letter home to parent commending child’s achievement
* Note from the teacher to the child commending the child’s achievement
* Going first
* Choosing a class activity
* Helping the teacher
* Having extra time at recess
* “No homework” pass
* Teaching the class
* Reading the morning announcements
* Extra credit
 |

1. **Nutrition promotion:**

**Goal:** Students at St. John’s are provided a positive clean atmosphere including:

* Colorful, educational nutrition posters
* At least 20 minutes for eating after leaving the serving line
* Access to free drinking water

**Link**Smarter Lunch room techniques and strategies: <http://dpi.wi.gov/team-nutrition/smarter-lunchrooms>

**Healthy Snacks for Children**

|  |  |
| --- | --- |
| **Fruits and Vegetables*** Fresh Fruit
* Fruit Cups
* Applesauce
* Dried Fruit
* Raisins/Cranberries
* All natural fruit rollups
* Vegetables and dip
* 100% Fruit Juice

**Low Fat Dairy*** String Cheese
* Cottage Cheese
* Low Fat Pudding
 | **Healthy Grains and Munchies*** English muffins
* Bagels
* Breadsticks
* Rice Cakes
* Trail Mix
* Breakfast Cereals- Low Sugar
* Granola Bars
* Nutrigrain Bars
* Popcorn
* Peanut Butter Crackers
* Fig Newton’s
* Sun Flower Seeds
* Pretzels
* Animal Cookies
* Chex Mix
* Crackers (Graham, Saltine, Goldfish, etc)
* Muffins
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