

SCHOOL WELLNESS PLAN

St. John School promotes a healthy school by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The School supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, our school contributes to the basic health status of our children. Improved health optimizes student performance, potential, and readiness to learn.

1. SETTING OUR PHYSICAL ACTIVITY GOALS

- Students are given opportunities for physical activity during the school day through physical education classes and recesses.
- Our school encourages parents and guardians to support their own children's participation in any school activities and also include physical activities into their own family routines. By this we will encourage family-based physical activity programs and events outside of the instructional school day.
- St. John will provide training to enable teachers and other school staff to promote a lifelong physical activity goal for their students.

All instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. These nutritional themes may include but are not limited to:

Knowledge of food guide pyramid	Healthy diet
Healthy heart choices	Food labels
Sources and Variety of foods	Major Nutrients
Guide to a healthy diet	Serving sizes
Diet and disease	Proper sanitation
Understanding calories	Identify and limit junk food
Healthy snacks	Healthy breakfast

2. ESTABLISHING NUTRITION STANDARDS FOR ALL FOODS AVAILABLE ON SCHOOL CAMPUS DURING SCHOOL HOURS.

- Parents and teachers are encouraged to provide healthy snack and treat choices for student celebrations, homeroom food, or other events.
- Strong consideration should be given to non-food items as part of any teacher-to-student incentive programs. Should teachers feel compelled to utilize food items as an incentive, they are encouraged to adhere to the School Nutrition Standards.
- We will ensure that food sales/parties for students are held during hours that will not conflict with the lunch programs.
- Although vending machine sales at this time are not a school project, should fundraising or after school sales be a part in the future, they are encouraged to conform to School Nutrition Standards.

3. FUNDRAISING AND CONCESSIONS

- Any fundraising will require administrative approval.
- Whenever food and beverages are sold that raise funds for the school, some healthy food choices should be included.
- All fundraising projects for sale and consumption within and prior to the instructional day will be expected to make effort to follow the School Nutrition Standards when determining the items sold.

Items being sold that do not meet the Schools Nutrition Standards may be acceptable for student consumption within moderation (i.e., limit quantity sold to an individual students). Items being sold that do not meet the Schools Nutrition Standards may be acceptable when offered on an intermittent basis.

4. PROMOTING GOOD NUTRITION WITHIN THE SCHOOL SETTING

- To provide students with well-balanced nutritional choices of food and beverages, our food service staff is continually exploring menu offerings based on nutritional content and student preferences.
- The Hot Lunch Program strives to exceed the minimum nutrition guidelines required by the USDA.
- The school will provide a clean and pleasant eating environment for students and staff with adequate space, appropriate time for eating lunch, and convenient access to hand washing facilities before meals.
- St. John Lutheran School will provide opportunities for on-going training for their food service workers and teachers in the area of nutrition.

5. IMPLEMENTATION and EVALUATION OF WELLNESS POLICY

- A sustained effort is necessary to implement and reinforce these guidelines. The food service director, physical education teachers, school administrators, and foods and nutrition educators will be responsible for ensuring that the school meets the goals of the schools wellness policy.
- This policy is not intended to regulate events where parents or guardians are present, such as PTO meetings, "potluck" dinners, and faculty events.

SCHOOL NUTRITION STANDARDS

St. John School strongly encourages the sale or distribution of nutrient dense foods for all School functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the School has adopted the following Nutrition Standards governing the sale of food, beverages, and candy on school grounds.

Food:

- Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 30% of its total calories derived from fat.
- Any given food item for sale prior to the start of the school and throughout the instructional day will not have more than 10% of its total calories derived from saturated fat.
- Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower "bad" LDL cholesterol and maintain "good" HDL cholesterol.
- It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these guidelines.

Encourage the consumption of nutrient dense food, i.e., whole grains, fresh fruits, and vegetables.

Beverages:

- Vending sales of soda or artificially sweetened drinks will not be permitted prior to the start of the school day and throughout the instructional day.
- The non-vending sale of soda or artificially sweetened drinks will not be permitted prior to the start of the school day and throughout the instructional day. These drinks will be permitted at those special school events that begin after the conclusion of the instructional day.

Candy:

- Vending sales of candy will not be permitted during the school day.
- Non-vending sales of candy will be permitted at the conclusion of the instructional day.
- Candy is defined as any item that has sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose (dextrose), high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar (sucrose), and syrup, listed as one of the first two ingredients).