

School Wellness Policy

Samuel Lutheran School takes the health of its students seriously. We encourage healthy eating habits, we encourage and promote exercise, and offer nutritious meals according to the National School Lunch program guidelines.

See the attached policy

We welcome input from parents and all interested parties to make suggestions to improve the atmosphere of wellness at Samuel Lutheran School. Watch for the coming spring survey where you can make suggestions and comments on our lunches and menus.

“SCHOOL WELLNESS POLICY”

Samuel Lutheran School

500 Village Drive

Marshall, MN 56258

WELLNESS

I. PURPOSE

The purpose of this policy is 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. GENERAL STATEMENT OF POLICY

- A. The school board recognizes that nutrition education, health education, and physical education are essential components of the educational process and that good health fosters student attendance and education.
- B. The school environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. Samuel Lutheran School encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing school district nutrition and physical activity policies.
- D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- E. All students in Pre-K-8th grade will have opportunities, support, and encouragement to be physically active on a regular basis.
- F. Qualified food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, and pleasant settings and adequate time will be provided for students to eat.

III. GUIDELINES

A. Foods and Beverages

1. All foods and beverages made available at Samuel during the school day will be consistent with the current USDA Dietary Guidelines for Americans.
2. Food service personnel will take every measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and guidelines.
3. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.
4. Samuel Lutheran 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-price school meals.
5. Samuel Lutheran School will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
6. Samuel Lutheran School will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.

B. School Food Service Program/Personnel

1. Samuel Lutheran School will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
2. Samuel Lutheran School shall designate the principal and head cook to be responsible for their school's program, whose duties shall include the creation and monitoring of nutrition guidelines and procedures for the selection of foods and beverages made available on school grounds to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.
3. As part of Samuel Lutheran School's responsibility to operate a food service program, continuing professional development for all food service personnel in schools will be provided.

C. Nutrition Education and Promotion

1. Samuel Lutheran School will encourage and support healthy eating by students and engage in nutrition promotion and education that is:
 - a. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - b. part of health education and physical education classes consistent with Minnesota Department of Education rules and guidelines as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, where appropriate; and
 - c. enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, and field trips.
2. Samuel Lutheran School will encourage all students to make age appropriate, healthy, selections of foods and beverages, including fresh fruits and vegetables.
3. Samuel Lutheran School discourages the use of foods or beverages as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan or behavior intervention plan) and will not withhold food or beverages as punishment.

D. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television;
2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and
3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

E. Communications with Parents

1. Samuel Lutheran School recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. Samuel Lutheran School will support parents' efforts to provide a healthy diet and daily physical activity for their children.

3. Samuel Lutheran School encourages parents who pack lunches to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
4. Samuel Lutheran School will provide information about physical education and other school-based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school.

IV. IMPLEMENTATION AND MONITORING

- A. After approval by the school board, the wellness policy will be implemented throughout Samuel Lutheran School.
- B. School food service staff at the school will ensure compliance within the school's food service areas and will report to the food service program administrator (Head Cook) and Samuel Lutheran School's principal, as appropriate.
- C. Samuel Lutheran School's food service program administrator (Head Cook) will provide an annual report to the principal setting forth the nutrition guidelines and procedures for selection of all foods made available on school grounds.
- D. The principal will ensure compliance with the wellness policy and will provide an annual report of the school's compliance with the policy to the school board.

Legal References:

42 U.S.C. § 1751 et seq. (Richard B. Russell National School Lunch Act)
42 U.S.C. § 1771 et seq. (Child Nutrition Act of 1966)
P.L. 108-265 (2004) § 204 (Local Wellness Policy)
7 U.S.C. § 5341 (Establishment of Dietary Guidelines)
7 C.F.R. § 210.10 (School Lunch Program Regulations)
7 C.F.R. § 220.8 (School Breakfast Program Regulations)

Local Resources:

Minnesota Department of Education, www.education.state.mn.us
Minnesota Department of Health, www.health.state.mn.us
County Health Departments
Action for Healthy Kids Minnesota, www.actionforhealthykids.org and
www.actionforhealthykids.org/filelib/toolsforteam/recom/MN-Healthy%20Foods%20for%20Kids%208-2004.

