



ST JOHN LUTHERAN CHURCH & SCHOOL OF OCALA FL, INC

SCHOOL WELLNESS POLICY

PREAMBLE

St. John Lutheran Church & School of Ocala, Florida, Inc. (hereto referred to as the School) is committed to the optimal development of every student. The School believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level and setting throughout the school year.

This policy outlines the School's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- ❖ Students in the School have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus in accordance with Federal and state nutrition standards.
- ❖ Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
- ❖ Students have opportunities to be physically active before, during and after school.
- ❖ School engages in nutrition and physical activity promotion and other activities that promote student wellness.
- ❖ School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.
- ❖ The community is engaged in supporting the work of the School in creating continuity between school and other settings for students and staff to practice lifelong healthy habits.
- ❖ The School establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.
- ❖ The School will review and consider evidence-based strategies in establishing goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness.

This policy applies to all students, staff, and school campus.

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SCHOOL WELLNESS COMMITTEE

The School will convene a representative School Wellness Committee (hereto referred to as the SWC) that meets at least two times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this School-level wellness policy (heretofore referred as “wellness policy”).

The SWC membership will represent all school levels (K-12) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school lunch program; physical/health education teachers; school administrators; school board members.

Leadership

The Principal or designee(s) will convene the SWC, facilitate the development of and updates to the wellness policy, and ensure each school’s compliance with the policy.

The designated official for oversight is:

Jim Knoepfel

The names, titles, and contact information of this/these individuals are:

Name	Title / Relationship to the School or School	Email address	Role on Committee
Jim Knoepfel	Principal & School Administrator	jim.knoepfel@stjohnocala.org	Wellness policy coordinator
Pam Lacey	Dean of Students & Assistant Principal	pam.lacey@stjohnocala.org	Assists in the development, implementation, and evaluation of the wellness policy
Tim Schmidt	Assistant Principal	tim.schmidt@stjohnocala.org	
Danielle McLean	Accounting Assistant	danielle.mclean@stjohnocala.org	
Daniel McLeod	Athletic Director	daniel.mcleod@stjohnocala.org	

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The SWC is responsible for:

- ❖ Ensuring compliance with federal and state regulations for competitive food and beverage items sold on the school campus (7 CFR 210.11 and FAC 5P-1.003);
- ❖ Maintaining a school calendar identifying the dates when exempted competitive food fundraisers will occur in accordance with the frequency specified in paragraph (c) of FAC 5P-1.003;
- ❖ And reporting its school's compliance with the aforementioned regulations to the Florida Department of Agriculture and Consumer Services Program Specialist, responsible for ensuring overall compliance with the School wellness policy.

NUTRITION PROMOTION

Nutrition promotion can positively influence lifelong eating behaviors by creating environments that encourage healthy choices and participation in school meal programs.

- ❖ The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.
- ❖ Students will have access to useful nutrition information. Posters, worksheets and brochures will be available throughout the school's campus.
- ❖ The school will provide parents with healthy snack ideas, lists of foods for healthy celebrations and opportunities for physical activity during and after school.

NUTRITION EDUCATION

Academic performance and quality of life issues are affected by the choice and availability of nutritious foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

- ❖ The nutrition benchmarks included in Florida's Physical Education Standards shall be taught as part of the structured and systematic unit of instruction during physical education classes and will be integrated into other subject areas (e.g., math, science) where there is a natural fit.
- ❖ Students receive nutrition education that is interactive and teaches skills they need to adopt healthy eating behaviors. Classroom lectures, activities and student participation are provided in nutrition and health classes.

- ❖ Students will understand how food reaches the table and the implications that has for their health and future. Staff shall integrate hands-on experiences such as working in our school garden with the core curriculum. Students will receive homework supporting these activities to ensure comprehension.
- ❖ Nutrition education will teach skills that are behavior-focused. Students will be taught about calorie balance, energy expenditure, and how to read and interpret nutrition facts labels.
- ❖ The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

PHYSICAL ACTIVITY

The School shall ensure that physical activity is an essential element of the school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of physical activity.

- ❖ Students shall receive instructionally relevant physical education. For elementary school and middle school, students shall receive 60 minutes per week of instructionally relevant physical education.
- ❖ Students will have the opportunity to be involved in physical activity through physical education programs, during and after school activities or other activity programs. Students will be encouraged to participate in School and community-offered fitness and athletic programs.
- ❖ Regular classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, as appropriate.

OTHER SCHOOL-BASED ACTIVITIES

The School will integrate wellness activities across the entire school setting. These initiatives will include nutrition, physical activity and other wellness components so that all efforts work towards the same set of goals and objectives used to promote student well-being, optimal development and strong educational outcomes.

General Guidelines

- ❖ The School shall consider the components of the Centers for Disease Control's Whole School, Whole Community, and Whole Child (WSCC) model in establishing other school-based activities that promote wellness.
- ❖ The goals outlined by the wellness policy will be considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
- ❖ The School shall actively develop and support the engagement of students, families, and staff in community health-enhancing activities and events at the school or throughout the community.
- ❖ The school shall be in compliance with drug, alcohol, and tobacco-free policies.

Eating Environment

- ❖ Students will be provided an adequate amount of time to consume their meal with a minimum of 20 minutes after receiving their food from the line.
- ❖ The school will provide nutritious, fresh, and when possible, locally-grown food, that reflects Florida's bountiful harvest.
- ❖ Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

Recycling

The school shall maximize the reduction of waste by recycling, reusing, composting and purchasing recycled products when possible.

Employee Wellness

- ❖ The School wellness committee will also consider staff wellness issues and identify and distribute wellness resources and perform other functions that support staff wellness.
- ❖ All staff will be provided with opportunities to participate in physical activities and healthy eating programs that are accessible and free or low-cost.

GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE DURING THE SCHOOL DAY

The School shall operate and provide food service in accordance with USDA's National School Lunch Program (NSLP) standards and applicable laws and regulations of the state of Florida.

The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

General Guidelines

- ❖ All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- ❖ School meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables while accommodating special dietary needs and ethnic and cultural food preferences.
- ❖ To the extent possible, the school will participate in available federal school meal programs, including the SBP and NSLP.
- ❖ Free, potable water will be made available to all children during each meal service.

Competitive Foods

- ❖ All foods and beverages sold on the school campus to students outside of reimbursable school meals are considered “competitive foods,” and must comply with the nutrition standards for competitive food as defined and required in 7 CFR 210.11.
 - *School campus means, for the purpose of competitive food standards implementation, all areas of the property under the jurisdiction of the school that are accessible to students during the school day.*
 - *School day means, for the purpose of competitive food standards implementation, the period from the midnight before, to 30 minutes after the end of the official school day.*
- ❖ Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, snack bars and for in-school fundraisers.
- ❖ Unless being sold by the school's food service program, it is impermissible for any competitive food item sold to students during the school day to consist of ready-to-eat combination foods of meat or meat alternate and grain products, as defined in 7 CFR 210.10 and 210.11. (FAC 5P-1.003)
- ❖ To be allowable, all competitive food items sold to students must meet general nutrition requirements and nutrient standards.

General nutrition requirements for competitive foods:

- ❖ Be a grain product that contains 50 percent or more whole grains by weight or have a whole grain as the first ingredient; or

- ❖ Have as the first ingredient one of the non-grain major food groups: fruits, vegetables, dairy or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
- ❖ Be a combination food that contains 1/4 cup of fruit and/or vegetable.
- ❖ If water is the first ingredient, the second ingredient must be one of the above.

Nutrient standards for competitive foods:

Nutrient Standards	Snack Items and Side Dishes (including any added accompaniments)	Entrée Items (including any added accompaniments)
Calories	200 calories or less	350 calories or less
Sodium Limits	200 mg or less	480 mg or less
Total Fat Limits	35% or less of total calories	35% or less of total calories
Saturated fat	Less than 10% of total calories	Less than 10% of total calories
Trans fat	0 g of trans fat as served (less than or equal to 0.5 g per portion)	0 g of trans fat as served (less than or equal to 0.5 g per portion)
Sugar	35% of weight from total sugar as served or less	35% of weight from total sugar as served or less

Exemptions:

- ❖ Any entrée item offered as part of the breakfast or lunch program is exempt if it is served as a competitive food on the day of service or the day after service in the breakfast or lunch program.

- ❖ Fresh or frozen fruits and vegetables with no added ingredients, except water.
- ❖ Canned fruits with no added ingredients except water, which are packed in 100 percent juice, extra light syrup, or light syrup.
- ❖ Low sodium/No salt added canned vegetables with no added fats.
- ❖ Reduced-fat cheese, nuts, seeds, and nut/seed butter, as well as seafood and whole eggs with no added fat are exempt from the total fat and saturated fat standards.
- ❖ **Refer to 7 CFR 210.11 competitive food service standards for additional exemptions.*

Nutrition standards for beverages:

The portion sizes listed are the maximum that can be offered.

Beverages	K-8
Plain water	unlimited
Unflavored low-fat milk	8 fl. oz.
Unflavored or flavored fat-free milk	8 fl. oz.
100% fruit or vegetable juice	8 fl. oz.
100% fruit or vegetable juice diluted with water but no added sweeteners	8 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 5 calories or less per 8 fl. oz., or 10 calories or less per 20 fl. oz.	Not allowed
Other flavored and/or carbonated beverages that are labeled to contain 40 calorie or less per 8 fl. oz. or 60 calories or less per 12 fl. oz.)	Not allowed

For K-8 students: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances.

Standards for food and beverages available during the school day that are not sold to students:

- ❖ The school will provide parents and teachers a list of ideas for healthy celebrations/parties, rewards and fundraising activities.

- ❖ Class parties or celebrations shall be held after the lunch period and teachers and parents will be encouraged to provide foods that meet the Smart Snacks in School nutrition standards.
- ❖ Schools will limit celebrations that involve food during the school day to no more than one party per class per month.

Fundraising:

- ❖ Fundraising efforts will be supportive of healthy eating by complying with all applicable regulations and nutrition standards for competitive foods while also emphasizing the sale of nonfood items.
- ❖ No fundraisers that include the sale of food items will occur until thirty (30) minutes after the conclusion of the last designated meal service period.
- ❖ The school board is permitted to grant a special exemption from the standards for competitive foods as specified above for the purpose of conducting infrequent school-sponsored fundraisers, not to exceed the following maximum number of school days per school campus each school year:

School Type	Maximum Number of School Days to Conduct Exempted Fundraisers
Elementary Schools	5 days
Middle School and High School	10 days

- ❖ Each school's SWC will maintain a school calendar identifying the dates when exempted competitive food fundraisers will occur. (FAC 5P-1.003)

Policy for Food and Beverage Marketing

- ❖ School-based marketing will be consistent with policies for nutrition education and health promotion. As such, the following guidelines apply:
- ❖ Schools will only be allowed to market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards.
- ❖ Marketing activities that promote healthful behaviors are encouraged. Examples may include: vending machine covers promoting water, pricing structures that promote healthy options in a la carte lines or vending machines, sales of fruit for fundraisers and coupons for discounted gym memberships.

- ❖ The school nutrition department's replacement and purchasing decisions will reflect the marketing guidelines mentioned above.

EVALUATION AND MEASUREMENT OF THE IMPLEMENTATION OF THE WELLNESS POLICY

The School wellness committee will update and make modifications to the wellness policy based on the results of the annual review and triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges and new federal or state guidance or standards are issued. The wellness policy will be assessed as indicated at least every three years following the triennial assessment.

Triennial Progress Assessments

The School will conduct an assessment of the local school wellness policy to measure wellness policy compliance **at least once every three years**. This assessment will measure the implementation of the local school wellness policy, and include:

- ❖ The extent to which the School is in compliance with the local school wellness policy;
- ❖ The extent to which the local school wellness policy compares to model local school wellness policies; and
- ❖ A description of the progress made in attaining the goals of the local school wellness policy.

INFORMING THE PUBLIC

The School will ensure that the wellness policy and most recent triennial assessment are available to the public at all times. The school will also actively notify households on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information to the community about the school nutrition environment.

- ❖ The School will ensure the most updated version of the wellness policy and triennial assessments are always available on the school website for the public to view.
- ❖ The school will present wellness policy updates, as applicable, during meetings with the Parent Volunteer Organization, school board, health and wellness committee and other interested groups or stakeholders.
- ❖ Wellness updates will be provided to students, parents and staff, as applicable, in the form of handouts, the School website, and articles in the school's newsletter, to ensure that the community is informed and that public input is encouraged.

- ❖ The school will provide all parents with a complete copy of the local school wellness policy at the beginning of the school year.

COMMUNITY INVOLVEMENT

The School is committed to being responsive to community input, which begins with awareness of the wellness policy. The school will actively communicate ways in which parents, students, representatives of the Food Service Management Company, and teachers of physical education, school health professionals, the school board, school administrators and the general public can participate in the development, implementation and annual review of the local school wellness policy through a variety of means, including:

- ❖ The School will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback through the use of surveys and attention will be given to their comments.
- ❖ The school will use electronic mechanisms, such as email or displaying notices on the School website, as well as non-electronic mechanisms, such as newsletters, presentations to parents or sending information home to parents, to ensure that all families are actively notified of any updates to the wellness policy, as well as how to get involved and support the policy.
- ❖ At the final board meeting of each year, the school wellness policy will be discussed and all stakeholders will be asked to provide feedback on the policy. All comments and recommendations will be reviewed and considered.

RECORD KEEPING

Records to document compliance with the requirements of the local school wellness policy will include, but is not limited to the following:

- ❖ The written local school wellness policy;
- ❖ Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public as consistent with the section on informing and updating the public; and Documentation of the triennial assessment of the local school wellness policy.