



School Wellness Policy

St. Paul's Lutheran School

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Local Wellness Policy Law

The Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265), passed by the U.S. Congress and signed into law by the President, established a new provision requiring districts/schools participating in the federally funded school meal programs to develop and implement a local wellness policy by the beginning of the 2006 school year.

Congress, concerned with the growing problem of childhood obesity and health problems associated with poor nutrition and a lack of physical activity, enacted this legislation because they identified schools as playing a critical role in promoting school health, preventing childhood obesity and preventing diet-related chronic diseases. The law requires wellness policies be developed locally to allow a district school to address their local concerns.

***Section 204 of Public Law 108-265, June 30, 2004** Child Nutrition and WIC Reauthorization Act

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BACKGROUND INFORMATION AND REFERENCE: 204 Local Wellness Policy:

- (a) IN GENERAL – Not later than the first day of the school year beginning after June 30, 2006, each local educational agency participating in a program authorized by the Richard B. Russell National School Lunch Act (42 U.S.C. 175 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.) shall establish a local school wellness policy for schools under the local educational agency that, at a minimum –
1. Includes goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the local education agency determines is appropriate;
 2. Includes nutrition guidelines selected by the local educational agency for all foods available on each school campus under the local educational agency during the school day with the objectives of promoting student health and reducing childhood obesity;
 3. Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)), as those regulations apply to schools;

4. Establishes a plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy; and
5. Involves parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy.

TECHNICAL ASSISTANCE AND BEST PRACTICES

1. IN GENERAL – The Secretary, in coordination with the Secretary of Education and in consultation with the Secretary of Health and Human Services, acting through the Centers for Disease Control and Prevention, shall make available to local educational agencies, school food authorities, and State educational agencies, on request, information and technical assistance for use in –
 - (A) Establishing healthy school nutrition environments
 - (B) Reducing childhood obesity; and
 - (C) Preventing diet-related chronic diseases.
2. CONTENT – Technical assistance provided by the Secretary under this section shall –
 - (A) Include relevant and applicable examples of schools and local educational agencies that have taken steps to offer healthy options for foods sold or served in schools;
 - (B) Include such other technical assistance as is required to carry out the goals of promoting sound nutrition and establishing healthy school nutrition environments that are consistent with this section;
 - (C) Be provided in such a manner as to be consistent with the specific needs and requirements of local educational agencies; and
 - (D) Be for guidance purposes only and not be construed as binding or as a mandate to schools, local educational agencies, school food authorities, or State educational agencies.
3. FUNDING –
 - (A) IN GENERAL – On July 1, 2006, out of any funds in the Treasury not otherwise appropriated, the Secretary of the Treasury shall transfer to the Secretary of Agriculture to carry out this subsection \$4,000,000, to remain available until September 30, 2009.
 - (B) RECEIPT AND ACCEPTANCE – The Secretary shall be entitled to receive, shall accept, and shall use to carry out this subsection the funds transferred under subparagraph (A), without further appropriation.

Wellness Policy Components

Nutrition Education Goals

The primary goal of nutrition education is to provide knowledge and teach skills to help children make food choices that maintain and promote health. God's law commands us to take care of our bodies and we will teach the children to be good stewards of them.

St. Paul's Nutrition Education curriculum shall include the following objectives:

- Students will learn the skills they need to adopt healthy eating behaviors. Curriculum topics include: essential nutrients, nutritional deficiencies, healthy weight management, safe food preparation/handling/storage and reading food labels.
- Foodservice staff will assist teachers in encouraging good eating practices.
- Minnesota nutrition and physical education standards are adapted to our education curricula.
- Teachers will be provided nutrition education appropriate training.
- Teachers will model good eating practices around students.
- Staff will work together to develop ways to integrate nutrition into numerous classes throughout the grade levels.
- The school will offer parent/family nutrition education opportunities and information.

References:

<http://education.state.mn.us>

http://www.fns.usda.gov/tn/Healthy/wellness_policyrequirements.html

http://nasbe.org/HealthySchools/healthy_eating.html

Physical Activity Goals

The primary goals of physical activity are to:

(Used from our School curriculum philosophy of education)

1. Appreciate that our bodies are fearfully and wonderfully made by God.
2. Teach children that their bodies are temples of the Holy Spirit and need to be taken care of.
3. Learn and reinforce skills, balance, coordination, strength, and endurance.
4. Promote a spirit of cooperation, teamwork, fair play, competition, and leadership.
5. Encourage learning and playing a variety of sports.

St. Paul's Physical Education curriculum shall include the following objectives:

- Students have the daily opportunity for physical activity through recess and physical education classes.
- Students have the opportunity for physical activity through intramural sports. These activities provide physical fitness opportunities to those students who may not have the desire or possibly the skills to participate in organized school sports.
- Students are encouraged to walk, bike or rollerblade safely to and from school.
- Teachers and coaches will encourage parents to support their children's participation in physical activity.
- Staff members are to promote lifelong physical activity among students.
- Staff will model healthy physical activity to the students.
- Staff members will encourage extra curricular activities to promote student physical activity.
- Staff members will implement active classroom and recess on a daily basis.

References:

<http://education.state.mn.us>

http://www.fns.usda.gov/tn/Healthy/wellness_policyrequirements.html

http://www.nasbe.org/HealthySchools/Sample_Policies/physical_activity.html

Other School Based Activities Designed to Promote Student Wellness

The goal is to create a school environment that is conducive to healthy eating and being physically active. The environment should provide students with consistent, reliable health messages and opportunities to practice wise choices.

St. Paul's School Environment:

- Eating Environment –Students will be served meals downstairs. They will eat in the classrooms at their desks or library tables.
- Time and Scheduling of Meals – Lunch will be served at 11:45 beginning with the Kindergarten class and continuing through the 8th grade.
- School Based Agriculture-When at all possible produce and fruit may be used in our school lunch program from local farmers. We have a school garden which classrooms and families actively participate in maintaining.
- Professional Development Goals – Teachers annually may learn new nutrition and physical education components as a part of their continuing education.
- Foods of Minimal Nutritional Value – Staff will consider ways to reduce student's access to foods of minimal nutritional value throughout the day. Staff will promote healthful food and beverage items.
- Birthdays- Students are encouraged to bring healthy snacks for their birthdays or non-food items to share.
- Coordinated School Health – After school programs, Christian Education Society, Kids for Christ, staff in-service may include annual topics on school wellness.
- Food Safety – Daily staff members follow safety standards that encourage students to practice healthy lifestyles. Standards are outlined in the food safety sheets.
- Access to Facilities for Physical Activity – School policies is in place for groups to use the facility for physical activity and access to our gym.
- Nutrition Messages – The school will promote regular and consistent nutrition messages throughout the school- classroom, newsletter, emails, hallways, gym, etc.
- Biking and Walking- The school supports bicycling and walking as transportation as long as students and staff can do so safely, live within a comfortable distance for their level of skill, follow traffic safety laws, and use appropriate safety equipment, including a properly fitted helmet.
- Active Classrooms- Our staff is encouraged to daily use active classroom activities to promote movement and foster learning in the regular classroom schedule.

- Active Recess- Staff encourages active play at recess on a daily basis.
- Smart Classroom- In cooperation with Sibley County, we have periodic evaluation on Smart Lunchrooms. Those results are used to assess our wellness policy and implementation.

References:

<http://www.fns.usda.gov/tn/Resources/makingithappen.html>

<http://www.fns.usda.gov/tn/Resources/changing.html>

<http://www.dot.state.mn.us/bike/roadrules.html>

Guidelines for Reimbursable School Meals

Schools participating in the National School Lunch Program are required to serve meals to students that meet federal program regulations and nutrition standards. Meals must also be consistent with the 2000 Dietary Guidelines for Americans including serving a variety of foods; grain products, vegetables and fruits; meals that are moderate in sugar and salt; and no more than 30% calories from fat and less than 10% calories from saturated fat over a week's time. In addition, lunches must provide, on average over each school week, at least 1/3 of the Recommended Dietary Allowance for protein, iron, calcium, and vitamins A and C. Breakfasts must provide, on average over each school week, at least 1/4 of the Recommended Dietary Allowances for protein, iron, calcium, and vitamins A and C.

There are four menu-planning approaches available to plan healthful and appealing meals. The majority of Minnesota schools use the Enhanced Food-Based Menu Planning approach. The Enhanced Food-Based Menu-Planning meal pattern requirements for lunch and breakfast are included in this resource packet. Local schools decide what specific foods to prepare and how they will be prepared.

Other menu planning approaches can be found at:

Lunch Menu Planning Approaches

<http://www.fns.usda.gov/cnd/menu/menu.planning.NSLP.htm>

Breakfast Menu Planning Approaches

<http://www.fns.usda.gov/cnd/breakfast/Menu/sbp-menu-planning.htm>

Plan for Measuring the Implementation of the Wellness Policy

Continuous evaluation and feedback will help St. Paul's Lutheran ensure their wellness policy is fully implemented, managed, and enforced.

Implementing this policy will include:

- Accessing the school's needs of lunch program using checklists, research data, local health trends, and create surveys, etc.
- Identifying areas for improvement
- Using assessment tools to gauge whether this policy is working.
- The principal is the coordinator who will ensure that this policy is followed and shown to the school staff.
- The cook will conduct and collect summarize any evaluation results. Results will be reported to the principal.

Reference:

http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html Under Step 8, click on 'Evaluation Primer: an overview of education evaluation'.

Process for Involving the Community

The St. Paul's School community consists of parents, students, representatives of the school food authority, school board, school administrators, and the public are all important in the process of implementing and maintaining a wellness policy. A collaborative effort will help ensure the impact of the policy extends throughout the school.

St. Paul's School Community involvement will include:

- Policy revisions and evaluations: Faculty, staff, parent organization(CES), students, alumni, public health officials, school board of education are to assist in the revision of the policy.
- Support – Students, parents, and community members can assist in assessing maintaining and revising policy components. Semi annual meetings are held so these community members can voice their opinions about the program and receive updates.
- Spread the word – The community will annually look at ways to discuss and incorporate aspects of the wellness policy. The principal, as the leader, will report concerns or progress in the school newsletter or at parent meetings.
- Continue the program – The community will seek grant opportunities or listen to feedback to improve the program. Feedback can be at our CES meetings, using evidence based assessments(Smart Lunchroom, Health index surveys, etc)

Guidelines for Offer vs. Serve

National School Lunch Program (NSLP)

Five-day Lunch Meal Pattern for Grades K-8 ¹

School Year 2015-16 (Effective July 1, 2015)

This meal pattern is for schools with grade configurations where students from different grade groups eat together during the same lunch period, e.g., schools with grades K-8 or grades 5-8.

Food Components	GRADES K-8	
	Daily	Weekly ²
Fluid Milk (cups) Low-fat (1%) unflavored or fat-free unflavored or flavored ³	1	5
Fruits (cups) ⁴ <i>Fruit juice cannot exceed half of the weekly fruits</i>	½	2 ½
Vegetables (cups) ⁵ <i>Vegetable juice cannot exceed half of the weekly vegetables</i>	¾	3 ¾
Dark Green ^{3,6}	0	½
Red/Orange ^{3,7}	0	¾
Beans/Peas (Legumes) ^{3,8}	0	½
Starchy ^{3,9}	0	½
Other ^{3,10}	0	½
Additional vegetables to reach total ^{3,11}	0	1
Grains (ounce equivalents) ¹² <i>All grains must be whole grain-rich</i>	1	8-9
Meats and Meat Alternates (ounce equivalents) ¹³	1	9-10

DIETARY SPECIFICATIONS (NUTRITION STANDARDS) Daily Amount Based on the Average for a Five-day Week	
Calories ^{14, 15}	600-650
Saturated Fat (percentage of total calories) ¹⁵	< 10
Sodium (milligrams) ^{15, 16}	≤ 1,230
Trans Fat (grams) ¹⁵	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving

◀ See page 2 for important menu planning notes ▶

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Suggested Web Resources

<http://www.fns.usda.gov/tn/>: *USDA's Team Nutrition website* describes the wellness policy including the policy requirements, the process of creating, implementing and evaluating the policy along with local examples of policies.

http://www.fns.usda.gov/tn/Resources/e_app1.pdf: *USDA's Team Nutrition website* offers 'Making it Happen, School Nutrition Success Stories'; Approach 1 deals with establishing standards for competitive foods.

<http://www.actionforhealthykids.org/>: *Action for Healthy Kids website* offers a 'wellness policy tool' with a template and information on fundamental elements to include in the policy.

http://www.actionforhealthykids.org/resources_topic.php?topic=14 : *Action for Healthy Kids website* offers resources from many other states for non-regulated food sold or offered in schools. Click on 'view all 74 documents' to see the entire list. Scroll down to 'Healthy Foods for Kids/Guidelines for Good Nutrition at School', which is a Minnesota developed resource.

<http://www.asfsa.org/>: *The School Nutrition Association (formerly ASFSA) website* has details of the law, policy guidelines and sample policies to help assist the school community in creating and implementing the wellness policy.

<http://www.cdc.gov/HealthyYouth/>: *The Center for Disease Control website* has a reference center, Healthy Schools, Healthy Youth, which provides information on topics such as childhood obesity, nutrition and physical education. School Health Index which is a self-assessment and planning tool that schools can use prior to developing the Wellness Policy in order to assess how they are currently doing in the various policy areas and then use after implementing the policy to assess outcomes.

<http://apps.nccd.cdc.gov/shi/default.aspx> : *The Center for Disease Control website* offers a School Health Index which is a self-assessment and planning tool that schools can use prior to developing the Wellness Policy in order to assess how they are currently doing in the various policy areas and then use after implementing the policy to assess outcomes.

<http://www.nasbe.org/HealthySchools/fithealthy.html>: *National Association for State Boards of Education website* has 'Fit, Healthy, and Ready to Learn: A School Health Policy Guide' which provides direction on establishing an overall policy framework for school health programs and example policies for various topics.

<http://www.schoolwellnesspolicies.org>: *National Alliance for Nutrition and Activity website* provides model nutrition and physical activity policies that meet the federal requirements for a Wellness Policy.

FNS- Compliance and Assistance
Minnesota Department of Education
651-582-8556
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e-mail:fns@state.mn.us

Frequently Asked Questions About Wellness Policy

1. What is the deadline for developing a local school wellness policy? School Districts/Schools must have **policies approved and ready to be implemented by the beginning of the 2006-2007 school year**. However, once a policy is developed and approved by the School Board, schools should evaluate and update the policy as needed.

2. Does the policy need to be School Board approved? The wellness policy needs to follow the approval process of any other policy implemented for your district/school. The most common practice is for School Board approval after one or two readings.

3. Does the policy need to be implemented in each school of a district? The policy needs to be implemented in each school that participates in any of the school meal programs including the National School Lunch Program, School Breakfast Program and Special Milk Program.

4. Are schools that only participate in the Special Milk Program (SMP) expected to develop a wellness policy? Yes, schools that participate in the SMP must develop a wellness policy.

5. Who needs to be involved in developing the policy? The law requires that parents, students, representatives of the school food authority, the school board, school administrators and the public must be part of the development process. However, you can involve the identified groups in a variety of ways. Some schools may find it convenient to form a specific group to develop this policy. Other schools may choose to use existing groups such as health councils, parent organizations, student groups or community groups involved with the school. You may want to contact school staff or community members with nutrition background such as family and consumer sciences and health teachers, school nurses, county public health, University of Minnesota Extension or your local hospital.

6. What are the policy requirements? According to the law, school wellness policies must, at a minimum:

- Set goals for nutrition education
- Set goals for physical activity
- Set nutrition guidelines for all foods and beverages available on school campuses during the school day
- Ensure that local guidelines for reimbursable school meals meet the program requirements and nutrition standards established in federal regulations
- Set goals for other school-based activities to promote student wellness
- Involve a broad group of members from the community
- Develop a plan to measure the implementation of the policy
- Designate one or more persons within a district or at each school charged with operational responsibility for ensuring that each school fulfills the district's local wellness policy.

(From USDA's Team Nutrition website)

7. What does it mean by all food available on school campuses? All food refers to any food available or sold in your schools or on the campuses. This includes a la carte food in the cafeteria, school stores, fundraisers, vending machines, celebrations, etc.

8. What is the definition of school day? The definition of the term, school day, is left up to the school district.

9. Does the policy need to address all the components of the law? Yes, the policy must address all the components of the law.

10. Can the school sell pop? USDA regulations prohibit foods of minimal nutritional value, like pop, to be sold during meal periods in the cafeteria or other designated eating areas. However, pop sold after school and athletic events is a local decision and should be part of the policy development conversation.

11. Will the Minnesota Department of Education (MDE) develop a sample policy? No. Generally the MDE establishes guidelines, but rarely drafts specific policies. Many Minnesota school districts receive model policy statements from the Minnesota School Boards Association.

12. How will the state monitor the local school wellness policies? The local school wellness policies will be monitored as part of the regular School Nutrition Program administrative review conducted by the Minnesota Department of Education's (MDE's) compliance and assistance staff. MDE will monitor for:

- Policy approval by the school board,
- Inclusion of each component of the law,
- Implementation plan, and
- Evaluation plan.

13. Do schools need to establish a separate wellness policy committee? No. Schools can involve parents, students, representatives of the school food authority, the school board, school administrators and the public as they choose to assist in developing this policy. Schools may find it advantageous to use existing groups or committees that have missions involving the health and well-being of their children. Schools might also like to receive input from specific groups based upon the component of the policy and then have a steering committee write the policy. For example, all groups selling food at schools could help develop the nutrition guidelines for foods available on campus during the school day.

14. Are Residential Child Care Institutions (RCCIs) expected to have a wellness policy? Yes, they are. It is recognized that the people involved in developing the wellness policy in a RCCI might be different from those specified in the law and /or used by a school district. It is expected that the RCCI will individualize the wellness policy to meet the unique needs of its institution and will address wellness issues that affect the health and development of its residents.

