

## ST. JOHN'S LUTHERAN SCHOOL WELLNESS POLICY

### Philosophy

St. John's Lutheran School believes that children and youth who begin each day as healthy individuals can learn more and learn better and are more likely to have success in their education. St. John's Lutheran School (SJLS) also believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual needs.

### Nutrition

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

- (a) Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sized consistent with USDA standards shall be established for all foods offer by SJLS Lunch Program. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible.
- (b) Nutrition services policies and guidelines for reimbursable meals shall meet Federal and State of Ohio regulations and guidelines.
- (c) A variety of milk flavors will be available to all students during the lunch period. An additional milk/juice break is available for students in grades K – 4 in the afternoon.
- (d) Encourage school staff and families to participate in school meal programs, or to bring packed lunches that reflect good nutritional choices. **No soda pop is allowed in the cafeteria during lunch time.**
- (e) Operate all Child Nutrition Programs with school foodservice staff who are properly qualified according to state and board of education standards.
- (f) Establish food safety as a key component of all school food operations and ensure that the food service permit is current.
- (g) Provide ample time, space and supervision for student and staff dining.
- (h) No vending machines will be placed where student meals are served and eaten.
- (i) Nutritious birthday treat suggestions will be provided at the beginning of the school year.

### **Health Education and Life Skills**

Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

- (a) SJLS shall provide for an interdisciplinary, sequential skill-based health education program based upon State of Ohio standards and benchmarks.
- (b) Students shall have access to valid and useful health information and health promotion products and services.
- (c) Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before or after school programs.
- (d) Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.

### **Physical Education and Activity**

Physical education and physical activity shall be an essential element of SJLS 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 healthful physical activity.

### **Physical Education Program**

The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to student, subject to the differing abilities of students.

- (a) Participation in such physical activity shall be required for all students in kindergarten through eighth grade for a minimum of thirty minutes, two days a week or the equivalent.
- (b) Such instruction shall be provided for grades K – 8 through a formal physical education courses, integration into other courses, regularly scheduled intramural and extramural activities, and/or regularly scheduled school-wide activities.
- (c) The physical education program shall include a physical fitness component whereby all students are tested yearly regarding their level of fitness. Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.
- (d) Students shall be provided varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.

### **Healthy and Safe Environment**

SJLS shall strive to provide a healthy and safe environment for all, before, during and after school because that supports academic success. Safer schools promote healthier students, and healthier students do better in school and make greater contributions to their community.

- (a) School buildings, grounds, structures and equipment shall meet all current health and safety standards and shall be kept clean, safe and in good repair.
- (b) SJLS campus shall maintain an environment that is free of tobacco, alcohol and other drugs.
- (c) Safety procedures and appropriate training for students and staff shall support personal safety and an environment free of violence and harassment.
- (d) SJLS shall work to create an environment where all students, staff, and parents/guardians are respected, valued and accepted with high expectations for personal behavior and accomplishments.
- (e) SJLS shall regularly conduct safety drills (fire and tornado evacuation, intruder evacuations and lock down drills) as directed by the State of Ohio.

### **Social and Emotional Well-Being**

Programs and services that support and value the social and emotional well-being of students, families and staff build a healthy school environment.

- (a) SJLS shall provide a supportive environment that includes guidance, counseling and school social services that encourages students, families and staff to request assistance when needed and links them to school and community resources.
- (b) Students shall be provided the skills to express their thoughts and feelings in a responsible and appropriate manner and give and receive support from others.
- (c) Student shall be taught to understand and respect the differences in others and how to build positive interpersonal relationships.
- (d) Students and staff shall be encouraged to balance work and recreation to become aware of stressors which may interfere with health development.

### **Health Services**

An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff.

- (a) Primary coordination of health services shall be through a trained school health practitioner (School Nurse) with the support and direction of SJLS and the Union County Health Department.

- (b) SJLS shall collaborate with community health liaisons and resources to promote health and wellness for students, staff, families and community.
- (c) A coordinated program of accessible health services shall be provided to students and staff which shall include violence prevention, school safety, communicable disease prevention, health referrals, immunizations, parenting skills, first aid and other priority health education topics.

### **Family, School and Community Partnership**

Long term effective partnerships improve the planning and implementation of health promotion projects and events within SJLS and throughout the community.

- (a) Families, students and community partners shall be included on an ongoing basis in school health and wellness planning processes.
- (b) The equality and diversity of the school and community shall be valued in planning and implementing wellness activities.
- (c) Community partnerships shall be developed and maintained as a resource for school programs, projects, activities and events.
- (d) SJLS shall support the engagement of students, staff and families in community health enhancing activities and events at school and throughout the community.  
(Walk-a-thon and Field Day in the spring)

### **Staff Wellness**

SJLS shall provide information about community wellness resources and services, and assist in identifying and supporting the health, safety and well-being of the teaching and non-teaching staff.

- (a) SJLS shall be in compliance with drug, alcohol and tobacco free policies.
- (b) SJLS shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules. This shall be monitored regularly by the Union County Board of Health and the Fire Marshall of the City of Marysville.
- (c) Employees shall be encouraged to engage in daily physical activity during the workday whenever possible ( using stairs, modeling/demonstration activities during class, etc.)

“ This institution is an equal opportunity provider.”