

## Healthy School Nutrition Environment

Calvary Lutheran School promotes wellness, good nutrition, proper amount of sleep, and regular physical activity as a part of the total learning environment. We support 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, schools contribute to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.

**A. Providing a comprehensive learning environment for developing and practicing lifelong wellness behaviors.**

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. Because a healthy school environment should not be dependent on revenue from high-calorie, low nutrient foods to support school programs, contracts will be reviewed and renegotiated regularly.

**B. Support and promote proper dietary habits contributing to students' health status and academic performance.**

Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety, and packaging to ensure high quality meals. Restrictions will be placed on student access to vending machines that contain food/beverages with minimal nutritional value.

**C. Support and promote the amount of time students are engaged in physical activity.**

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be available in a school's daily education program from grades Pre-K through 8.

**D. Calvary Lutheran School is concerned about the trend of students not receiving proper amounts of sleep.**

The proper amount of quality sleep is essential to the educational success of each child. Calvary is committed to educating families and students in this area.

**E. Calvary Lutheran School is committed to quality academic performance in high-risk groups so that no child is left behind.**

Educators, administrators, parents, health practitioners, and communities must all acknowledge the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs are met. The diversity of the student population (e.g., economic, religious, minority, cultural, and medical) should be considered at all times to ensure that all student needs are being met so that no child is left behind.

# Student Nutrition Procedures

## Lunch

- The full meal program will continue to follow the U.S. Government's Nutrition Standards.
- Students in grades 4-8 will be offered the choice of two lunch options. One option is to be a salad.
- The lunchroom environment will provide students with a safe, relaxed, and enjoyable climate in which to eat and socialize.
- It is encouraged that the lunchroom environment be a place where students have;
  - Adequate space to eat in pleasant surroundings;
  - Adequate time for meals (the American Food Service Association recommends at 20 minutes for lunch from the time they are seated); and
  - Convenient access to hand-washing facilities before and after meals.
- Calvary will continue to offer ice cream food options during the lunch period. Students wishing to purchase a la carte ice cream items will demonstrate that they have eaten all of their food items purchased through the hot lunch program or from their "sack lunch" before purchasing.
- Students will not be allowed to share or trade food items purchased or brought from home.
- Students will not be allowed to bring soft drinks with their sack lunches brought from home.
- Fast-Food lunches brought in by parents for students are highly discouraged.
- Regular announcements in the school newsletter will recommend that parents not bring fast-food lunches to school but be informed of our school's intent to offer healthy choices and create a healthy environment in which their help is crucial.
- Classrooms wishing to have lunch "parties" must allow students to order the hot lunch of the day if desired. At no time will students be expected to take a lesser nutritious meal without having the option to purchase a school lunch.

## Fundraising

Due to the nature of school fundraising and that families / students know in advance the reward options, food options used as fundraising incentives are not expected to follow the School Nutrition Standards.

## Concessions

### **Food Standard**

Nutrient dense options of foods shall be offered at any location where food is sold.

Suggestions include: fruits, vegetables, whole grains, low-fat cheese or yogurt, nuts and seeds.

### **Beverage Standard**

Nutrient dense options shall be offered at any location where beverages are sold.

Suggestions include: 100% juice, low-fat milk or dairy drink, and water.

## Teacher to Student Incentives

Strong consideration will be given to nonfood 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.

Teachers are encouraged and expected to model good wellness behaviors as outlined by this document when in the presence of Calvary students.

## Student Morning Snacks

Calvary's teachers will allow and encourage students to bring to school and eat mid-morning healthy snacks. Teachers will provide, through pre-school year parent meetings and home visits, instruction to parents and students what Calvary considers a healthy snack. Teachers will monitor daily the snacks which students consume and offer instruction and reminders through full class instructional moments, personal student instructional moments, and weekly newsletters.

## Water

Studies have shown that a well-hydrated brain is more alert and better able to learn. Calvary teachers will be instructed in this concept and work to give students ample opportunities to drink water. Classrooms allow students to keep water bottles at their desks.

# **Student Physical Activity**

Calvary Lutheran School believes that an active body promotes a healthy and alert mind. In order to maintain a healthy environment, students are given many opportunities to be physically active.

## Physical Education

Calvary Lutheran School has instructors who are trained to conduct educationally appropriate and physically challenging Physical Educational classes. Calvary will continue to provide classes in accordance with Missouri State guidelines and in coordination with school adopted curriculum guidelines.

## Recess

Calvary Lutheran School believes that, "Recess, while separate and distinct from physical education, is an essential component of the total educational experience for elementary aged children." (A Position Paper from the National Association for Sport and Physical Education, July 2001). Because of the daily structure, Calvary's expectation of recess as stated below only applies to students in grades Kindergarten through 5<sup>th</sup> grade. The upper grade teachers are expected to endorse and work towards these standards as possible. Calvary teachers will work to adopt the following standards as outlined by the attached position paper.

- Recess should not replace physical education. Recess is unstructured playtime where children have choices.
- Physical Education provides a sequential instructional program.
- The building and classroom daily / weekly schedules will provide for daily recess from Kindergarten through 5<sup>th</sup> grade. Teachers in grades 6 – 8 are encouraged to find daily opportunities to have students participate in a recess / break time. Calvary will strive to offer 50 minutes each day for student physical activity in recess or physical education opportunities.
- Recess will be viewed as a necessary educational support component for all children to be protected and encouraged by all staff.
- Periods of moderate physical activity should be encouraged during recess opportunities.
- Calvary will provide safe facilities, equipment and supervision for all recess / break times.
- Physical education teachers and classroom teachers will teach children positive skills for self-responsibility during recess.
- Adult supervisors will direct or intervene when a child's physical or emotional safety is an issue.

# Quality Sleep

Calvary Lutheran School believes that a well rested body is essential to be successful in an rigorous academic environment. While we understand there is very little we can do to control the school environment which will impact student sleep behaviors, Calvary is committed to educating the family in this area. To this end, Calvary has adopted the standards as published by the National Sleep Foundation and the Better Health Facts as published by the Newcastle Sleep Disorders Centre. These documents are presented with this Wellness Policy and summarized below.

Calvary teachers and administration will strive, through our various communication tools, to educate students and families of the following:

## Recommended Sleep Needs for Children Each 24 Hours

Calvary Lutheran School recommends students receive the following hours of sleep each 24 hours:

<b>1–3 year olds</b>	12 to 14 hours including naps
<b>3-5 year olds</b>	11 to 13 hours
<b>5-12 year olds</b>	9 to 11 hours
<b>Adolescent to adult</b>	8 ½ to 9 ½ hours
<b>Adults</b>	7 to 9 hours

(Taken from the National Sleep Foundation Website)

## Sleep Deprivation Affects

Calvary Lutheran School believes sleep deprivation affects children in different ways to adults. Sleepy children tend to “speed up” rather than slow down. Symptoms include:

- Moodiness
- Temper tantrums
- The tendency to emotionally “explode “ at the slightest provocation
- Over-activity and hyperactive behavior
- Daytime naps
- Grogginess when they wake-up in the morning
- Reluctance to get out of bed in the morning

(Taken from the Better Health Fact Sheet by Newcastle Sleep Disorders Centre, State of Victoria, 2000/2004)

# Monitoring and Evaluation

## Wellness Committee

With the purpose of monitoring the implementation of this policy, evaluating policy progress, serving as a resource to school sites, and revising the policy as necessary, it is recommended that a school-wide nutrition committee be established. The committee would meet annually with committee membership as follows:

- Administrative Representative, Chair
- Parent Representative from each school program (K-8)
- Student Council President from each school (6-8 only)
- Staff Member from each from each school program (K-8)
- Athletic Director
- School Food Service Coordinator or Representative
- School Nurse or Parent with Health Care Background

The Wellness Committee is responsible for monitoring implementation of Calvary's Wellness program by:

1. Assuming responsibility for the assessment of existing policies and procedures.
2. Prioritizing wellness goals and writing work plans for each goal.
3. Measuring implementation of the school Wellness Policy.
4. Ensuring that the school meets the goals of the Wellness Policy.
5. Reporting to the Board for Christian Education – Day School on compliance and progress annually.

### Compliance Indicators

During the initial development of the school's wellness-related policies and procedures, a baseline assessment of the school's existing nutrition and physical activity programs and practices will be conducted. The Wellness Committee will compile these results. In addition to the baseline information provided, the committee will use no fewer than 3 of the following indicators to measure the impact of the school wellness program:

1. School Health Index
2. Physical Fitness Reports
3. Physical activity levels of students
4. Weight status or body mass index (BMI) of students.
5. Fruit and vegetable intake of students
6. Number of healthy food items available in vending machines, used as rewards, and used in association with fundraising
7. Number of discipline issues
8. Achievement levels of students
9. Student Absenteeism
10. Number of staff who participated in training and development related to student wellness
11. Number of daily / weekly minutes allocated for recess
12. Percentage of students participating in school or outside school athletic programs
13. Number of minutes each week scheduled for classroom health education, either formal or informal
14. Increased handwashing
15. Eye Health
16. First Aid, CPR, and AED instruction and awareness

17. Documented increased concern for health areas such as “Outdoor Air Quality,” “Sun Safety,” “Staff Wellness,” and “Tobacco Use Prevention”
18. Increase in the average of sleep minutes among determined student populations.

Calvary Lutheran School will determine an area of “Wellness” for each school year to become that year’s focal concept. An increased awareness program for students, staff, administration, congregation, and families will be created in the area chosen. Evaluation of the effectiveness will be conducted by the Wellness Committee.

## **Area of Wellness Focal Topics**

2008 - 09	Sleep
2009 - 10	Nutrition
2010 - 11	Your Child's Brain
2011 - 12	Physical Activity
2012 - 13	Hydration
2013 - 14	Media Time
2015 - 16	
2016 - 17	

# Calvary Lutheran School Nutrition Standards

Calvary Lutheran 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 consumptions of nutrient dense foods in the school setting, Calvary has adopted the following Nutrition Standards governing the sale of food, beverage, 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 day and throughout the instructional day will have no 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 special occasions when the school principal may allow a school group to deviate from these guidelines.

## **Beverages:**

- Vending sales of soda or artificially sweetened drinks will not be permitted to Calvary students during the hours of 7:00am and 4:00pm.
- Vending sales of beverages, other than soda, may be available throughout the school day with an emphasis on water and 100% juice.

## **Candy:**

- Vending sales of candy will not be permitted on school grounds. Sales associated with sporting events will be permitted as long as healthy options are also available.
- 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), syrup) listed as one of the first two ingredients.

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