

Mt. Olive Lutheran School Wellness Policy

I. Purpose

God tells us in 1 Corinthians 10:31 “Whether you eat or drink or whatever you do, do it all for the glory of God.” Therefore 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 Mt. Olive school board recognizes that nutrition education and physical education are essential components of the educational process, that good health fosters student attendance and education, and that healthful eating and physical activity can have a positive impact on student behavior.
- B. The school environment should promote and protect students’ health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. Mt. Olive School encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing school 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. Students in grades K – 12 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.

III. Guidelines

- A. Food and Beverages
 - 1. The current Dietary Guidelines for Americans will be used in planning the availability of all foods and beverages on campus. See Attachment A – Food and Beverage Guidelines.

2. Food service personnel will take every measure to ensure that students 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. Mt. Olive 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. Mt. Olive School will provide students access to hand washing or hand sanitizing before they eat meals or snacks and students should be encouraged to use such facilities.
6. Mt. Olive School will make every effort to provide students with sufficient time to eat after sitting down for school meals and will make every effort to schedule meal periods at appropriate times during the school day.

B. School Food Service Program/Personnel

1. Mt. Olive School will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
2. The Mt. Olive school board shall designate the Food Service Director to be responsible for the school food service program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available on campus to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans. A School Board Nutrition Advisory Committee will be appointed by the school board to provide advice to the Food Service Director with these responsibilities.
3. As part of Mt. Olive School's responsibility to operate a food service program, the school will provide continuing professional development for all food service personnel.

C. Nutrition Education and Promotion

1. Mt. Olive School will encourage and support healthy eating by students and engage in nutrition promotion 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 classes and in other classes where appropriate. See attached Nutrition Education Guidelines.
2. Mt. Olive School will encourage all students to make age appropriate healthy selections of foods and beverages.

D. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, comprehensive school 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. Students will not be allowed to play electronic games at school from 7:45 AM – 2:30 PM. (Mt. Olive is not responsible for any lost games or other electronic equipment.) Please leave valuable items at home.
3. Opportunities for physical activity will be incorporated into other subject lessons, when appropriate. See attached Physical Activity and Education Guidelines.

E. Communications with Parents

1. Mt. Olive recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being
2. Mt. Olive will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. Mt. Olive encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
4. Mt. Olive will make available 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.
5. The Mt. Olive School Newsletter, the Herald may be used to communicate to parents and guardians about the school district's Food and Beverage Guidelines, Nutrition Education Guidelines, and Physical Education Guidelines.

IV. Implementation and Monitoring

- A. After approval by the Mt. Olive Board of Education, the wellness policy will be implemented.
- B. School food service staff, at Mt. Olive School, will ensure compliance within the school's food service areas and will report to the principal, or the Board of Education designee.
- C. The school's Food Service Director will provide an annual report to the principal and school board, setting forth the nutrition guidelines and procedures for selection of all foods made available at Mt. Olive.
- D. The principal of Mt. Olive School will ensure compliance with the wellness policy.

Legal References: 42 U.S.C § 1751 *et seq.* (Richard B. Russel 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/toolsforteachers/recom/
MN-Healthy%20Foods%20for%20Kids%2008-2004.pdf](http://www.actionforhealthykids.org/filelib/toolsforteachers/recom/MN-Healthy%20Foods%20for%20Kids%2008-2004.pdf)

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Food and Beverage Guidelines

- a. Foods and beverages offered over the course of a school week should be nutrient-dense, including whole grain products and fiber-rich fruits and vegetables to provide students a variety of choices to maintain a balanced diet.
- b. Foods and beverages available during the school day should include a variety of healthy choices that are of excellent quality, appealing to students, and served at the proper temperature.
- c. Food and beverages available during the school day should minimize use of trans and saturated fats, sodium and sugar as defined by the Dietary Guidelines for Americans.
- d. Food and beverage providers should offer portion sizes age-appropriate for elementary and middle school students, respectively.
- e. Nutrition information for products offered in activity concession stands should be available when possible. Healthy food and beverage choices should be available at activity concession stands.
- f. Carbonated beverages will not be provided by the school to students during the school day.
- g. School sites will encourage healthy choices for snacks in the classroom, on field trips, and at school picnics.
- h. Classroom celebrations should encourage healthy choices and portion control.
- i. Mt. Olive should encourage fundraisers that promote positive health habits such as the sale of non-food and nutritious food items, as well as fundraising to support physical activity events.
- j. Mt. Olive encourages limited use of foods or beverages as rewards for academic performance or good behavior.

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Nutrition Education Guidelines

1. School programs should ensure that students in kindergarten through grade 12 receive nutrition education that provides the knowledge they need to adopt healthy lifestyles. Nutrition education should be well-integrated within a comprehensive school health education program and should include instruction that helps students learn more about the importance of various food groups, caloric, sugar and fat intake; healthy cooking methods; the role of diet in preventing health problems; the recognition of the role media play in marketing and advertising foods and beverages; and the relationship of a balanced diet and regular exercise to a healthy lifestyle.
2. Nutrition concepts should reinforced by all school personnel.
3. Nutrition education should include reinforcement of the importance of physical activity and the health risks associated with a sedentary lifestyle.
4. Mt. Olive should provide educational information and encourage healthy eating and physical activity for families, both within the home and outside the home. Family members should be engaged as a critical part of the team responsible for teaching children about health and nutrition.

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Physical Activity and Education Guidelines

1. Students from kindergarten through grade 8 will receive regular, age-appropriate physical education.
2. Physical education should be designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle. It should include providing information, fostering a positive atmosphere, encouraging self-discipline, developing motor skills and promoting activities that can be carried out over the course of students' lives.
3. The physical education curriculum should be coordinated with the health education curriculum.
4. Physical education should provide safe and satisfying physical activity for all students, including those with special needs.
5. Whenever possible, elementary schools should provide daily recess that encourages physical activity.
6. Mt. Olive should provide information to parents to help them promote and incorporate physical activity and healthy eating into their children's lives.