



ST. JAMES
LUTHERAN
— SCHOOL —

St. James Lutheran School Wellness Policy

Mission and Purpose:

St. James Lutheran School (hereinafter the “School”) shall prepare, adopt, and implement a comprehensive wellness policy to encourage healthy eating, physical activity and well-being. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

In accordance with federal law, it is the policy of the Board of Christian Education (hereinafter the “Board”) to provide students access to healthy foods and beverages and provide opportunities for developmentally appropriate physical activity and wellness information.

The School Wellness Committee shall oversee the development, implementation, and evaluation of the School Wellness Policy annually. The Committee shall consist of when possible:

Parent, Food Service Director, Board Representative, Principal, EC Director, Teacher, Health Professional, and Student.

The School Wellness Policy (hereinafter the “Policy”) shall be made available to students and families by means of school registration and school website.

St. James Lutheran School Goals:

I. Nutritional Education Goals

A. Meals served through the National School Lunch Program will:

- 1) be appealing and attractive to children;
- 2) be served in clean and pleasant settings;
- 3) meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- 4) offer a variety of fruits and vegetables;
- 5) serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA);
- 6) follow USDA nutritional guidelines that promote healthy eating;

- 7) strive to offer foods that accommodate medically necessary dietary needs of students; and
 - 8) strive to use nutritional guidelines to make recommendations for cafeterias, vending machines, snack bars, school stores, concession stands, fund-raising projects, and refreshments used for school activities
- B. Free and Reduced Meals. Schools 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.
- C. Meal Times and Scheduling.
- 1) The School will provide students with at least 20 minutes to eat after sitting down for lunch.
 - 2) The School will make every attempt to schedule meal periods at appropriate times.
 - 3) The School should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
 - 4) The School will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
 - 5) The School should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs.
- D. Sharing of Foods and Beverages. The School should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.
- E. Fast food and caffeinated/energy drinks are prohibited during the school day.

II. Nutritional Standards for Food Served at School

A. School Meal Content.

1. Meals served through the National School Lunch and Breakfast Programs should:
 - a. Be appealing and appetizing to children;
 - b. Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs;
 - c. Contain 0 percent trans fats;
 - d. Offer a variety of fruits and vegetables;
 - e. 80 percent of the grains offered are whole grain-rich.
2. The School shall provide periodic food promotions (i.e. "try opportunities") that will allow for taste testing foods being introduced on the menu.
3. Special dietary needs of students will be considered when planning meals.

B. School Meal Participation.

1. To the extent possible, the School will provide the USDA School Breakfast Program to all students.
2. To the extent possible, the School will utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom and serving “grab-and-go” breakfasts.

C. Portion Sizes. Portion sizes of foods and beverages will be appropriate to the age group and nutritional guidelines for the age group.

D. Foods.

- 1) A food item sold individually:
 - a) will have no more than 35% of its calories from fat and 10% of its calories from saturated and trans fat combined;
 - b) will have no more than 35% of its weight from added sugars;
 - c) will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
- 2) A choice of two fruits and/or non-fried vegetables will be offered for sale at School during lunchtime. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits, and cooked, dried, or canned vegetables.

E. Beverages. The School will allow water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent non-dairy beverages.

F. Food and Beverages Provided by the School Outside of Lunch. Foods served during the school day should make a positive contribution to children's health, with an emphasis on serving fruits and vegetables as the primary food and water as the primary beverage. The School will assess if and when to offer foods and beverages based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

G. Classroom Celebrations. To promote overall health and wellness, classroom celebrations should focus on activities (e.g., giving free time, extra recess, music and reading time) rather than on food. Classroom celebrations for birthdays and for holidays are permissible at the classroom teacher's discretion once per month.

- H. Daily Snacks. While the School seeks to promote a healthy and active lifestyle, it also recognizes and supports the right of parents to make decisions for what their child(ren) will have as a snack. To that end, snacks brought from home for personal student consumption do not have to meet the same nutritional standards for food and beverage served by the School.
- I. Food as a Punishment. School staff will not withhold food or drink at mealtimes as punishment.

III. Physical Activity Goals

- A. Physical Education. Students including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education as prescribed by state statute. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students should spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- B. Daily Recess. All students will try to have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. The School should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active. * The “Child Care Weather Watch” chart will be followed to determine when and for how long students may play outdoors.
- C. Physical Activity Opportunities Before and After School. The School will offer extracurricular physical activity programs such as physical activity clubs and/or intramural programs. The School will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs. After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.
- D. Physical Activity and Punishment. Teachers and other School personnel will try not to use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment. Sometimes students need to miss recess in order to make up missed class assignments.

IV. Nutrition Education and Promotion

The School aims to teach, encourage, and support healthy eating and overall fitness and wellness for its students. The School will attempt to provide nutrition education and engage in nutrition promotion that:

- 1) is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- 2) is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, history, and elective subjects;
- 3) includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- 4) promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- 5) emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- 6) links with school meal programs, other school foods, and nutrition-related community services;
- 7) teaches media literacy with an emphasis on food marketing; and
- 8) includes training for teachers and other staff.

V. Other Student Activities Related to Wellness

- A. Integrating Physical Activity into the Classroom Setting. Students will receive an appropriate amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior; students need opportunities for physical activity beyond physical education class. To help facilitate that:
 - 1) Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle;
 - 2) Opportunities for physical activity will be incorporated into other subject lessons; and
 - 3) Classroom teachers will provide short physical activity/brain breaks between lessons or classes, as appropriate.
- B. Communication with Parents. The School will support parents' efforts to provide a healthy diet and daily physical activity for their children. The School should encourage parents to pack healthy lunches and snacks.
- C. Food Marketing at School. The School will strive to limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

- D. Federal, State, and local laws apply. The School will follow federal, state and local laws and guidance regarding car seat safety, medications at school, student cell phone use, bullying prevention and reporting, head lice and common, communicable illnesses, health screenings, immunization requirements, among other health related topics.
- E. Walking and Bicycling to School. Where appropriate and safe, the school allows walking and bicycling to school.
- F. Use of Playground Facilities Outside of School Hours. School spaces such as the playgrounds, basketball courts, and ballfield are made available to students, staff, and community members before and after school hours. Play is at-your-own-risk during this time.
- G. Staff Wellness. The School will provide an insurance option that includes opportunities for preventative and wellness advice and care. The school will make reasonable effort to accommodate breastfeeding mothers in a private location.

VI. Evaluation of Wellness Policy

- A. Policy Review. Through implementation and enforcement of this Policy, the School will create an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continuing progress, the School will evaluate implementation efforts and their impact on students and staff and review this Policy on an ongoing basis. As part of that review, the School will review its nutrition and physical activity policies, provision of an environment that supports healthy eating and physical activity, and nutrition and physical education policies and program elements.
- B. Monitoring. The School will ensure compliance with established nutrition and physical activity wellness policies. The Principal or Principal's designee will ensure compliance with those policies in the School using an evidence-based tool. School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Principal.
- C. Reporting. The three-year assessment and evaluation report will be made available to the public via the school website. The report shall contain the following information: the schools' progress report, a summary of the findings, the web address for the policy and the contact information of school official/s coordinating the committee.

St. James Lutheran School Wellness Policy Assessment

Section 1: General Information

School: Saint James Lutheran School, Lafayette, IN

Evaluation Date: September 2025

Website: mysjls.org

School Official: Heather Brooks, Principal

Section 2: Compliance with the Wellness Policy and Progress Towards Goals

At a minimum, school wellness policies are required to include:

- Specific goals for nutrition promotion, nutrition education, physical activity, and school based activities that promote wellness.
- Standards and nutrition guidelines for all foods and beverages that are sold to students during the school day that are consistent with the federal regulations and standards.
- Standards for all foods and beverages provided and/or allowed, but not sold, to students during the school day.
- Policies for food and beverage marketing that only allow those that meet school nutrition standards.
- Description of plan evaluation.

School Wellness Policies are to Include:	Meeting Goal	Partially Meeting Goal	Not Meeting Goal
Wellness Committee Coordinator	☒		
Describe Progress and Next Steps: Principal			

School Wellness Policies are to Include:	Meeting Goal	Partially Meeting Goal	Not Meeting Goal
Wellness Committee Participants	☒		
Describe Progress and Next Steps: Principal, EC Director, Parent, AD, Teacher, Food Service Director; Seek additional members			

School Wellness Policies are to Include:	Meeting Goal	Partially Meeting Goal	Not Meeting Goal
USDA Requirements for School Meals	☒		
Describe Progress and Next Steps: Continue to follow USDA guidelines			

School Wellness Policies are to Include:	Meeting Goal	Partially Meeting Goal	Not Meeting Goal
Set guidelines for all foods and beverages sold	☒		
Describe Progress and Next Steps: Continue to monitor changes/updates			

School Wellness Policies are to Include:	Meeting Goal	Partially Meeting Goal	Not Meeting Goal
Set guidelines for all foods and beverages provided/allowed, but not sold	☒		
Describe Progress and Next Steps: Continue to communicate and monitor			

School Wellness Policies are to Include:	Meeting Goal	Partially Meeting Goal	Not Meeting Goal
Set guidelines for all foods and beverages marketing	☒		
Describe Progress and Next Steps: Continue to ensure approved marketing			

School Wellness Policies are to Include:	Meeting Goal	Partially Meeting Goal	Not Meeting Goal
Nutrition education opportunities	☒		

Describe Progress and Next Steps: Continue to offer nutrition education and tasting opportunities

School Wellness Policies are to Include:	Meeting Goal	Partially Meeting Goal	Not Meeting Goal
Nutrition promotion	☒		
Describe Progress and Next Steps: Continue to offer fresh fruits and vegetable choices			

School Wellness Policies are to Include:	Meeting Goal	Partially Meeting Goal	Not Meeting Goal
Physical activity	☒		
Describe Progress and Next Steps: Continue to encourage and monitor movement including recess daily			

School Wellness Policies are to Include:	Meeting Goal	Partially Meeting Goal	Not Meeting Goal
School-based activities	☒		
Describe Progress and Next Steps: Offer brain and physical activity breaks daily; communicate wellness program opportunities to staff at benefits meeting/s			

School Wellness Policies are to Include:	Meeting Goal	Partially Meeting Goal	Not Meeting Goal
Evaluation at least every three years	☒		
Describe Progress and Next Steps: Continue to communicate and monitor the extent the school is meeting the wellness policy goals; encourage additional stakeholders to get involved			

School Wellness Policies are to Include:	Meeting Goal	Partially Meeting Goal	Not Meeting Goal
Communication annually to inform and update staff, parents, and students about the content and implementation of the wellness policy and provide opportunities for stakeholder input	☒		
Describe Progress and Next Steps: Post updates on mysjls.org ; share information in school and classroom newsletters			

Section 3: Comparison to Model School Wellness Policy

- Alliance for a Healthier Generation: Model Policy
- State of Indiana Model Local Wellness Policy

The Saint James Lutheran School Wellness policy follows the format and uses model components and language from both of these examples.