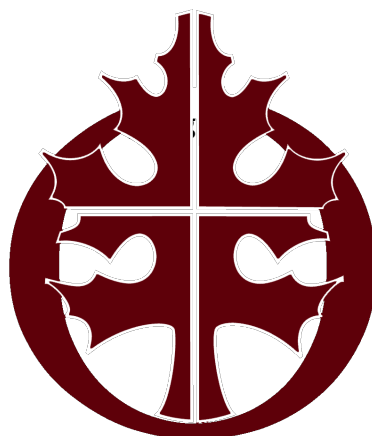


# **Oak Grove Lutheran School**

## **Wellness Plan**



## Oak Grove Lutheran School Wellness Policy

### **To achieve the following policy goals:**

Oak Grove Lutheran School (OGLS) will play a critical role in creating a healthy environment, with the objective of promoting student health and reducing childhood obesity. Goals for nutrition education, physical activity and other school-based activities have been designed to promote student and staff wellness, with nutrition and physical activity standards available on each school campus during the school day.

### **OGLS Wellness Council**

The OGLS wellness council will create, strengthen and work to develop, implement, monitor, review and if necessary, revise the wellness policy. The council is composed of staff members (PE teachers, Counselor, food service, administration, School Nurse) and parents, representing the school and OGLS community.

### **Nutrition Education Goals**

The primary goal of nutrition education is to positively influence the students' eating behaviors to promote good health. Nutrition education at both campuses of OGLS will/will be:

- ∞ Interactive and teach the skills at each grade level (e.g. media awareness, menu planning, reading nutrition fact labels) that students need to adopt healthy eating behaviors.
- ∞ To provide nutrition services training and staff development programs that include appropriate certification and/or training programs for the nutrition services director, and staff according to their level of responsibility.
- ∞ Offered in the school dining room as well as in the classroom, with coordination between the food service staff and teachers.
- ∞ Communicated in consistent nutrition messages throughout the school, classroom, staff lounge and cafeteria and promoted to parents, the community and the media. Integrated into the comprehensive health, physical education, FACS, and other core curriculum.
- ∞ Taught by highly qualified certified teachers with appropriate training/ nutrition education.
- ∞ Encourage staff to be role models for healthy behavior.
- ∞ Linked with the Coordinated School Health Program.
- ∞ Restrict the use of marketing unhealthy choices.

## **School Meal**

Nutrition Services offers healthy, nutritious meals, snacks and beverages in compliance with the most updated USDA guidelines and Dietary Guidelines for Americans:

Meals served through the National School Lunch and Breakfast Programs will:

- ∞ Be appealing and attractive to children.
- ∞ Be served in a clean, safe, enjoyable environment.
- ∞ Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.
- ∞ Provide a School Breakfast Program for all students and encourage parents to provide a healthy breakfast for their children to enhance their ability to learn.
- ∞ Provide a variety of fresh fruits and non-fried vegetables daily.
- ∞ Provide salad bars offering fresh fruit and vegetables and canned fruit at both campuses.
- ∞ Provide whole grain bread products daily.
- ∞ Provide reduced fat condiments when available.
- ∞ Include only low-fat (1%), fat-free milk or flavored milk and nutritionally-equivalent non-dairy alternatives.
- ∞ Ensure that at least half of the served grains are whole grain.
- ∞ Comply with updated USDA Guidelines and dietary Guidelines for Americans and communicate this information on the OGLS website and posting in the school cafeterias

### **Schools will:**

- ∞ Provide students with at least a 20-minute lunch break and 10-minute breakfast break by providing quick and efficient serving lines.
- ∞ Arrange with vending companies, community partners, parent donations, school stores, concessions, treats brought to classrooms, celebrations, milk break snacks, sack lunches, ala carte and fundraisers to comply with the policy guidelines.
- ∞ Schedule lunch periods to follow recess periods (in elementary schools) to the extent possible.
- ∞ Provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- ∞ Not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- ∞ Not use food as a reward or withhold it as a punishment.
- ∞ Provide enough space and serving areas to ensure student access to school meals to increase passage and therefore lessen wait time.
- ∞ Ensure students will not be physical activity as a form of discipline or for instructional make-up time.
- ∞ Provide free drinking water for students during the school day.

- ∞ Ask students to provide input regarding school meals through annual activities such as Team Nutrition meetings, taste testing and Health Fair. Nutrition training will be provided for food service director.

### **Elementary School**

The school food service program will approve and provide all food and beverages sales to students in elementary school. Given young children's limited nutrition skills, food in elementary school will be sold as balanced meals. Foods and beverages sold or served individually will be limited to low-fat and non-fat milk, fruits and vegetables. Items will be made easily available to facilitate rapid passage through the lunch lines. Beverages allowed are water, 6 ounces or less of 100% fruit juice, 8-ounces of low-fat or fat-free milk or flavored milk. No a la carte items or vending products are sold. Fundraising activities during the school day are encouraged to meet the policy's guidelines for nutrition and portion size standards.

### **Middle and High School**

Beverages allowed are water, 10 ounces or less of 100% fruit juice, 8 ounces of low fat or fat free milk or flavored milk, and 12 ounces of non-caloric drinks. Vending is not sold during school hours at middle school, and will not be available during lunch for high school.

All foods and beverages sold individually outside the reimbursable school meal programs (including those sold through ala carte lines, vending machines, student stores (high school only), or fundraising activities during the school day, or through programs for students after the school day) are to meet the policy's nutrition standards and portion size standards.

### **III. Nutrition Standards for Competitive Foods and Other Foods and Beverages**

These standards are referring to Foods and Beverages sold individually (i.e. food sold or served outside of reimbursable school meals, such as through vending machines, ala carte, fundraisers, school stores, celebrations, school functions, catering, etc.) See appendix A for suggestions.

#### **Beverages allowed during the school day NS1 NS15**

- Water available free throughout the school day.
- 10 ounces or less of 100% fruit and vegetable juices, 8-ounces of fat-free, 1% milk or flavored milk.
- Diet soft drinks
- Caffeinated non-caffeinated beverages (high school and staff)

#### **Food allowed during the school day**

Items served individually will have no more than 35% of their calories from fat (excluding nuts, seeds peanut butter, and other nut butters that meet other guidelines), 10% of its calories from saturated fats and 0% calories from trans fats.

- ∞ Have no more than 35% of its calories from added sugars.

- ∞ Contain reduced sodium when possible and strive toward reducing sodium in individual snack items to not contain more than 240 mg of sodium per serving for snacks and 480 for entrees.
- ∞ Be smaller in serving sizes if of lesser nutritional value (snack items.)
- ∞ Be no more than 150 calories for elementary school students and no more than 200 calories for high school students (snack items.)
- ∞ Have at least half of grain items served to be whole grain.
- ∞ Include fresh fruits and/or vegetables where food and beverages are sold.
- ∞ Be no larger than individual items sold in reimbursable school meals (food items.)

### **Snacks allowed during the school day**

Schools will encourage snacks that make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. (See appendix A for suggestions.)

### **Rewards allowed during the school day**

Food rewards or incentives will not be used in classrooms to encourage student achievement or desirable behavior. (See appendix C for suggestions.)

### **Celebrations allowed during the school day**

Schools will limit celebrations that involve food during the school day. Schools are encouraged to consider celebration activities other than food. This includes foods or snack items brought from home. (See appendix A for suggestions.)

### **Fundraising Activities**

Schools will encourage fundraising activities that promote physical activity and healthy foods by regulating the nutritional quality of individual items sold. (See appendix B for suggestions.)

### **School-sponsored Events (such as, but not limited to, athletic events, dances or performances**

School-sponsored events outside the school day will be encouraged to sell or serve healthy foods and beverages by regulating the nutritional quality of individual items. (See appendix D for suggestions.)

## **Physical Activity Opportunities and Physical Education K-12 Goals**

The primary goal of physical fitness and physical education is:

- ∞ To provide opportunities for every student to develop the knowledge and skills for specific physical activities.
- ∞ To maintain physical fitness by regularly participating in physical activity.
- ∞ To understand the benefits of a healthy physically active lifestyle.

Effective Physical Education and times spent before, during and after school should provide **50 minutes or more of physical activity each day for both children and adolescents.**

- ∞ **The PE program should be mostly made up of aerobic activity;** this can include
- ∞ Moderate-intensity aerobic activity, such as brisk walking.
- ∞ Vigorous-intensity activity, such as running.
- ∞ **Vigorous-intensity aerobic activity** should be included.
- ∞ **Muscle strengthening activities** such as gymnastics or push-ups should be included.
- ∞ **Bone strengthening activities** such as jumping rope or running should be included.
- ∞ **Physical Education Objectives**
- ∞ Shall provide adequate space and equipment and conform to all applicable safety standards at both campuses.
- ∞ Ensure highly qualified certified physical education staff will receive professional development on a yearly basis.
- ∞ Ensure a written physical education curriculum for K-12.

### **Elementary School will provide:**

At least an average of 100 minutes per week of Physical Education instruction and additional physical activity including daily recess periods, walking programs, after school programs, and before and after school extracurricular activities.

### **Middle and High School will provide:**

At least an average of 125 minutes per week of Physical Education instruction and at least 50 minutes of additional physical activity including additional elective physical education classes, walking programs, the integration of physical activity into the academic curriculum, after-school programs including intramurals, interscholastic athletics, competitive sports and physical activity clubs. Schools should work with the community to create an environment that is safe and supportive of students having the opportunity to be physically active when commuting to and from school.

### **Daily Recess**

All elementary school students will have at least a 20 minute supervised recess break daily, preferably outdoors, during which the school will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

### **Physical Activity Opportunities Before and After School**

The North and South Campuses of Oak Grove will offer elementary, middle and high school students extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high school and middle school students, as appropriate will be offered interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests and abilities of all students. The Oak Grove Wellness Center will also be available to students to use daily after school.

### **Physical Activity and Punishment**

Teachers and other school and community personnel will not use physical activity (example: running laps, pushups) as a punishment. Teachers and other school personnel will not withhold opportunities for physical activity as punishment.

### **Safe Routes to School**

Oak Grove will research ways to make it safer and easier for students to walk and bike to school. Students are encouraged to use the school shuttle. The school supports efforts in development and implementation of walking or biking to school.

### **Use of School Facilities Outside of School Hours**

Oak Grove encourages the use of the school gymnasiums and wellness center outside of school hours for physical activity programs.

### **Integrating Physical Activity into the Classroom Setting**

Classroom education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities. Classroom teachers are encouraged to provide short physical activity breaks between lessons, classes or standardized testing as appropriate.

## **Communication and Promotion**

### **Staff Wellness**

Oak Grove will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The district will address staff wellness. The district has worked with our insurance provider to offer incentives to employees to promote staff health and wellness.

### **Food Marketing in Schools**

Schools will encourage marketing activities to promote healthful behaviors including: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; and sales of healthy food options for fundraisers. Only logos and brand names promoting healthy options will be allowed on vending machines and are not allowed on books or curricula, textbook covers, school supplies, scoreboards, school structures and sports equipment or any incentive program that promotes food as a reward or market unhealthy food choices.

### **Communication with Parents**

The school district recognizes the importance of communicating with the parents and will support parents' efforts to provide a healthy diet and daily physical activity for their children. Nutrition information for will be available upon request.

### **Monitoring and Policy Review**

The superintendent and district leadership team will monitor and strive to ensure compliance with the established district-wide wellness policy. The school wellness committee will monitor and review the policy annually.



## **APPENDIX A**

### **Suggestions for Healthy Snack Items allowed to be served or sold during the school day:**

1. Fresh fruits and vegetables
2. Animal crackers 8 or 1 oz
3. Graham crackers: 3 – 2 ½ inch squares
4. Whole Grain Crackers: 3 to 5 of ½ oz
5. Oyster Crackers: ½ cup
6. Whole Grain Breadstick: 1 oz
7. Peanut or Sun Butter and Crackers: 3 crackers or ½ oz and ½ Tbsp
8. Mini muffin: 1
9. Vanilla Wafers: 5
10. Saltines: 6 squares
11. Baked Tortilla Chips and Salsa: 15 to 20 chips, ¼ c salsa
12. Low fat granola bars: 1 oz bar
13. Low Fat Cereal Bars: 1 oz bar
14. Whole-grain fruit bars: 1 oz bar
15. Pretzels: 1 oz
16. Baked Chips: 1 oz
17. Rice Cakes: 2 – 4 inch cakes
18. 100 Calorie pack snacks
19. Bagels or bagel bites ½ - 3 inch bagel or 1 oz
20. Whole grain lightly sugared dry cereal: ¾ cup or 1 oz
21. Nut mix: about ¼ cup or 1 oz
22. Trail mix: about ½ cup or 1 oz
23. Nuts or seeds plain: ¼ cup
24. Single-serving canned fruit: ½ cup
25. Celery with peanut or Sun Butter: 1 cup celery plus ½ Tbsp peanut or sun butter
26. Dried fruit: ¼ cup
27. Raisins or Craisins: 2 Tbsp
28. Fruit-based snacks: 1 fruit roll, 1 pouch or about 1 oz
29. Real fruit strips: 1 strip
30. Fat-free or light popcorn: 3 cups
31. Yogurt, non-fat, low-fat, or light: 6-8 oz
32. String cheese: 1 piece of 1 oz
33. Sugar free gelatin cups: 1 each
34. Fat free pudding cups: 1 each
35. Milk, any flavor low-fat or fat-free: 1 cup or 8 oz
36. Fruit juice containing 100% juice: ½ cup or 4 oz
37. Bottled Water: 1 cup or more
38. Flavored non caloric water: 1 cup or more

## **APPENDIX B**

### **Suggestions for Healthy Fundraising Sale Items**

1. Fresh or exotic fruit
2. High quality produce items
3. Nuts and trail mix
4. Gift wrap
5. Magazine subscriptions
6. Garden seeds
7. Candles
8. Discount coupon books
9. Raffles
10. Gift baskets
11. Plants
12. Flowers
13. School spirit items
14. Car washes
15. Walk-a-thons
16. Bike-a-thons
17. Jog-a-thons
18. Skate-a-thons
19. Family game night
20. Hire a student for odd jobs
21. 3 on 3 basketball tournaments
22. Silent auctions
23. Talent shows
24. Streets Alive
25. Fargo Marathon

## **APPENDIX C**

### **Suggestions for Non-Food Rewards**

1. Read a book
2. Sit by friends
3. Read outdoors
4. Teach the Class
5. Have extra art time
6. Enjoy class outdoors
7. Have extra recess time
8. Play a computer game
9. Stickers, pencils, bookmarks
10. Show and tell
11. 5 Minute chat break
12. Enter drawing for prize
13. Get a no homework pass
14. Make deliveries to the office
15. Listen to music
16. Play a favorite game or puzzle
17. Earn play money for privileges
18. Walk with a teacher or principal
19. Eat lunch outdoors
20. Eat lunch with a teacher or principal
21. Start a garden and maintain
22. Have a class pet and care for
23. Dance to favorite music in classroom
24. Get a "free choice" time at the end of the day
25. Listen with a headset to a book or music
26. Have a teacher perform a special skill
27. Be first in line when the class leaves the room
28. Have a teacher read a special book to the class
29. Take a trip to a treasure box for reward (stickers, tattoos, pencils, erasers, bookmarks)

## **APPENDIX D**

### **Suggestions for Food and Snack Items to be allowed or served after the school day**

1. Snack items are 200 calories or less
2. Dairy: Low-fat string cheese (1 oz)
3. Fresh Fruits and Vegetables
4. Nuts or trail mix (1 oz)
5. Baked chips, snack mixes, animal crackers, hard pretzels, whole grain cereal, whole grain crackers, graham crackers, low fat granola and cereal bars
6. 100 calorie snack packs
7. Reduced fat and salt popcorn
8. Frozen low-fat yogurt, 100% fruit juice bars and frozen fruit products
9. Dried fruit snacks, canned fruit cups, fruit smoothies
10. Cookies
11. Bars
12. Soft whole grain pretzel with cheese or low fat ranch dip
13. Baked potato with low fat sour cream or cheese, broccoli or chili
14. Chili or soup with 4 cracker squares
15. Grilled chicken on whole grain bun
16. Deli meat on whole grain bun
17. Hotdog on bun
18. Taco in bag (meat, corn tortilla chips, cheese, sour cream and salsa)
19. BBQ on whole grain bun