

Oak Grove Lutheran School
Wellness Policy
Board Approval Date: June 27, 2006

Healthy School Nutrition Environment

Oak Grove Lutheran School promotes wellness, good nutrition, 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. Provide 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 foods/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 12.

D. The Oak Grove 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

Hot Lunch/Breakfast Program

- The full meal program will continue to follow the U.S. Governments Nutrition Standards.
- The Breakfast provider will be expected to make every effort to follow the School's Nutrition Standard when determining the items in the a la carte sales.
- The lunchroom environment will provide students with a relaxed, enjoyable climate in which to eat and socialize.
- It is encouraged that the lunchroom environment be a place where students have:
 1. adequate space to eat in pleasant surroundings;
 2. adequate time for meals (the American Food Service Association recommends at least 20 minutes for lunch from the time they are seated); and
 3. convenient access to hand-washing facilities before meals.

Fundraising

- All food fundraising for sale or consumption during the school day will be 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 should 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.

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 a minimum of two times annually with committee membership as follows:

- School Food Service Coordinator
- School Nurses
- Parent Representatives from each school
- Student Representatives from each school
- Staff Member Representatives from each school
- School Counselors
- Administrative Representative, Co-Chair
- Physical Education and Health Program Leader, Co-Chair

Oak Grove Lutheran School Nutrition Standards

Oak Grove 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 consumption of nutrient dense foods in the school setting OGLS has adopted the following Nutrition Standards governing the sale of food, beverage, and candy on school grounds. Sites are encouraged to study these Standards and develop building policy using the following School Nutrition Standards as minimal guidelines.

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 not 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 rare special occasions when the school principal may allow a school group to deviate from these guidelines.

- The consumption of nutrient dense foods, i.e. whole grains, fresh fruit, and vegetables is encouraged.

Beverages:

- Vending sales of soda or artificially sweetened drinks will not be permitted in the Elementary school.
- Vending sales of soda or artificially sweetened drinks will not be permitted during the lunch hours in the High school.
- The vending sales of beverages, other than soda, may be available throughout the school day with an emphasis on water and 100% juice.
- * Policy will be reevaluated in 2009 due to current contract with Pepsi.

Candy:

- Vending sales of candy will not be permitted on school grounds.
- 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.