



## School Wellness Policy

*“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own you were bought at a price. Therefore honor God with your bodies.”*

*1 Corinthians 6: 19-20*

### **Introduction**

St. John's Lutheran School exists to assist the families of our congregation, and also our community, by providing a high quality Christ-centered education for training and lifelong Disciples of Christ. This mission embodies many educational aspects for students at St. John's. One of those aspects is the physical wellbeing of students. God's Word tells us to honor him with our bodies. The following headings within the policy outlines steps St. John's takes to educate and nurture the physical wellbeing of its students. To God be the glory in all things.

### **Nutrition**

- All hot lunch meals are cooked on site by a Wisconsin certified cook.
- All hot lunch meals served to students consist of a healthy balance.
- No carbonated beverages will be provided to the students during a school day unless approved by the principal on special occasions.
- Milk for snack (K3/K4) and lunch (K-8) will be provided to families as an option.
- Students will have ample opportunities to receive drinks of water throughout a school day.
- A snack time will be provided to all students; the snack is encouraged to be healthy.
- Students are encouraged not to share food or drinks so as not to spread possible illness.
- All students are welcome to bring birthday treats to celebrate their special day.

### **Fitness**

- All students are provided with recess time and encouraged to be active during their time away from the classroom.
- St. John's Lutheran School utilizes the SPARK curriculum for Physical Education. SPARK motivates students to be active through movement, not necessarily sport.
- Teachers educate students on the benefits of living a healthy lifestyle through the science and religion curriculums.
- All students are provided adequate time to eat during their lunch periods.
- The principal encourages teachers to schedule physical education minutes according to the recommendations by the state of Wisconsin.