

Zion St. John Lutheran School

Wellness Policy

Approved: December 15, 2025

School Year: 2025–2026

Wellness Policy Statement

Zion St. John Lutheran School strives to educate the whole child—mind, body, and soul—in accordance with the teachings of the Christian faith. The school is committed to maintaining a learning environment that promotes and protects students' health, well-being, and ability to learn through healthy eating and regular physical activity.

Wellness Committee

Zion St. John Lutheran School may maintain a local wellness committee composed of administration, staff, parents, and community members as appropriate to assist with implementation, monitoring, and evaluation of this policy.

Specific Wellness Goals

The goals of this policy include nutrition education and promotion, nutrition guidelines for all foods available on campus, physical activity, and ongoing implementation and evaluation.

Nutrition Education and Promotion

Nutrition education is integrated into physical education and classroom instruction. Students are encouraged to make healthy food choices that include fruits, vegetables, whole grains, and low-fat dairy, while balancing nutrition with physical activity.

Nutrition Guidelines for Foods Available on Campus

All foods and beverages available on campus during the school day shall comply with state and federal nutrition standards. Food safety and sanitation regulations will be followed at all times. Students are discouraged from sharing food due to allergies and dietary needs.

School Meals

Meals served through the National School Lunch Program and School Breakfast Program will meet all nutrition requirements, be served in clean environments, and provide a variety of healthy choices. The school will work to eliminate stigma associated with free and reduced-price meals.

Competitive Foods and Beverages

All foods and beverages sold outside the reimbursable meal program during the school day must meet USDA Smart Snacks in School nutrition standards. Fundraisers during the school day must also comply with these standards.

Food and Beverage Marketing and Distribution

Zion St. John Lutheran School ensures that all food and beverage marketing and distribution practices on campus support healthy choices and comply with USDA Smart Snacks in School nutrition standards and guidance from the Iowa Bureau of Nutrition and Health. Marketing includes signage, vending machine exteriors, fundraising promotions,

educational materials, and digital displays. Marketing or distribution of foods and beverages that do not meet Smart Snacks standards is prohibited during the school day.

Special Events

Snacks, celebrations, rewards, and fundraising activities during the school day should emphasize healthy food and beverage choices. Non-food rewards are encouraged. Food shall not be withheld as punishment.

Physical Activity

Students will be provided regular opportunities for physical education, recess when feasible, and classroom movement breaks. Physical activity shall not be used as punishment or withheld as a disciplinary measure.

Staff Wellness

Zion St. John Lutheran School values the health and well-being of staff members and encourages healthy lifestyle practices.

Implementation, Monitoring, and Review

The Principal is responsible for implementing and monitoring this policy. The policy will be reviewed every 3 years and revised as necessary to maintain compliance and promote student wellness.