



Trinity Lutheran School

Wellness Policy

Updated, December, 2018

COMPONENT 1: FOOD SERVICE/LUNCHROOM GUIDELINES

Students' lifelong eating habits are greatly influenced by the types of food and beverages available to them. Trinity Lutheran School will strive to do everything possible to provide students with the knowledge and ability to establish good and healthy lifelong eating habits.

1. QUALITY SCHOOL MEALS

Healthy school meals provide energy and nutrients which children need for a sound mind and body. Studies confirm that children who are not well nourished have difficulty learning. Offering a variety of healthy foods in school meal programs allow children to learn to enjoy different foods and develop healthy eating patterns.

Trinity provides meals that meet nutrition standards established by the U.S. Government Nutrition Standards, conform to good menu planning principles, and feature a variety of healthy choices that are tasty, attractive, and of excellent quality. All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010, which can be found at www.fns.usda.gov/sites/default/files/dietaryspecs.pdf.

Our Trinity kitchen staff uses food preparation techniques to provide school meals that are lower in saturated fats, sodium, and sugar, especially high fructose corn syrup. We emphasize healthy food choices that include lean meats, fruits, vegetables, whole grains, and 1% or fat-free milk. Water will be made available, but not to take the place of the required milk component. We locate these choices where they are readily accessible to students.

We use only whole grain breads for school meals, as well as whole grain pastas, when available.

We follow the food requirements developed by the Wisconsin Department of Public Instruction. This includes not only increased servings of fruits and vegetables, but also portion control with no seconds or substitutions. Students purchasing hot lunch may not supplement portions with extra food from home. Individual with needs as recognized by the Americans with Disabilities Acts may submit a DPI generated form filled out by a personal physician to meet special dietary requirements.

School nutrition service shall use the [Smarter Lunchroom Self-Assessment Scorecard](#) to determine ways to improve the school meals environment.

2. OTHER FOOD OPTIONS

If food is used as a reward for students, school staff should use nutritional food.

The school encourages parents to provide a nutritional lunch for children who bring bag lunches from home.

The school encourages organizations to sell non-food items or nutritious food items for fund-raisers, rather than candy or other low nutritious value food as the fund-raiser item of choice. All food and beverages sold outside of the school meal programs shall meet the standards rules established in the [USDA's Nutrition Standards for All Foods Sold in Schools \(Smart Snacks\) rule](#)

3. LUNCHROOM CLIMATE

Trinity will provide a lunchroom environment that provides students with a relaxed, enjoyable

climate. The lunchroom environment will be a place where students have:

- i. Convenient access to hand-washing facilities before meals
- ii. Adequate space to eat with pleasant surroundings.
- iii. Adequate time for meals, which is twenty minutes from the time they are seated.

COMPONENT 2: COMMITMENT TO PHYSICAL ACTIVITY

The primary goal for a school to implement physical activity into their school day is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity and understand the short and long term benefits of a physically active and healthy lifestyle.

1. Students should have sixty minutes of physical activity daily.
2. Students will be given opportunities for physical activity during the school day through daily recess periods, physical education classes, and the integration of physical activity into academic curriculum.
3. Physical Education classes will be thirty minutes daily, or the amount recommended by the state.
4. Students should be given opportunities for physical activity through a range of after-school programs including, interscholastic athletics, and family activity programs.
5. Schools should work with the community to create an environment that is safe and supportive of students' physically active commute to and from school.
6. Students will receive instruction in the five healthy-related components of fitness: cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition.
7. The denial of student participation in recess or other physical activity as a form of discipline, or cancellation of recess or other physical activity time for instructional make-up time will be used in specific and limited situations.
8. Teachers will provide physical activity breaks throughout the school day for all students.

COMPONENT 3: NUTRITION EDUCATION AND GUIDELINES

Trinity Lutheran School has a comprehensive curriculum approach to nutrition in kindergarten through eighth grades. All instructional staff will be encouraged to integrate nutritional themes in to daily lesson plans when appropriate. The health benefits of good nutrition should be emphasized.

1. Provide to parents, via the school's weekly newsletter (menu) helpful hints relating to childhood obesity, diet and health activities.
2. Display information posters in the school building and cafeteria that illustrate concern associated with obesity, diet and healthy activities.

3. Consider integrating nutrition and healthy activities into core curriculum areas such as math, science, and language arts.
4. Consider placing additional emphasis on diet/healthy activities in health classes and health and science classes. Nutritional themes include but are not limited to:

Knowledge of the food guide pyramid
 Healthy heart choices
 Sources and variety of foods
 Guide to a healthy diet
 Diet and disease
 Understanding calories
 Healthy snacks
 Healthy breakfast

Healthy diet
 Food labels
 Major nutrients
 Multicultural influences
 Serving sizes
 Proper sanitation
 Identify and limit junk food

5. Modeling of a healthy life style by adults is vital to the success of nutritional education.

**COMPONENT 4: **SETTING GOALS FOR OTHER SCHOOL-BASED ACTIVITIES
 DESIGNED TO PROMOTE STUDENT WELLNESS.****

Trinity Lutheran School promotes a healthy school by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The school supports 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.

1. Trinity promotes fundraising efforts that are supportive of healthy eating, and that follow the Smart Snacks in School nutrition standards if being sold during the school day. Products that do not meet Smart Snack guidelines may not be marketed at any time in our school. This includes signage, vending machines, and other forms of written or verbal marketing. All food and beverages sold outside of the school meal programs shall meet the standards established in the USDA’s Smart Snacks rule.
2. Trinity provides on-going professional training and development for foodservice staff, teachers, and, where applicable, parents in the areas of nutrition and physical education.
3. We develop strategies for parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
4. Snacks eaten during the school day, including birthday treats, will make a positive contribution to children’s diet and health, with an emphasis on serving fruits and vegetables as the primary snacks and juice, water or milk as the primary beverage. Trinity will assess if and when to offer snacks based on the timing of school meals (a desired goal of 2 hours before lunch), needs, children’s ages, and other considerations. All snacks, except fresh fruits and vegetables, must be in their original packaging, with all ingredients listed. All foods offered at school will meet or exceed the USDA Smart Snacks nutrition standards. The school will offer a list of healthful snack items to teachers and parents, as well as non-food alternatives whenever possible. Suggested foods are listed below:

Raw vegetables/ slices with dressing or yogurt dip
Fresh fruit and 100% fruit juices
Frozen fruit juice pops
Dried fruits (raisins, banana chips, apricots, etc.)
Low-fat meats and cheese sandwiches
Party mix*
Low-sodium crackers
Baked corn chips & fat-free potato chips with salsa and low-fat dips
Low-fat muffins, granola bars and cookies*
Angel food and sponge cakes
Flavored yogurt & fruit parfaits
Jell-O and low-fat pudding cups
Low-fat ice creams, frozen yogurt, sherbets
Low-fat and skim milk products
Pure ice cold water (no energy drinks or caffeinated beverages)
Fig bars
*Caution must be used in case of student allergies.

5. The school will consider limiting celebrations, other than birthdays, that involve food during the school day to no more than one party per class per month. Healthy party treats will be expected.

COMPONENT 5: EVALUATION/IMPLEMENTATION

1. The school administrator or designee will serve as the leader of wellness policy implementation to ensure compliance with established school nutrition and physical activity wellness policies. The school principal will ensure compliance with those policies and will report on the school's compliance to the school board.
2. The school administrator or designee will develop a summary report every three years on compliance with the school's established nutrition and physical activity wellness policies, based on input from the teachers. The report will be provided to the school board.
3. Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of the review, the school will review the nutrition and physical activity policies and will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.
4. The Wellness Policy will be available for review and comment by teachers, parents, healthcare providers, and other stakeholders. Student input will come through the Student Leadership Team. Findings will be reported to the school administrator to develop any necessary plans for improvement.
5. Trinity School will actively inform families and the public about the content of and any updates to the policy through the school website.