

TRINITY LUTHERAN SCHOOL

WELLNESS POLICY

Adopted: May, 2024

Mission Statement: Trinity Lutheran School believes that by the grace of God, we serve our Lord in promoting spiritual, emotional, academic, social, and physical growth. Children and youth who begin each day as healthy individuals can learn more and best utilize their God-given talents and abilities. To that end, this policy encourages the wellness of all students and staff of Trinity Lutheran School.

The Gospel Motivates Us: As leaders of Lutheran schools, we believe that God created us and given us all things, including our health. Therefore, we thank God for the gift of life and health He has given us – imperfect as it may be with problems of illness and diseases as a result of sin. But knowing what God has done for us through Jesus Christ – the forgiveness of sins, life, and salvation- our response is to care for the body that is on loan to us as a way of thanking and praising God. If we view our bodies as His temple, we can begin to see the importance of daily maintenance in order to keep it usable for His service. By keeping our bodies well-maintained and filled with the right kinds of fuel (foods) needed to sustain us, we will be ready at a moment's notice for the demands and tasks He is calling us to do. *(Adapted from "Fill'er Up with Good Food." Written by Steve Grunewald, writer/editor of Better Health, a quarterly wellness letter published by Concordia Plan Services of the Lutheran Church-Missouri Synod and published in Shaping the Future, a publication of the Lutheran Education Association, Winer 2005.)*

SECTION 1: Nutrition Education

Trinity Lutheran School will educate, encourage, and support healthy eating by all students. The children are constantly reminded that they are special creations of a great and loving God. He cares for them, as do their teachers and staff. This provides a strong base for the emotional and spiritual wellness of students.

Trinity Lutheran School will promote fruits, vegetables, whole grains, low-fat and fat-free dairy, healthy food preparation, and health-enhancing nutrition practices.

Trinity Lutheran School will offer nutrition education at each grade level (Preschool-Eighth Grade) as part of each classroom's science and health curriculum that is interactive and equips students with the knowledge and skills necessary to promote and protect their health. Nutrition education will be integrated into other subjects to complement, but not replace, the health and nutrition education curriculum that is provided in accordance with NDE Rule 10. Trinity's teachers will incorporate the promotion of healthy eating nutrition lifestyles in all subject areas as appropriate.

Educators are encouraged to search for and take advantage of events that promote nutrition education. Activities may include health fairs, traveling health exhibits, field trips to farm or food production facilities and health speakers. Health information focusing on both nutrition and physical education will be published occasionally in our weekly school newsletter. The school will seek other ways to present the message of healthy choices in events sponsored by the school.

Parents and other family members will be welcome to join their children at Trinity Lutheran School for lunch as appropriate. The school will continue to seek ways to involve the parents, students, and community in nutrition education activities.

SECTION 2: Standards for USDA Child Nutrition Programs and School Meals

The school is committed to serving healthy lunches to children with plenty of fruits, vegetables, whole grains, and low-fat and fat-free dairy products. Trinity Lutheran School is the recipient of vended meals prepared by Madison Public Schools (high school kitchen).

The school participates in the USDA child nutrition program and is committed to offer school lunches through the National School Lunch Program (NSLP). In doing so, the meals:

- are accessible to all students;
 - o families are encouraged to apply for free and reduced cost lunches.
 - o for those that qualify, their privacy is protected.
- are appealing and attractive to children;
- are served in a clean and pleasant setting;
- students are allowed at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated;
- the school offers reimbursable school meals that meet USDA nutrition standards;
- promote healthy food and beverage choices such as:
 - o canned or fresh fruit
 - o two vegetable options provided daily
 - o low-fat white milk or fat-free chocolate milk accompanies the meal
 - o a monthly menu lists the daily lunch option to promote and market the school meals.

The staff at Trinity Lutheran School will monitor lunches brought from home and encourage families to provide nutritional meals.

Procedure for Billing

Currently, Trinity Lutheran School families pre-order meals a month in advance (for example, April meals are ordered in March). On or before the 20th of the prior month, a full month's menu is sent home with each child. Parents and their child/children may select what days the student will take hot lunch and then return the order with payment to Trinity Lutheran School.

Staff Qualifications and Professional Development

The food service manager will meet or exceed annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. She will refer to the USDA's Professional Standards for School Nutrition Standards website to search for training that meets her learning needs.

Water

To promote hydration, safe, unflavored drinking water will be available to all students throughout the school day. Students are encouraged to bring their own water bottle to keep at their desk. The principal source of drinking water is the fountain/bottle filler located in the main hallway. Bottled water is also kept in the cooler in the main hallway.

SECTION 3: Nutrition Standards for Competitive and Other Foods and Beverages

Competitive Foods and Beverages

The school does not sell foods or beverages during the school day, nor do the children have access to any vending machines/displays/school stores that sell food.

Celebrations and Rewards

The school will encourage all foods and beverages available to students (outside of the school meal program) to support healthy eating. The USDA Smart Snacks in School nutrition standards will be used as a guideline.

1. Celebrations, parties and field trips. Efforts will be made to limit the number of high calorie, low-nutritional snacks, and instead, provide children with nutritional alternatives or non-food celebratory items.
2. Classroom snacks brought by parents. The teachers should encourage healthy snacks for morning snack break. Chips and sweets (such as cookies or brownies) are not allowed for morning snack break. Candy, soda or energy drinks are not allowed at snack or lunch time.
3. Rewards and incentives. The school will provide teachers and other relevant school staff with a list of alternative ways to reward children or other comparable resources. Food and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.
4. During school sponsored activities, healthy alternatives, such as fruit, vegetables, popcorn, water and sports drinks, will be offered in the concession stands, so that parents and students have options.
5. Healthy choices and nutritional food value will be a consideration in selecting school-sponsored fundraising activities. Physical activity fundraising, such as Trinity's annual American Heart Association's Kids Heart Challenge, are considered when planning the yearly fundraising events.

SECTION 4: Physical Education and Physical Activity

Trinity Lutheran School will provide opportunities for students to maintain physical fitness and regularly participate in physical activity.

Physical Education

Trinity Lutheran School will provide students with physical education, using an age appropriate, sequential physical education curriculum consistent with national and state standards. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits.

All students will be provided with an equal opportunity to participate in physical education classes. They will receive physical education for at least 50 minutes per week throughout the school year.

Physical Activity

Children should have several opportunities for physical activity lasting 15-20 minutes or more during the daytime hours. Exceptions may be made appropriate, such as early dismissal or late arrival days.

Outdoor recess will be offered when weather and other conditions make it feasible for outdoor play.

The teachers will serve as role models by being physically active alongside the students whenever feasible.

Trinity Lutheran Church and School also sponsor club sports teams for girls' volleyball, boys' and girls' basketball, and track. Children in grades 7 & 8 may also participate in football, wrestling and track offered by Madison Public Schools. The school distributes information regarding summer sports camp opportunities through local high schools and colleges.

SECTION 5: Wellness Promotion and Marketing

In-School Physical Activity

The school encourages physical activity as a reward and will discourage the lack of physical activity as a punishment.

Marketing

There is no active marketing of foods/beverages at Trinity Lutheran School.

School families do participate in corporate incentive programs that provide funds to the school in exchange for proof of purchases of company products, such as *Box Tops for Education*.

SECTION 6: Implementation, Evaluation, and Communication

Implementation

This policy originally developed in 2006, has been revised and expanded through the efforts of our wellness committee. The School Wellness Policy team will be comprised of the school principal, the classroom teachers, the food service manager, and community members. They will maintain a plan for implementation to manage and coordinate the execution of this wellness policy.

Recordkeeping

The school will retain records to document compliance with the requirements of the wellness policy in the school office. Documentation maintained in this location will include but not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation to demonstrate compliance with the wellness policy;
- Documentation of efforts to review and update the school wellness policy, including an indication of who is involved in the update;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the school wellness policy has been made available to the public.

Communication

The school will actively inform the school board, families, and the public each year of basic information about this policy including its content, any updates to the policy, and implementation status. This information will be made available through the school's website. The school will also publicize the names of the officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Committee Role and Membership

The school wellness committee will meet at least one to two times a year to establish goals for and oversee school health policies and programs including development, implementation, and periodic review and update of this school's wellness policy. The first meeting held each year coincides with the early August staff meeting held at the school. Through observation and reports from the teachers and staff, the principal will report any difficulties with the implementation of the wellness policy of Trinity Lutheran School to the Board of Education.

Triennial Progress Assessments

At least once every three years, the school will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the school is in compliance with the wellness policy;
- A description of the progress made in attaining the goals of the school's wellness policy. The person responsible for managing the triennial assessment and contact information is the principal or the principal's designee.

School Wellness Committee

NAME	TITLE/RELATIONSHIP TO THE SCHOOL	SIGNATURE
	Principal	
Shelley Freudenburg	Food Service Director/School Secretary	