

Trinity Lutheran Church & School Wellness Policy

Effective 2020-2021 School Year



Trinity Lutheran Church & School is committed to providing an environment that promotes and protects our children's physical, mental, and spiritual health. We are dedicated to support wellness through Christian growth, healthy eating, and physical activity. This is a collaborative effort between our staff, and the families that we serve.

The Wellness Council will develop, and monitor through goal setting and evaluation of the Wellness Policy. A collaborative team of Parents, School Board, Physical Education Teacher, Principal, Determining Official and Food Service Director. The Food Service Director, Principal, and Determining Official will review the goals, evaluate any necessary changes and communicate policy updates annually. The teaching staff will use this policy to support the planning and educational efforts of their curriculum and will promote health and wellness at all grade levels. Concession stands at sporting events and classroom celebrations will also use this guideline to help promote wellness through healthy nutrition and activity choices.

I. NUTRITION EDUCATION

- Students in grades 4K-8 will receive nutrition education that is developmentally appropriate, interactive, and enable students, to acquire the knowledge and skills necessary to make healthy lifestyle choices.
- The school lunch offerings will be coordinated and integrated with the school's instructional programs. This will be the responsibility of the Food Service Director and the School Principal.
- Staff is informed of the most current nutrition education information and is encouraged to integrate nutrition education into daily lessons when appropriate.
- The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure that professional development in the area of food and nutrition is provided for food service directors and staff. New and current Food Service Directors must have at least 12 hours, and new and current staff must have at least 6 hours.
- Goals for Nutrition education:
 1. "90% of the time, "The Smart Snacks Standards" will be followed/used in the classroom."
 2. "Students will be able to differentiate between a healthy and unhealthy food choice 90% of the time."

II. NUTRITION PROMOTION

- The school Newsletter will include an article on nutrition related topic on a monthly basis for during the school year. (a minimum of nine times)
- The classroom will incorporate a monthly wellness topic in the curriculum. This may be exercise or nutrition related.

- Students will have the opportunity to provide input on local, cultural and ethnic favorites. Trinity shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu
- School Nutrition services shall use the Smarter Lunchroom Self-Assessment to determine ways to improve the school meals environment.

III. **PHYSICAL ACTIVITY GUIDELINES**

Trinity school will encourage and provide a variety of opportunities to be physically active both during the school day and at before and after school programs.

- Teachers and staff serve as role models to students and family through their examples of healthy activities.
- Health education will include units on exercise, healthy choices to maintain ideal body weight and avoidance of high-risk activities such as inactivity, poor food choices, smoking, and use of drugs.
- Trinity Lutheran School & Church shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with National and State standards for physical education. ***The Physical Education curriculum for grades 4K-8 is included.***
- After school activities such as the running club, soccer, volleyball, basketball, basketball camps, and track and field are offered and students will be encouraged to participate. Participation in the Presidential Physical Ed Awards is encouraged.
- Teachers will educate students on the importance of achieving the nationally recommended goal of at least 60 minutes per day of physical activity at both home and school. Teachers can help students achieve this goal by incorporating activity into subject lessons, providing short activity breaks between lessons. Trinity provides at least 20 minutes of active daily recess to all grades. Trinity educates and encourages families on the importance of reducing sedentary activities such as watching television, or playing computer games.
- Trinity will offer family-focused events supporting health promotion (Wellness Walk, Open Gym, Down Hill and Country Skiing, Bowling and sledding each year.
- Goal for Exercise Activity
 - Every Student will be involved in 25-30 minutes of physical activity during the school day.

IV. **NUTRITION GUIDELINES**

All students will have access to adequate, healthy food and beverage choices on scheduled school days.

- Meals served through Trinity Lutheran Church & School food service program shall comply with the National School Lunch standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as

specified in 7CFR 210.10 or 220.8, as applicable. ***(See USDA Guideline attachment)***

- In keeping with contractual obligations of the National School Lunch Program, and to ensure the integrity of the school meal program, “No competitive foods or beverages may be sold during school lunch program times.”
- Trinity Lutheran Church and School encourages foods provided on the school campus meet or exceed the USDA Smart Snack in School nutrition standards including those provided at celebrations and classroom snacks brought by staff or family members. ***See USDA Smart Snack handout.***
- All beverages sold must meet USDA Smart Snack nutrition standards.
- Free drinking water is available for self-service in the cafeteria during meal times
- Trinity strongly discourages the use of food/beverages as a reward or punishment. “Teachers may use non-food alternatives as rewards”, *(ex: extra recess may be provided when time allows)* ***See USDA Smart Snacks Standards handout.***
- “Trinity Lutheran Church & School encourages that all food and beverages sold to students during the school day as a fundraising event will meet the USDA school meal and Smart Snacks in School nutrition standards.” Food and beverages sold as fundraising are not allowed during school lunch program times.”
- Soda/Juices can be sold at concession stands/through vending machines after school, and during sporting events, or during extracurricular programs.

V. STAFF WELLNESS

Trinity Lutheran Church & School recognizes the need to care for their church workers, staff, church families, volunteers, and community friends. They serve an important role in modeling healthy behaviors for students, the church family, and our community. These areas of health and wellness include nutrition, activity, and our relationship with Christ.

- Healthy food choices will be offered at events, in the work area, and at congregational gatherings. Refer to “USDA Smart Snacks Standards, Classroom Activities and Celebrations ”
- Staff have the responsibility to serve as role models, for their students and families and adherence to these wellness guidelines are encouraged during school hours and at school functions. ***Example – Staff will not drink soda in the cafeteria.***
- Physical activity will be encouraged for staff, and our church family such as the use of the Trinity Walking path.
- Daily prayer support is provided for staff, our church family, and others facing the challenges of health and wellness through Trinity’s Prayer ministry and the Prayer chapel.

- “Keep My Ministry Well” is the LCMS’s Health and Wellness program focused on improving the health of church workers and their families. Resources can be found at <https://www.concordiaplans.org/employers/keep-my-ministry-well>

VI. ENVIRONMENTAL WELLNESS

- Lunch tables, countertops, desktops, water fountains, and floors will be routinely cleaned per department and janitorial guidelines to promote cleanliness and diminish spread of disease and infection.
- Hand Washing is encouraged and water-less antiseptic cleaners may be used when soap and water are not available.

VII. COMMUNICATIONS

- Communication of Wellness Policy
 - Included in Parent Handbook, Trinity’s Website (**trinitywausau.org**)
 - At the beginning of the year, teachers at each grade level will provide parents with the information of how their class will adhere to the Wellness Policy.

VIII. TRIENNIAL ASSESSMENT-WELLSAT:3.0 (WELLNESS SCHOOL ASSESSMENT TOOL)

A collaborative team of Parents, School Board, Physical Education Teacher, Principal, Determining Official and Food Service Director. The Food Service Director, Principal, and Determining Official will review the goals, evaluate any necessary changes and communicate policy updates annually. The Wellness Council will evaluate compliance with the Wellness Policy no less than once every three years, as established by the U.S. Department of Agriculture.

Adopted: 2006-2007 SY

Revised and Adopted: 2007 SY

Revised and Adopted: 2012-2013 SY

Trinity Wellness Council Members, Nancy Janz, Karen Zimmermann, Heather Schuette, DJ Schult

--2012—Approved by Day School Board

Klz/djs8/2012

Revised: 2017-2018 SY

Revised: January 2021

Revised and Adopted: February 2021

Nlj/bz/2021