

Trinity Lutheran School Wellness Policy

Purpose

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 better utilize their God-given talents and abilities. To that end, this policy encourages the development of lifelong wellness practices to promote healthy eating and physical activities of all students and staff at Trinity Lutheran School.

Wellness and Nutrition Education

- Students are constantly reminded that they are children of a great and loving God. He cares for them, as do the teachers and staff. This provides a strong base for the emotional and spiritual wellness of students.
- Students in all grades are educated in good nutrition practices as part of each classroom's science and health curriculum. Nutrition education that teaches the knowledge, skills and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Staff members shall have the appropriate training.
- The message of making healthy choices is consistent throughout the school, classrooms, lunchroom and other areas where the message can be presented.

Nutrition Standards & Guidelines

- The school maintains the lunch area to ensure that it is clean, safe, and provides an enjoyable meal environment.
- Appropriate measures will be taken to protect students with food allergies.
- All reimbursable school meals served by Trinity Lutheran School meet the requirements and nutrition standards found in the federal regulations. The school will encourage students to make nutritious food choices. Trinity shall monitor all food and beverages sold or served to students including those available outside the federally regulated child nutrition programs.
- In an attempt to limit the number of high calorie, low-nutrition foods, parents are encouraged to provide healthy snack and sack lunch choices.
- We will consider nutrient density and portion size before permitting food and beverages to be sold or served to students.
- In order to develop a healthy taste for a variety of foods, all students are strongly encouraged to take a courtesy bite of all foods served on their tray during lunch.
- The school administrator arranges a lunch schedule that provides adequate time for serving meals, for students to eat, and for cleanup following the meal. Students should have at least 20 minutes after sitting down to eat lunch.
- Drinking fountains are available in the school building, and students are encouraged to drink water throughout the day. Students may have leak free plastic water bottles at school. The water bottles are to contain plain water only, no flavor additives.
- A system is in place so that students entitled to free or reduced lunches are served and treated the same as all lunch program users. No child is refused lunch due to the lack of ability of parents to pay for it.
- Food service personnel take all required classes on the subjects of nutrition, health, and safety.
- The school kitchen is inspected by a public health inspector according to city guidelines.

- Carbonated, caffeinated or sports drink beverages (*excluding low-fat or fat free chocolate milk*) are not allowed at snack or lunch time. (This includes Gatorade, Prime, etc.)

Food and Beverage Marketing in School

School-based marketing and advertising will be consistent with nutrition education and health promotion. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet the USDA Smart Snacks in School nutrition standards. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

- Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

Fundraising

- **Fundraising Activities:** To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually to be consumed at school.
- All fundraising activities that take place outside of school are exempt from Smart Snack Standards. The standards do not apply during non-school hours (30 minutes after the close of the regular school day until midnight), on weekends, and at off-campus fundraising events.
- Sale of frozen pizza, cookie dough and other items preordered and distributed in a precooked state or in bulk quantities (multiple servings in a package) for consumption at home is not required to meet the standards. For example, boxes of preordered Girl Scout cookies, bulk popcorn, intended for consumption at home would not be subject to the standards. Students could take orders and deliver them during the school day for consumption outside of school. The sale of these items is not allowed in the foodservice area/cafeteria during mealtimes.
- Foods that have been purchased through a fundraiser may be delivered on the school campus during the school day if the foods being sold meet the standards or are not intended to be consumed on campus during school hours and as long as students receive permission from the school.
- Any food provided to students that requires payment, contribution, exchange of tickets or tokens of any sort at the time of exchange would be required to be compliant with the Smart Snacks nutrition standards.

Food and Beverages Provided but Not Sold

Items not available to students (such as food available only to adults) for consumption during the school day are exempt. Food brought in for sack lunches, school celebrations, holiday parties, etc. are exempt however we highly encourage families to provide food and beverages that make a positive contribution to children's diets and health.

- **Snacks:** Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as

the primary snacks and water or low-fat milk as the primary beverage. School will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. Trinity will disseminate a list of healthful snack items (Smart snacks according to standards of school nutrition) to teachers, after-school program personnel, and parents.

- Rewards: Trinity will not use foods or beverages, especially those that do not meet the federal nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior.
- Celebrations: Each party is encouraged to include no more than one food or beverage that does not meet federal nutrition standards for foods and beverages sold individually. Trinity will disseminate a list of healthy party ideas to parents and teachers.

Physical Education and Physical Activity Opportunities

- Students are given opportunities for physical activity each school day through physical education classes, recess periods, and athletics.
- Efforts are made for all elementary school students to have at least 20 minutes a day of supervised recess/physical activity time, preferably outdoors. Staff shall encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. It is highly encouraged that recess time precedes lunch time.
- Trinity discourages extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, Trinity will give students periodic breaks during which they are encouraged to stand and be moderately active.
- Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
- Trinity shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the Michigan Physical Education Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Physical Education.
- All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education taught by a certified teacher.
- Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) is encouraged but will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- The school encourages parents and guardians to support their child's participation in physical activities.

Implementation and Measurement

- The principal will be responsible for overseeing the implementation and compliance of the wellness policy and develop and implement administrative rules consistent with this policy.
- The wellness policy will be implemented at Trinity Lutheran School by the school staff. They are responsible for reporting any concerns to the principal.
- Through observation, and reports from staff, the principal will report any difficulties with the implementation of the wellness policy to the Administrative Pastor.

- Faculty and staff will be reminded that healthy students come in all shapes and sizes. Students should receive consistent messages and support for: Healthy eating, physical activity, self-respect, respect for others

Public Involvement

Posting of the Trinity Lutheran Wellness Policy is on our school website and is included in the Parent School Handbook.

The public (including parents, students, food service, congregation and others in the community) will be informed and updated about the local school wellness policy on an annual basis in August prior to the start of school through social media and school publications.

Parents, students, representatives of the school food authority, teachers, school administrators, and the general public are invited to participate in the development, implementation, and update of the local school wellness policy.

Review of this policy shall take place annually at the Trinity April Booster meeting, by the wellness committee headed by the principal. At this meeting the wellness committee shall make any recommended changes to this policy as required by, and in accordance with, the federal and state laws.

Wellness Committee

The wellness committee includes parents, students, representatives of the school food authority, educational staff, members of the public and school administrators.

The Wellness Committee shall be responsible for:

- A. assessment of the current school environment;
- B. review of the District's wellness policy;
- D. measurement of the implementation of the policy;
- E. recommendation for the revision of the policy, as necessary.

Before the end of each school year the Wellness Committee shall recommend to the Principal any revisions to the policy it deems necessary.

The Principal is also responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the Principal shall distribute information at the beginning of the school year to families of school children and post the policy on Trinity's website.

Triennial Assessments

At least once every three years, Trinity will assess the school wellness policy. (The first triennial review will be June 2022. An extension was granted due to COVID so currently June 2023).

The assessment includes:

- A measure of how well the wellness policy is being managed and enforced.
- The extent to which the local wellness policy compares to model wellness policies.
- A description of the progress made in attaining goals of the local wellness policy.
- Make appropriate updates or modifications to the local school wellness policy, based on the assessment.

The person responsible for the Triennial Assessment is the Principal.

Documentation

Trinity will retain records to document compliance with the wellness policy requirements. Documentation maintained will include: a copy or web address of the current wellness policy, documentation on how the policy and assessments are made available to the public, and the most recent assessment of the policy.

This wellness policy can be found at www.tlsmonroe.org.

In addition to the required Wellness Policy document, supporting documentation may also include:

- School wellness policy implementation or action plans.
- Agendas and attendance sheets from wellness policy meetings.
- Emails pertaining to participation in wellness policy meetings.
- Copies of wellness materials that are made available to the public.
- Community flyers or invitations to related wellness events or committee meetings.

Required documentation will be maintained in the school office.

Adopted: Sept. 9, 2013

Review Dates: Aug. 11, 2014 Sept. 14, 2015 Jan. 21, 2016

Revised: March 2017 Reviewed: Aug. 16, 2019

Triennial assessment extensions due to COVID: June 2021, June 2022, June 2023

Revised as part of triennial assessment: June 12, 2023