

Trinity Lutheran School's Wellness Policy on Physical Activity and Nutrition

Preamble

Trinity Lutheran School is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Trinity Lutheran School that:

- all students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Trinity will provide clean, safe, and pleasant settings and adequate time for students to eat.
- our school will participate in available federal school meal programs and National School Lunch.
- Trinity will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

Meals served through the National School Lunch will:

- be provided and approved by the Sheboygan Area School District food service program;
- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet or exceed current nutrition requirements established under the *Healthy Hunger-free Kids Act*;
- offer a variety of fruits and vegetables;
- ensure that half of the served grains are rich in whole grain.

Nutrition Standards for Foods and Beverages Sold Individually

- All foods and beverages sold outside of school meal program shall meet the standards established in USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule.

Food:

- Trinity does not currently sell any foods outside of the meal program during school hours.

Beverages:

- The only beverage sold individually at the school is milk. All milk sold (unflavored or flavored) is low-fat or fat-free.

Portion Sizes:

- Limit portion sizes of beverages sold individually to those listed below:
 - Eight fluid ounces for beverages, excluding water

Free and Reduced-priced Meals: Trinity will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, our school will promote the availability of school meals to all students.

Meal Times and Scheduling: Trinity:

- will provide students with at least 20 minutes for lunch;
- will schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
- will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks

Sharing of Foods and Beverages: Our school will discourage students from sharing foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Fundraising Activities: In accordance with the *Smart Snacks* rule, no more than two exempt fundraisers (i.e. a fundraiser that sells food/beverages not allowable under the Smart Snacks rule) will be held each year; additionally, these fundraisers will not exceed two consecutive weeks and selling these foods will not take place in the meal service area during meal service times. Finally, the School will encourage fundraising activities that promote physical activity.

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 as the primary beverage. The 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. The school will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents at the start of the school year.

Rewards: Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations: When school parties and classroom activities include food, efforts will be made to limit the number of high calorie, low-nutrition snacks and instead provide children with nutritional

alternatives. The school will disseminate a list of healthy party snack ideas to parents and teachers at the start of the school year. Non-food celebrations will be promoted and implemented in classrooms.

II. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion: Trinity Lutheran School aims to teach, encourage, and support healthy eating by students. The school will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by the USDA's Nutrition Standards for All Foods Sold in Schools (*Smart Snacks*) rule. Our school should provide nutrition education and engage in nutrition promotion that:

- annually utilizes the Smarter Lunchroom Self-Assessment Scorecard to determine ways to improve the school meals environment;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as promotions, taste testing, and farm visits
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting. For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

III. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-8. All students in grades 3K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive regular physical education for the entire school year. Student involvement in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) 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.

Daily Recess. All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage 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, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity and Punishment. Teachers and other school and community personnel will not use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.

Physical Activity Promotion. The school will offer at least two family-focused events supporting health promotion (*e.g.* walk/fun-run event, family four-square tournament, etc.) each year.

IV. Policy oversight

1. The wellness policy was developed by a group of stakeholders including the Administrator, Hot Lunch Coordinator, SFA Authority, classroom teacher, physical education teacher, and Board of Christian Day School.
2. The wellness policy will be executed at Trinity Lutheran School by the school staff. Teachers will be responsible for operating the policy and reporting any problems to the principal.
3. The principal will be responsible for overseeing the implementation of the wellness policy and training all staff who are involved in overseeing the lunch room. He/she will ensure compliance with the policy by leading the review, update and evaluation of the policy.
4. Through observation, and reports from the teachers, the principal will report any difficulties with the implementation of the wellness policy to the Board of Education.
5. The Board of Education will review, assess, and update the Wellness Policy on a triennial basis with the help of a committee of stakeholders that may include, but is not limited to, parents, students, School Food Authority representative, physical education teacher, school health professionals, congregation members, and community members. Documentation will be kept of committee members who participate in each review.
6. The approved updates and dates of review will be listed at the end of this document. Assessments will be kept on file in the school office and the complete policy will be published and distributed annually in the Parent Handbook. Wellness Policy updates will be published in the school newsletter.

Reviewed and Approved 1/2/20