

# Local School Wellness Policy

*Trinity Lutheran School of Jackson, MI*

## **The Law Requires**

Congress recognizes that schools play a critical role in promoting student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical inactivity. To formalize and encourage this role, Congress passed a law (P.L. 108 - 265). Each local educational agency participating in a program authorized by the Richard B. Russell National School Lunch Act or the Child Nutrition Act of 1966, “**shall establish a local school wellness policy by School Year 2006.**”

The legislation also **places the responsibility of developing a wellness policy at the local level,** so that the individual needs of each district can be addressed. According to the requirements for the Local Wellness Policy, school districts must set goals for nutrition education, nutrition standards, physical education and activity, and other school-based activities designed to promote student wellness. Additionally, **districts are required to involve a broad group of individuals in policy development** and to have a plan for measuring policy implementation.

## **The Gospel Motivates**

As leaders of Lutheran schools, we believe that God created us and gives 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 useable 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,” 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, Winter, 2005.)

## **The Policy**

Part 1.0, the following three pages, gives general language. The four sections in this first part are:

- 1.1 Nutrition Education**
- 1.2 Nutrition Standards**
- 1.3 Physical Education and Physical Activities**
- 1.4 Implementation and Monitoring**

Part 2.0, page 5, contains other topics that required specific discussion and decisions within the Trinity School Family.

**19 January 2007**

## **Part 1.0 A School Wellness Policy**

### **1.1 Nutrition Education**

Nutrition education, a component of comprehensive health education, shall be offered every year to all students. Nutrition education topics shall be integrated into the entire curriculum when appropriate. A quality nutrition education program addresses the following:

#### **Curriculum:**

- Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.
- Has a curriculum that promotes Christian standards and values as written in Holy Scripture.
- Is aligned with state standards.

#### **Instruction and Assessment:**

- Aligns curriculum, instruction, and assessment.
- Addresses the state guidelines for recommended instruction.
- Builds students' confidence and competence in making healthy nutrition choices.
- Engages students in learning that prepares them to choose a healthy diet.
- Is taught by highly qualified teachers, health professionals and qualified volunteers (will bring in speakers from Foote Hospital such as dietitians, contact the Dairy Council for other resources like the "Rat Program," etc.).

#### **Opportunity to Learn:**

- Includes students of all ages and abilities.
- Provides adequate instructional time to build students' confidence and competence in health-enhancing skills.

Nutrition education shall also be made available to parents and the community. Nutrition education may be provided in various forms, including school newsletters, parent and teacher handbooks, additional handouts, posters, banners, website postings, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

### **1.2 Nutrition Standards**

Trinity Lutheran School shall offer school meal programs that design menus that meet the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). TLS shall encourage students to make food choices based on the most current Dietary Guidelines for Americans. Food and beverages that compete with the school's policy of promoting a healthy school environment shall be discouraged.

Trinity will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans* for food and beverages.

Trinity will draw upon qualified child nutrition workers at the school and will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.

Trinity will provide clean, safe, and a pleasant setting and adequate time for students to eat.

Trinity will participate in meal programs that follow USDA guidelines. Each menu sent home will state this.

Trinity will provide nutrition education that fosters lifelong habits of healthy eating and physical activity, will establish linkages between health education and school meal programs, and will utilize related community services. An example might be for our staff to send home lists of healthy food alternatives for classroom parties.

### **1.3 Physical Education and Physical Activities**

Developmentally appropriate physical education shall be offered to all students. In addition, physical education topics will be integrated into the entire curriculum when appropriate. Trinity shall implement a quality physical education program that addresses the following:

#### **Curriculum:**

- Equip students with the knowledge, skills, and attitudes necessary for lifelong physical activity (examples include the Mileage Club for lower grades, “Live It” for middle and upper grades, and the Active & Healthy Schools Program throughout).
- Has a curriculum that promotes Christian standards and values as written in Holy Scripture.
- Influences personal and social skill development.
- Is aligned with state and/or national standards.

#### **Instruction and Assessment:**

- Aligns curriculum, instruction, and assessment.
- Builds students’ confidence and competence in physical abilities.
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- Includes students of all abilities.
- Is taught by highly qualified teachers.
- Keeps all students involved in purposeful activity for a majority of the class period.

#### **Opportunity to Learn:**

- Builds students’ confidence and competence in physical abilities.
- Has an age-appropriate student-to-teacher ratio.
- Has enough functional equipment for each student to actively participate.
- Includes students of all abilities.
- Addresses the state guidelines for recommended instruction.
- Provides facilities to implement the curriculum for the number of students served.

Trinity Lutheran School may offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students Preschool through grade eight. Recess should be in addition to physical education class time and not a substitute for physical education. Proper equipment and a safe area designated for supervised recess is necessary. Teachers are discouraged from withholding participation in recess from students or cancel recess to make up for missed instructional time.

Trinity school is encouraged to provide extra-curricular opportunities for physical activity, including an athletic program for boys and girls.

Trinity is encouraged to use physical activity as a reward, such as teacher or principal walking or playing with students at recess.

Trinity is discouraged from using physical activity as a punishment, unless it fits as a consequence, e.g., in physical education class.

Parents, teachers, administrators, students, and community members are encouraged to serve as role models in practicing healthy eating and being physically active.

## **1.4 Implementation and Monitoring**

The school administrator will ensure compliance with this nutrition and physical activity wellness policy.

- School service staff will ensure compliance with nutritional policies within school food service areas and will report to the school administrator.
- Physical education and health curriculum are aligned with state standards and the Local Wellness Policy.
- Trinity will comply with all applicable federal and state requirements.
- This policy is subject to ongoing review and modification as necessary to assure compliance with the purpose and intent of the Lutheran Schools of Michigan.

Students, staff, and the school community will be informed about the Trinity Wellness Policy. Records of annual inspections and reports will be available at the school.

## **2.0 Issues Related to Trinity's Program of Education**

### **2.1 Vending Machines**

- Health drinks and a healthy Snack machine could work for our school. Or...just a cooler with water available. Any profits would go right back into the program. We will begin to research possibilities.
- Vending machines would be available for student use only before or after school.

### **2.2 Food Service Personnel**

- All food service personnel will be trained in the ServSafe program.

### **2.3 Food Allergies**

- Annually, all families will be made aware of food allergies within our student population. This will be accomplished through the parent newsletter and through classroom and cafeteria education.
- Students will be discouraged from sharing their food and beverages with others.

### **2.4 Snacks**

- Mid-morning snacks will be encouraged for grades Preschool to Four only; grades 5 – 8 will not have snack time.
- Homemade snacks will be allowed or they may be commercial. The school will send home a list of healthy snack ideas for the appropriate grade levels.
- The school will provide a healthy snack list also to our Room Mothers for purposes of providing healthy snacks at classroom parties.

### **2.5 Fundraising**

- Foods sold by the school for the purpose of raising funds should go through the screen of being health-related.
- The school could provide fundraising items for the purpose of promoting physical activity. An example might be “step counters.”

### **2.6 Concession Stand**

- Simple guidelines will be established for foods to be sold at school-related activities. Ideas include having “small” candy bars sold for \$.25 each, trail mix, beef jerky, dried fruit, string cheese, etc.
- Homemade foods should not be allowed for sale, unless approved by the Athletic Director.

### **2.7 Drinking Water**

- Students will be allowed to have water bottles in the classroom, having strict guidelines for their use.