

# **TRINITY LUTHERAN SCHOOL**

## **WELLNESS POLICY**

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### **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. In 2004, Congress passed the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act (Sec. 204 of [Public Law 108-265](#)). This act required by law that all LEAs participating in the National School Lunch Program or other child nutrition programs create local school wellness policies by School Year 2006. The legislation places the responsibility of developing a wellness policy at the local level so the individual needs of each LEA can be addressed.

In 2010, Congress passed the [Healthy, Hunger-Free Kids Act of 2010](#) (Sec. 204 of [Public Law 111-296](#)), and added new provisions for local school wellness policies related to implementation, evaluation, and publicly reporting on progress of local school wellness policies.

On February 26, 2014, the proposed rule for wellness policies was published in the Federal Register. The public comment period closed on April 28, 2014. FNS appreciates the valuable comments provided by stakeholders and the public. FNS received 57,838 public comments that included 546 distinct submissions and 57,285 form letters that were submitted through four large letter campaigns and four small letter campaigns. FNS considered all comments in the development of this final rule.

On July 21, 2016, the final rule was published in the Federal Register. The final rule strengthens the requirements on public involvement, transparency, implementation, and evaluation among other topics.

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 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," 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 Rationale**

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk of the development of many chronic diseases. Schools and school communities have a responsibility to help students acquire the knowledge and skills necessary to establish and maintain lifelong healthy eating patterns. Well-planned and well-implemented wellness programs have been shown to positively influence children's health.

Schools also have a responsibility to help students establish and maintain lifelong habits of being physically active. According to the U.S. Surgeon General, regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer, and diabetes.

## **The Policy**

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

- The school will permit students, parents, teachers, food service professionals, health professionals, and other interested community members to participate in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades Pre-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.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- The identity of students who receive free or reduced lunches will be protected. The school will provide information and outreach materials about other FNS programs such as Food Stamps, and Women, Infants, and Children (WIC) to families.

- 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.
- Trinity Lutheran School will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

## **Nutrition Education**

Nutrition education, a component of comprehensive health education, shall be offered every year to all Trinity Lutheran School 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.
- Taught by highly qualified teachers, health professionals and qualified volunteers.

### **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.

## **Nutrition Standards**

Trinity Lutheran School will design menus that meet the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). Schools 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 Lutheran School will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans* for food and beverages.

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

Trinity Lutheran School will provide clean, safe, and pleasant settings and adequate time for students to eat.

Trinity Lutheran School will follow USDA guidelines.

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 and state guidelines.

Primary coordination of health services shall be through trained health care liaisons with the support and direction of Trinity Lutheran School. CPR and first aid training are provided regularly to Trinity Faculty and staff by certified trainers.

Students are allowed to bring and carry water bottles filled with only water throughout the day.

Students are discouraged from sharing their foods or beverages with one another during meal or snack times.

Trinity Lutheran School 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.

Trinity Lutheran School will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages as rewards for academic performance or good behavior and will not withhold food or beverages (including food served through school meals) as a punishment.

Trinity Lutheran School will limit celebrations that involve food during the school day and food that does not meet nutrition standards will be limited.

Snacks served during the school day will make a positive contribution to children's diets and health.

Appropriate measures will be taken to protect students with food allergies.

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.

Trinity will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

## **Physical Education and Physical Activities**

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

### **Curriculum:**

- Equip students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Has a curriculum that promotes Christian standards and values as written in Holy Scripture.
- Influences personal and social skill development.
- Is aligned with state 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 offers daily opportunities for unstructured physical activity, commonly referred to as recess, for all students' Pre-K 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.

Trinity Lutheran School promotes physical fitness through individualized and activity assessment via the Presidential Youth Fitness Program.

Teachers are discouraged from withholding participation in recess from students or cancel recess to make up for missed instructional time.

Trinity Lutheran School provides extra-curricular opportunities for physical activity, including an athletic program for boys and girls.

Trinity Lutheran School does not use physical activity as a punishment.

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

## **STAFF WELLNESS**

Trinity Lutheran School will provide information about community wellness resources and services and assist in identifying and supporting the health, safety, and well-being of the teaching and non-teaching support staff.

- Trinity Lutheran School shall be in compliance with drug, alcohol and tobacco free policies.
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- Trinity Lutheran School shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.
- Trinity Lutheran School is a member of Concordia Health Plans. This program allows members access to physical, emotional and financial help at any time. In addition many of the staff participates in the vitality program as an educational resource and motivator.

## Implementation

- School food service staff will ensure compliance with nutritional policies within school food service areas and will report to the school principal.
- Physical education and health curriculum are aligned with state standards and the Local Wellness Policy.
- Trinity Lutheran School 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 State of Illinois.
- The policy will be updated and assessed as needed.
- The school administrator, based on feedback from constituents and other resources, may revise the wellness policy as appropriate.

## Attachment A

### Healthful Food and Beverage Options for School Functions\*

At any school function (parties, celebrations, meetings, etc.) healthful food options should be made available to promote student, staff, and community wellness. Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans are listed below.

- Raw vegetable stick/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges – cantaloupe, honey dew, watermelon, pineapple, oranges, etc. 🍉
- Sliced fruit – nectarines, peaches, kiwi, star fruit, plus, pears, mangos, apples, etc. 🍌
- Fruit salad
- Cereal and low-fat milk
- 100% fruit or vegetable juice
- Frozen fruit pops with fruit juice or fruit as the first ingredient
- Dried fruits – raisins, cranberries, apples, apricots
- Single serving applesauce or canned fruit in juice
- Peanut butter with apple wedges or celery sticks
- Fruit smoothies made with fat-free or low-fat milk
- Trail mix (dried fruit and nuts)
- Dry roasted peanuts, tree nuts, and soy nuts (not coconut or palm nuts)
- Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
- Party mix (variety of cereals, nuts, pretzels, etc.)
- Pretzels or reduced fact crackers
- Baked chips with salsa or low-fat dip (Ranch, onion, bean, etc.)

- Low-fat muffins (small or mini), granola bars and cookies (graham crackers, fig bars) 🍪
  - Mini-bagels with whipped light or fat-free cream cheese
  - Pasta salad
  - Breadsticks with marinara
  - Fat-free or low-fat flavored yogurt & fruit parfaits
  - Fat-free or low-fat pudding cups
  - Fat-free or low-fat milk and milk products (string cheese, single-serving cottage cheese, cheese cubes)
  - Flavored soy milk fortified with calcium
  - Pure ice-cold water
- *This list is not all-inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices.*

## References

Child Nutrition and WIC Reauthorization Act of 2004 [Public Law 108-265, Sec. 204].

<http://thomas.loc.gov/bss>

Concordia Plans Wellness. <http://www.concordiaplans.org/wellness.html>

Dietary Guidelines for Americans 2015, Department of Health and Human Services and Departments of Agriculture, 2015. <https://health.gov/dietaryguidelines/2015/guidelines/>

MyPlate.gov, United States Department of Agriculture. <https://www.choosemyplate.gov/>

Minimum School Meals Requirements – section 9(f)(1), 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)o

Minimum School Meals Requirements – subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779)

Power of Vitality. <https://www.powerofvitality.com/vitality/>



