



FIRST LUTHERAN SCHOOL WELLNESS POLICY 2021-2022 School Year

Mission Statement

The mission of First Lutheran School's Wellness Policy is to promote a healthy lifestyle for students which will lead to lifelong maintenance of healthy habits. This mission will be accomplished by nutrition standards, physical activity, and partnership with community physical fitness-related activities.

Goals – Nutrition Education

First Lutheran School will strive to achieve the following Nutrition Education Goals:

- ☀ Ensure that our staff has adequate training, so that they are prepared to identify and serve nutritious meals to our students.
 - The Cafeteria Manager is responsible for nutritional requirements and will participate regularly in professional development activities to effectively deliver an accurate nutrition education program as outlined by the National School Lunch Program (NSLP).
- ☀ Provide information at least once a year to school families, notifying them of the availability of the National School Lunch Program.
 - The school secretary is responsible for disseminating information to school families regarding First Lutheran School's participation in the NSLP during the enrollment process in August of each year.
- ☀ Food and/or beverages marketed in the cafeteria will meet the school nutrition and smart snacks standards.

Goals – Nutrition Promotion

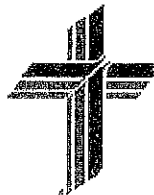
First Lutheran School will strive to achieve the following Nutrition Promotion Goals:

- ☀ First Lutheran School is committed to serving healthy meals to children.
 - First Lutheran School participates in the National School Lunch and Breakfast Program, and follows their meal patterns.
- ☀ Students eating lunch at First Lutheran School will be encouraged to eat all of the nutritious foods offered for lunch each day.
 - The Kitchen Manager is responsible for her and the cafeteria staff encouraging students not only to take but to eat the appropriate and required numbers of dairy/meats/fruit/vegetables/grains with each meal served.
- ☀ Students eating lunch at First Lutheran School will be encouraged to TRY new foods/new versions of foods they are familiar with.
 - The Kitchen Manager (and kitchen staff) is responsible for this goal, by encouraging students to try any new food or recipe that is prepared during the year.
- ☀ First Lutheran School will promote nutritional choices outside of the school year.
 - The principal, kitchen manager, and school secretary are responsible for this goal collectively, by participating in the Summer Lunch Program, which provides free nutritional meals to children 18 and under throughout the community.
- ☀ First Lutheran School promotes nutritious, healthy choices by restricting the sales of soda's, chips, candy bars, etc., during school hours.
 - The principal, kitchen manager, school secretary, and other school staff are responsible for this goal collectively, by ensuring that no outside foods that do not meet the Smart Snacks requirements are sold during the school day without prior approval from the NSLP.
- ☀ Promote hydration and smart beverage choices.
 - Free, safe, unflavored drinking water will be available via water fountains to all students throughout the school day across all of our buildings including the cafeteria at mealtime.

First Lutheran Church & School

1104 N. 4th St—Ponca City, OK 74601

"GROW at FIRST"



Pastor Joseph Highley
580 - 762 - 1111

Principal David Birnbaum
580 - 762 - 9950

School Fax 580-762-4243

Goals – Physical Activity:

First Lutheran School will strive to achieve the following Physical Activity Goals:

- ☼ First Lutheran will offer physical education time to each student of First Lutheran.
 - The principal at First Lutheran School is responsible for ensuring the physical education is built into the classroom schedules.
- ☼ Students will be offered free time (recess) with adequate playground and equipment/facilities to encourage recreational physical activity.
 - The principal is responsible for ensuring that students have a minimum of 1 hour of physical activity opportunities every day for students 5th grade and below. For students 6th grade and above, the school offers physical fitness opportunities during their lunch hour, and through an elective each quarter that encourages physical activity.
 - The principal and school board are responsible for providing appropriate space and age-appropriate playground equipment to encourage structured and unstructured physical activity by students.

Goals – Other School-Based Activities

First Lutheran School will strive to achieve the following goals:

- ☼ First Lutheran School will offer extra-curricular events to middle school students to promote an active lifestyle.
 - The principal is responsible for ensuring that the school offers after-school extra-curricular physical activities such as cheer, track, and basketball for middle-school students.
- ☼ All ages/grades of students and their families will be invited and encouraged to participate in school and community physical events such as the Relay for Life and Fun Run/Walk events that are brought to our attention.
 - The school secretary is responsible for notifying parents of extra-curricular events at school and in the community, via the school newsletter and handouts.
- ☼ First Lutheran will continue to encourage a healthy lifestyle by providing areas for recreational sports to practice and compete.
 - The principal and secretary at First Lutheran are responsible for making sure that groups who wish to engage in these activities follow the approved procedures for reserving an area, and are also responsible for assisting them to gain access to these areas.
 - Additionally, the principal and secretary are responsible with the athletic director in organizing tournaments to engage our younger basketball teams in physical competition with the other youth in the area.
- ☼ First Lutheran will encourage a healthy lifestyle throughout other Lutheran schools in Oklahoma by continuing to organize a yearly Lutheran School Track Meet.
 - The principal, school secretary, and athletic director are primarily responsible for the planning and implementation of the school/district-wide track meet.
- ☼ Seasonal parties are scheduled for students each year. To ensure the health and safety our students, food and drinks must be maintained at proper temperatures. For his/her birthday, a child may bring a treat for each child in the class (from the FLS Parent Handbook).

Goals – Nutrition Guidelines for All Foods Sold on Campus

First Lutheran School will strive to achieve the following NSLP Goals:

- ☼ Students will be offered meals that meet the National School Lunch meal patterns, nutrition standards, and reimbursable meals established the U. S. Department of Agriculture and the Oklahoma Department of Human Services, School Nutrition Program.
 - The kitchen manager is responsible for ensuring that the meals served meet the meal patterns for nutritional standards, serving sizes, and reimbursable meals.

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- ☼ First Lutheran School will follow the USDA Smart Snacks in School Standards for all foods sold at school (unless prior approval has been requested and granted).
 - The kitchen manager is responsible for using the smart snack calculator to determine if snacks meet the USDA qualifications.
- ☼ First Lutheran School will follow the NSLP guidelines for meal charging, record-keeping, and filing of claims.
 - The school secretary is responsible for tracking charges of meals, filing of claims, and completing and filing the required forms in her office.
- ☼ First Lutheran School staff involved in the NSLP will meet or exceed the number of training hours required.
 - The school secretary is responsible for tracking training hours and ensuring that staff have met or exceeded the hours required for their position within the NSLP.

Implementation and Review

1. The School Board/Wellness Committee will convene at least 4 times per year, and will establish goals for and over see school health and safety policies and programs, including development, implementation, and periodic review and updating of this wellness program.
2. As part of the review of the school wellness policy, the committee will review the "model" wellness policy designed by the USDA.
3. David Birnbaum, Principal, is responsible for insuring the implementation of the school wellness policy as written here.
4. This policy will be reviewed the first quarter of each school year at the School Board Meeting. Following approval, the principal will post the approved policy and the minutes of the meeting on the bulletin board in the lunchroom, and post a copy in the NSLP files in the school secretary's office. The school secretary will then post the update on the school parent connect system (FastDirect).

This policy has been reviewed and adapted by the First Lutheran School Board effective this date and by the following attendees. The motion was made to approve the policy by Wendy Landis and the second was made by Mike Olschowitz. The vote to adopt this policy was July 27, 2021
5 members were in attendance.

Date: July 27, 2021

Members In attendance:

NAME	POSITION ON BOARD	EMPLOYED BY
<u>Wendy Landis</u>	<u>Member</u>	<u>Ponca City Public Schools</u>
<u>JASON GAIN</u>	<u>Member</u>	<u>SELF</u>
<u>Jessie Stigge</u>	<u>Recording secretary</u>	<u>Retired</u>
<u>Mike Olschowitz</u>	<u>member</u>	<u>Liquid Power Specialty Products Inc.</u>
<u>David Birnbaum</u>	<u>Chairman</u>	<u>Emel Green Power</u>

Presented by: David Birnbaum
Principal - David Birnbaum

This institution is an equal opportunity provider.

Board of Parochial Education Minutes

Tuesday, July 27, 2021 at 4:30 PM in the library

Present:

David Birnbaum

Jason Cain

Trudi Stigge

Jason Heitman

Mike Olechnowicz,

Wendy Landis

Absent: Jackie Burden

A. Opening Devotions by David on "It's Not About Position but Credibility"

B. Minutes were approved

C. Old Business (July & August items)

1. Covid update: "Normal" school opening, August 18, pursuing safety precautions as deemed Necessary while monitoring the situation
2. Day Care Report (from Jason & Jackie)
 - a. Brightwheel \$60/mth – persistently available for parents to check, keeps track of daily events – Motion made & approved
 - b. 30/30 rule – Starting to enforce DHS rule that 30 minutes before & after for pick-up from ECC
 - c. Day ends at 5:15 PM; charge \$1/minute beyond that time – Motion made & approved
 - d. Need new plan for big kids in summer, since they are charged \$30/day but aren't always there
 - e. DHS report from Friday 7/23/21—required additional woodchips in playground area
3. Fall enrollment is favorable – 3 & 4-yr-olds distributed among Missy, Michelle, & Lori
4. EANS funding update: \$9K already spent / 50 laptops for \$36K / \$16K internet approved
More purchases-2 refill water bottle fountains & chromebooks / & paying Harbo & McKinley & Sibley tutor
5. Carpet – Bill Miller tested for air quality for possible carpet mold and passed test. Hallelujah.
6. Drop band fee for now since Sarah Brey, our new fulltime teacher, will be doing it – Motion approved
7. Chrome books – continue to allow 7th & 8th graders to carry between home & school
Possibly pay \$50 to \$100 upfront and if devices are returned in great condition, then full refund.
8. Yearbook cost dropped from \$2000 to \$429 – increase Steichen stipend from \$250 to \$400
Motion made, seconded, and carried.
9. Motion made by Wendy, seconded by Mike to approve: Annual Procurement Plan / Code of Conduct / Wellness Policy – Motion carried.

D. School Donations Fund Report

E. School Checking Account Report – Covid \$336K

- a. EANS payment based on premise that we purchase & then are reimbursed
- b. New money line for Covid to verify the spending (about \$9K so far)
 - i. Purchase 2 more outside trash bins (\$500 each)
 - ii. ECC indoor-outdoor carpet (\$600) – wait on other options such as used AstroTurf

F. Coming Events

1. Teacher meetings begin
 2. Mentor & building meetings—handbook to new teachers
 3. Registration day
 4. First Aid/ CPR—KCHD will suggest a qualified person
 5. Luncheon (reciprocal background info) / Civil Rights
 6. New Teacher Installation / Staff Rededication
 7. Open House / BOPE serves burgers
 8. First day of school (Chapel @ 9 AM)
 9. Yard Sales / Car Wash (Aug 28)
 10. Oklahoma District Teachers Convention
- Tues.-August 3 @ 9 AM
Wed.-August 4 @ 9 AM
Tues.-August 10 from 10AM – 6 PM
??? undecided
Fri.-Aug 13 @ 11:30-3PM (Daycare closed)
Sun.-Aug.15
Sun.-Aug. 15 @ 10:30
Wed.-August 18 @ 8:10
Sat.-Aug. 21 & 28
Fri.-Sep. 17

G. Closed with Lord's Prayer

Submitted by Trudi Stigge

Triennial Wellness Policy Assessment Report

2019-2020 School Year

3

As required by law, each school Food Authority (SFA) must establish a plan for measuring implementation of the local wellness policy, including designation of one or more persons with operational responsibility for ensuring that the school is meeting the policy. Assessment should be ongoing. Requirements also include community participation or a team of collaborators responsible for reviewing the wellness policy and evaluating results.

A sustained effort by each SFA is necessary to assure that new policies are faithfully implemented. Periodically assess how well the policy is being managed and enforced. Reinforce the policy goals with school staff if necessary. Be prepared to update or amend the policy as the process moves on. The school district or individual schools should celebrate policy success milestones (and the district team can do the same!).

The regulations require each SFA to compare their local wellness policies with the model local wellness policy. The model local wellness policy is available through OKDHS School Nutrition Programs.

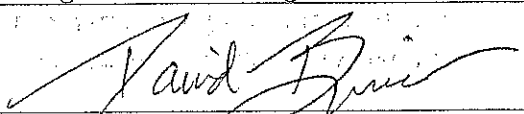
Note about the model local wellness policy: It is important to keep in mind the fact that the model local wellness policy is best practice, and exceeds current program requirements.

Evaluation and feedback are very important in maintaining a local wellness policy. You need to document any financial impact to the school foodservice program, school stores, or vending machine revenues.

It is also important to assess student, parent, teacher/staff member, and administration satisfaction with the new policies. A good evaluation plan does not need to be extensive, formal or put additional undue burdens on staff that is involved in the process.

Through the evaluation process, you will be able to answer some basic questions that are very important to policymakers, students, school staff, parents, and the general public:

Designated Person(s) responsible for review and compliance:

Designated Person's Name	Designated Person's Signature
David Birnbaum Principal, First Lutheran School	

Date of Review

7/30/2019

Name and title of committee members participating in assessment:

NAME	TITLE / RELATIONSHIP TO THE SCHOOL OR DISTRICT	EMAIL ADDRESS	ROLE ON COMMITTEE
JASON HEITMAN	SCHOOL BOARD/CURRENT SCHOOL PARENT	JASON.HEITMAN@ENEL.COM	MEMBER
STEVE GALES	SCHOOL BOARD/CURRENT SCHOOL PARENT	GALES.STEVE@YAHOO.COM	MEMBER
JENNIFER HOAK	SCHOOL BOARD/FORMER PARENT	HOAK5@CABLEONE.NET	MEMBER
KENDRA MAYER	SCHOOL BOARD/CURRENT SCHOOL PARENT	K_HUBBARD@SBCGLOBAL.NET	MEMBER
FAITH LINNEBUR	SCHOOL BOARD/FORMER PARENT	JFKJLINNEBUR@SBCGLOBAL.NET	MEMBER
TRUDI STIGGE	SCHOOL BOARD/FORMER TEACHER	580-716-0505	MEMBER

1. What changes to nutrition education, physical activity, the nutritional quality of foods available to students, and other aspects covered by the policy occurred in each school as a result of the district wellness policy and the last assessment?

For example:

- Did the number of students participating in nutrition education change?
- Did the students have a different number of minutes of physical activity?
- Did any of the campuses change available food options?
- Did participation in the National School Breakfast or Lunch Program change?

In 2018/19 school year, 1,631 more student meals were sold than the prior year.

2. Are the goals listed in the current Local Wellness Policy implemented (review policy)?

<input checked="" type="radio"/> Yes	<input type="radio"/> No
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If no, what steps are being taken to ensure implementation?

n/a

3. What is the assessment of the current Local Wellness Policy?

For example:

- Is it making a difference?
- What's working?
- What's not working?

The number of student meals sold has increased, however, the 9% increase in meals sold could also be attributed to a 23% increase in students who qualify for free meals.

4. Were recommended revisions in the last assessment adopted into policy?

<input checked="" type="radio"/> Yes	<input type="radio"/> No
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If yes, date of last revision	8/16/18 (First Day of School)
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5. Has the review team compared policy to other Local Model Wellness Policies (contact OKDHS School Nutrition Programs for a copy of the model wellness policy)?

<input checked="" type="radio"/> Yes	<input type="radio"/> No
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6. How can the impact of the policy be increased to enhance its effect on student health and academic learning?

7. Did the school provide this review and updates to the community and team collaborators?

<input checked="" type="radio"/> Yes	<input type="radio"/> No
It is posted in the cafeteria and on the school parent portal	

If you need further information on the evaluation process, the following resources are among those available to assist you:

Evaluation Primer: An overview of education evaluation. This material is excerpted from ***Understanding Evaluation: The Way to Better Prevention Programs*** [PDF].

Evaluating Community Programs and Initiatives (chapter 36-39 of the Community Toolbox) developed by the University of Kansas Work Group on Health Promotion and Community Development. This document contains information on developing a plan for evaluation, methods for evaluation and using evaluation to understand and improve the initiative. Available at:

<https://ctb.ku.edu/en/evaluating-community-programs-and-initiatives>

Reference:

Team Nutrition Local School Wellness Policy Page, United States Department of Agriculture. Located at: <https://www.fns.usda.gov/tn/local-school-wellness-policy>