

**Trinity Lutheran School Menasha, Wisconsin
Wellness Plan**

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Trinity Lutheran School preparing children for life and eternity with Jesus Christ

Policy Preamble

The Board of Education of Trinity Lutheran School supports the health and well-being of the school's students by promoting nutrition and physical activity at all grade levels. In accordance with federal law, it is the policy of the Board to provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; provide nutrition education; and require that all meals served by the school meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture.

Wellness Policy Leadership

The designated official for oversight of the wellness policy is the school Principal. The official shall convene the Wellness Committee and lead the review, updating, and evaluation of the policy.

A Wellness Committee shall be formed and maintained to oversee the activities set forth in this policy. The Committee shall meet annually to review nutrition and physical activity policies and to develop an action plan for the coming year. The committee shall meet no less than one time during the school year to discuss the implementation of the established activities and address and barriers and challenges. The Committee shall report annually findings to the Board of Education on the implementation of the policy and the recommended changes or revisions. The Board will adopt or revise policies bases on the Committee recommendations.

Committee Representatives

Trinity Lutheran School shall invite a diverse group of stakeholders to participate in the development, implementation, and periodic review and update of the wellness policy.

Stakeholders may include:

- Principal
- A Classroom teacher
- School food service representative
- School Administrative Assistant
- Parent

Nutrition Standard for All Foods

Trinity Lutheran School recognizes the importance between nutrition and learning. Our students are taught that as children of God, they develop their talents to the best of their ability. The importance of healthy eating habits along with physical activity are essential to physical and emotional growth, as well as student overall health and well-being. Trinity Lutheran's goal is to assist students and staff in the development of lifelong wellness practices to promote healthy eating patterns and healthy life styles.

School Meal Programs

- All meals meet or exceed current nutrition requirements established under the Healthy Hungerfree Kids Act of 2010
www.fns.usda.gov/sites/default/files/dietaryspecs.pdf
- All meals are accessible to all students.
- Withholding food as a punishment shall be strictly prohibited.
- All meals are appealing and attractive and served in clean and pleasant settings.
- Drinking water is available for students during mealtimes.
- Students are provided at least 20 minutes to eat lunch after being seated.
- School campuses are “closed” meaning that students are not permitted to leave the school grounds during the school day.
- Lunch shall be served between 11:05am-12:30pm
- Menus shall be posted on Fastdirect, the school website, and school newsletter.

School Meal Program Participation

Parent will be notified of the availability of lunch food programs and will be encouraged to determine eligibility for reduced or free meals;

Foods and Beverages Sold Outside of School Meals

- All food and beverages sold and served outside of the school meal programs (“competitive” foods and beverages) shall, at a minimum, meet the standards established in USDA’s Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. The standards are available at
<http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>.
- All food and beverages sold to students during before and after school programs shall meet the USDA Smart Snack nutrition standards.
- No beverages with non-nutritive sweeteners (artificial or natural), such as diet iced tea, diet soda, etc. shall be sold to students during the school day regardless of their compliance with the USDA Smart Snacks standards.
- The sale of foods and/or beverages containing caffeine (with the exception of trace amounts of natural occurring caffeine) at all grade levels during the school day are prohibited.

Foods Offered/Provided but Not Sold

- All foods offered on the school campus shall meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members.
- The School encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members.
- All foods and beverages offered at the school, including those provided at celebrations, parties, or part of classroom snacks, will adhere to the standards as established below.
- Celebrations that involve food will be limited to one per month.
- Non-food celebrations will be promoted and a list of ideas is available to staff and family members.

Fundraising

- It is important to promote fundraising activities that reinforce good food choices and lifestyle behaviors. New fundraising strategies which include the sale of healthy foods and non-food items, is a public demonstration of the school's commitment to promoting healthy behaviors among students, families, and the communities at large, while helping schools meet their financial needs.
- All fund-raising projects must be approved by school administration.
- School should encourage fundraising activities that support physical activity.
- All fundraising projects are encouraged to meet the Nutrition Guidelines.
- After school concessions for extra-curricular activities and outside groups may include soda and candy sales. Healthy food and beverage options should also be available.
- Items being sold must not interfere or compete with the School Lunch Program.
- Outside groups are not allowed to sell products on school grounds that do not meet school administration approval.

Marketing

Trinity Lutheran Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. marketing includes Brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.

Nutritional Education and Participation

Trinity Lutheran School is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.

Nutrition Education will be incorporated throughout the school year to all students. Age appropriate instruction will include learning activities that encourage healthy eating habits and will outline the benefits of a healthy diet.

Trinity Lutheran School will encourage good eating habits. We will provide instruction on what foods are healthy to eat and what foods are unhealthy. We will encourage that students eat healthy foods and we will employ the approach of moderation for the consumption of unhealthy foods. School concessions will offer healthy-choices for students to eat.

Educational posters will be placed in the lunch room promoting good nutrition and healthy eating.

The school will participate in the National School Lunch Program and will serve meals that meet or exceed nutrition requirements established under the Healthy Hunger-free Kids Act.

Snacks available for sale during and immediately after school will meet or exceed standards established the Smart Snacks rule. Food and beverages that do not meet these standards will not be sold or marketed during the school day.

The school will encourage healthy snacks or non-food treats for school parties and as rewards.

Physical Education and School Based Activities

Children and adolescents should participate in 60 minutes of physical activity every day. Trinity Lutheran School shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. Trinity Lutheran School shall also provide opportunities for students to participate in physical activity in addition to physical education.

Physical activity during the school day shall not be withheld as punishment.

Trinity will offer quality physical education to all students. All students shall have the opportunity to participate in regularly supervised physical activities, either structured or unstructured (recess). Participation is intended to help students maintain physical fitness throughout their lives. The school P.E. teacher will be promoting life-long physical activities along with nutritional health.

All Trinity students in each grade shall receive at least 60 minutes of physical education per week throughout the school year.

Waivers, exemptions, or substitutions for physical education classes are not granted.

Students shall be moderately to vigorously active for at least 50% of class time during all physical education class sessions.

After school activities will allow time for children to participate in physical activities outdoors or in the gymnasium.

Other Activities that Promote School Wellness

As appropriate, Trinity Lutheran School shall support students, staff, and parents' efforts to maintain a healthy lifestyle.

Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water.

Staff is not permitted to eat or drink out of branded packaging in front of children (e.g., coffee containers with specific company logos).

Staff Wellness

- Educational activities for school staff members on healthy lifestyle behaviors.
- Encouragement of staff members to set medical appointments for screening for cancer, heart disease, diabetes, and other diseases.
- Distribution of an employee health newsletter to promote healthy behaviors.

Community Engagement

Trinity Lutheran School will actively inform families and the public about the content of and any updates to the policy through FastDirect, www.trinitymenasha.com, Tigertracks.

Monitoring and Evaluation

The Wellness Committee will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.

The District will notify school staff, students, and households/families of the availability of the wellness report via newsletters and website postings. The report will be made available at www.trinitymenasha.com.

Revised 06/2023

Healthy Choices List

(List is not all inclusive)

Proper portion size is important to healthy eating.

- Raw vegetable sticks/slices with low fat dressing or yogurt dip
- Fresh fruit and 100% fruit juices
- Frozen fruit juice pops
- Dried fruits (raisins, banana chips, etc.)
- Trail mix/Party mix (dried fruit, nuts, cereal, pretzels, etc.)
- Soy nuts, dry roasted peanuts, walnuts, almonds, pecans, and other tree nuts (avoid coconut or palm nuts)
- Low-fat meats and cheese sandwiches
- Baked crackers (e.g. Goldfish crackers)
- Baked corn chips and fat-free potato chips with salsa and low-fat dips
- Low-fat muffins, low-fat cookies, and granola bars
- Angel food and sponge cakes
- Flavored yogurt and fruit parfaits
- Low-fat pudding cups
- Low-fat ice creams, frozen yogurt, sherbets
- Low-fat and skim milk products
- Unbuttered popcorn
- String cheese
- Single serve fruit cups in natural or light syrup
- Graham and flavored crackers
- Whole grain cereals and bagels
- Water and water products
- Sugar free gelatin