

# **Wellness Policy – Trinity-St. John Lutheran School**

Trinity-St. John Lutheran School believes that by the grace of God, we serve our Lord in promoting spiritual, emotional, academic, social and physical growth. Children and youth who begin each day as healthy individuals can learn more and best utilize their God-given talents and abilities. To that end, this policy encourages the wellness of all students and staff at Trinity-St. John Lutheran School.

## **I. Policy Law**

The Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265), passed by the U.S. Congress and signed into law by the President, established a new provision requiring districts/schools participating in the federally funded school meal programs to develop and implement a local wellness policy by the beginning of the 2006 school year.

Congress, concerned with the growing problem of childhood obesity and health problems associated with poor nutrition and a lack of physical activity, enacted this legislation because they identified schools as playing a critical role in promoting school health, preventing childhood obesity and preventing diet-related chronic diseases. The law requires wellness policies be developed locally to allow a district school to address their local concerns.

## **II. Purpose**

The purpose of this policy is to assure a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

## **III. General Statement of Policy**

- A. The Board of Christian Education recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
- B. The school environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. The Board of Christian Education encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing Trinity-St. John's nutrition and physical activity policies.
- D. Children need to have access to healthy foods and opportunities to be physically active to grow, learn, and thrive.
- E. All Trinity-St. John students will have opportunities, support, and encouragement to be physically active on a regular basis.

- F. Trinity-St. John will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students and will provide clean, safe, and pleasant settings and adequate time for students to eat.

## **IV Guidelines**

### A. Foods and beverages

1. Trinity-St. John will provide a positive Christian environment and appropriate knowledge regarding food.
2. Trinity-St. John will provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.
3. Food service volunteers shall adhere to all federal, state, and local food safety and security guidelines.
4. Our hot lunch director creates a balanced meal plan for Trinity-St. John. All lunch meals planned under the current offer vs. serve guidelines have 5 components: fruits, vegetables, grains, meat/meat alternates, and fluid milk. Students may select three or more of these components containing portion sizes mandated by the daily/weekly minimum requirements.

### B. Nutrition Education and Promotion

1. The Board of Christian Education will encourage and support healthy eating by students and engage in nutrition promotion.
2. Trinity-St. John will enable all students through its curriculum to acquire the knowledge and skills necessary to make healthy food choices for a lifetime.
3. When using food as part of class or student incentive program, staff and students are encouraged to utilize healthy food choices.
4. When curricular –based food experiences are planned, staff and students are encouraged to seek out good nutrition choices whenever appropriate.
5. Strong consideration should be given to nonfood items as part of any teacher-to-student incentive programs.

### C. Physical Activity

1. Students are given opportunities for physical activity and to fully embrace regular physical activity as a personal behavior.
2. The physical education program is designed to stress physical fitness and encourage healthy, active lifestyles.
3. Students are given opportunities for physical activity during

the school day through physical education classes, daily recess periods, and the integration of physical activity into the academic curriculum.

4. Classroom teachers may provide short physical activity breaks between lessons or classes, as appropriate.

#### D. Communication with Parents

1. The Board of Christian Education recognizes that parents and guardians have a primary and fundamental role in promoting and protecting the well being and children's health.
2. The Board of Christian Education will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. The Board of Christian Education encourages parents to pack healthy lunches snacks and refrain from including beverages and foods without nutritional value.

#### **IV. Implementation and monitoring**

- A. After approval by the Board of Christian Education, the wellness policy will be administered by the administrator.
- B. The administrator will ensure compliance with the wellness policy and will provide an annual report of compliance with the policy to the Board of Christian Education.

This wellness policy was presented to the Board of Christian Education members who are the parent representatives of the school, reviewed and adopted by the Board of Christian Education.