

# Trinity Lutheran School Wellness Policy

--Wausau, WI

To begin with the 2012-2013 School Year

Trinity Lutheran Church and School is committed to providing an environment that promotes and protects our children's physical, mental, and spiritual health. We are dedicated to support wellness through Christian growth, healthy eating, and physical activity. This is a collaborative effort between our staff, and the families that we serve.

Trinity's Wellness Council will develop, and monitor through goal setting and evaluation the Wellness Policy. A Collaborative team of parents, Day school ministry leadership, teacher of physical education, principal, Food service manager, Parish Nurse, and students. The Food Service Manager, Principal, and Parish Nurse will review the goals, evaluate any necessary changes and communicate policy updates twice a year (January and June). The teaching staff will use this policy to support the planning and educational efforts of their curriculum and will promote health and wellness at all grade levels. Events and Organizations such as PTL, Sunday School, VBS, Concessions, etc will also use this guideline to help promote wellness through healthy nutrition and activity choices.

## I. NUTRITION EDUCATION

- A.. Students in grades K-8 will receive nutrition education that is developmentally appropriate, interactive, and teaches the skills that they need to adopt healthy eating behaviors.
- B. The school lunch offerings will be coordinated and integrated with the school's instructional programs. This will be the responsibility of the Food Service Manager and the school Principal.
- C. Staff will continue to be informed of the most current nutrition education information through a variety of professional development resources.
- D. Goals for Nutrition education:
  - 1. "90% of the time, 'Suggested Food and Beverage Guideline' will be followed/used in the classroom."
  - 2. "Students will be able to differentiate between a healthy and unhealthy food choice 90% of the time."

## II NUTRITION PROMOTION

- A. The school Newsletter will include an article on nutrition related topic on a monthly basis for during the school year. (a minimum of nine times)
- B. The classroom will incorporate a monthly wellness topic in the curriculum. This may be exercise or nutrition related.
- C. Every school year a 1 week period of time will be designated as Wellness week with activities and topics to be determined by teaching staff that include nutrition and exercise, along with spiritual health.

### **III. PHYSICAL ACTIVITY GUIDELINES**

Trinity school will encourage and provide a variety of opportunities to be physically active both during the school day and at before and after school programs.

- Teachers and staff serve as role models to students and family through their examples of healthy activities.
- Health education will include units on exercise, healthy choices to maintain ideal body weight, the DARE Program and avoidance of high-risk activities such as inactivity, poor food choices, smoking, and use of drugs.
- Physical education or gym time will be part of the planned curriculum for grades kindergarten through eighth grade.
- After school activities such as the running club, soccer, volleyball, basketball, basketball camps, and track and field will be offered and students will be encouraged to participate. Participation in the Presidential Physical Ed Awards is encouraged.
- Teachers will educate students on the importance of achieving the nationally recommended goal of at least 60 minutes per day of physical activity at both home and school. Teachers can help students achieve this goal by incorporating activity into subject lessons, providing short activity breaks between lessons, and educating families on the importance of reducing sedentary activities such as watching television, or playing computer games.
- Students and families will be provided with opportunities such as Health Fairs(Strengthening Hearts), Race For Education, Science displays, Open Gym, Family Olympics, Down hill and cross country skiing, the Trinity Walking Path, community opportunities, and any other health related activities to promote wellness of body, and spirit.
- Goal for Exercise Activity
  - Every Student will be involved in 25-30 minutes of physical activity during the school day.

### **IV NUTRITION GUIDELINES**

All students will have access to adequate, healthy food and beverage choices on scheduled school days.

- Trinity Lutheran School will follow the National School Lunch Program standards by providing nutritionally sound meal plans following the USDA guidelines. The meals will provide adequate portions from the Fruits and Vegetables, Dairy, Rice/Grain. Breads, and Meat group based on their age group. (See USDA Guideline attachment)
- In keeping with contractual obligations of the National School Lunch Program, and to ensure the integrity of the school meal program, food and beverage sales that are in direct conflict with the meal programs are prohibited.
- Trinity Lutheran Church and School will encourage food and beverages for school, church, and community events as outlined in the “Suggested Food and Beverages Guideline for Snacks, Classroom Activities and Celebrations.” See attachment .

- No Soda will be sold before or during the regularly scheduled school day.
- Student incentive programs in classrooms will be given a “Suggested Food and Beverages Guidelines for Snacks, Classroom Activities and Celebrations ”
- Groups and organizations that choose to do fundraising will be encouraged to follow the Trinity Lutheran School “Suggested Food and Beverages Guideline for Snacks, Classroom Activities and Celebrations ” If these events or organizations or clubs choose to sell food items as a fundraiser, these items may not be sold during school lunch program times.
- Soda/ Juices may be sold at concession stands or through vending machines after school and during sporting events, or during extracurricular programs (i.e. band concerts, musicals).
- Alternative “rewards” will be considered rather than food , beverages, or candy for good behavior and performance. **See Appendix B.**

## V. STAFF WELLNESS

Trinity recognizes the need to care for their church workers, staff, church families, volunteers, and community friends. They serve an important role in modeling healthy behaviors for students, the church family, and our community. These areas of health and wellness include nutrition, activity, and our relationship with Christ.

- Healthy food choices will be offered at events, in the work area, and at congregational gatherings. Refer to “Suggested Food and Beverages Guideline for Snacks, Classroom Activities and Celebrations ”
- Staff have the responsibility to serve as role models
- for their students and families and adherence to these wellness guidelines are encouraged during school hours and at school functions. Example – Staff will not drink soda in the cafeteria.
- Physical activity will be encouraged for staff, and our church family such as the use of the Trinity Walking path.
- Daily prayer support is provided for staff, our church family, and others facing the challenges of health and wellness through Trinity’s Prayer ministry and the Prayer chapel.
- “Be Well, Serve Well” is the LCMS’s Health and Wellness program focused on improving the health of church workers and their families. Resources can be found at <http://www.concordiaplans.org>

## VI. ENVIRONMENTAL WELLNESS

- Lunch tables, countertops, desktops, water fountains, and floors will be routinely cleaned per department and janitorial guidelines to promote cleanliness and diminish spread of disease and infection.
- Hand Washing is encouraged and water-less antiseptic cleaners may be used when soap and water are not available.

## **VII. PLAN FOR COMMUNICATION**

- Communication of Wellness Policy
  - Included in Parent Handbook and School's web page.
  - At the beginning of the year, teachers at each grade level will provide parents with the information of how their class will adhere to the Wellness policy.
  - Report the January and June goals reviewed and any updates to the staff and to the Day School Ministry board at regularly scheduled meetings.
  - Report in the School newsletter the results of the January and June goals reviewed and any updates
  - Report on School Web Page

Trinity Wellness Council Members, Nancy Janz, Karen Zimmermann, Heather Schuette, DJ Schult,.  
--2012—Approved by Day School Board  
Klz/djs8/2012