

# ***Trinity Lutheran School Wellness Policy***

## **Wellness Committee Members:**

Mary Horning – Head Cook  
Rebecca Hoff – Director of Student Life  
Mollie Fraley - Director of Development  
Kristi Riley – School Secretary  
Monika Muhler – School Committee President  
Sonya Starling - Athletic Director  
Julie Williams - School Parent  
Kourtney Zahn - School Parent  
Faith Zahn - School Parent

## **1.1 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. The Trinity Lutheran School nutrition education program addresses the following:

### **Curriculum:**

- Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.
- 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.
- Is taught by qualified teachers.

### **Opportunity to Learn:**

- Includes students at all grade levels and abilities.
- Provides adequate instructional time to build students' confidence and competence in health-enhancing skills.

The Trinity nutrition education shall 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 and other communications focused on promoting proper nutrition and healthy lifestyles.

## **1.2 Nutrition Standards**

Trinity Lutheran School offers a school meal program that shall design menus that meet the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). Trinity encourages 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 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.

### **1.3 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 shall implement a quality physical education program that addresses the following:

#### **Curriculum:**

- Equip students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- 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 may offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students Pre-K through grade four. Recess time is 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 provided. Teachers are discouraged from withholding participation in 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 in grades five through eight.

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

## 1.4 Implementation and Monitoring

The school principal will ensure compliance with this nutrition and physical activity wellness policy.

- School 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 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 Trinity Lutheran School and the Lutheran Schools of Indiana.

Students, staff, and the school community will be informed about the local wellness policy. Records of annual inspections and reports will be available in the school office.

Any Trinity Lutheran School or Lutheran Schools of Indiana stakeholder wishing to express a viewpoint, opinion, or complaint regarding these rules should contact:

Superintendent, The Lutheran Schools of Indiana  
Indiana District – Lutheran Church Missouri Synod  
1145 South Barr Street  
Fort Wayne, IN 46802  
800-837-1145 ext. 212

## **2.1 Vending Machines**

- Neither the church nor the school operate vending machines.

## **2.2 Food Service Personnel**

- The head cook should be licensed by the State of Indiana.
- The head cook shall attend training required by the state.

## **2.3 Food Allergies**

- Students with food allergies are to be made known to the head cook.  
After consultation with the parent(s) of the student, an individual plan shall be put into place. Every attempt will be made to accommodate students with food allergies
- Students shall be discouraged from sharing their food and beverages with others.

## **2.4 Snacks**

- Students must bring their own snacks if allowed by the classroom teacher. These snacks must not be considered “junk food”.

## **2.5 Fundraising**

- Foods sold as part of fundraising activities should be chosen with “target audience” considered. Foods offered directly to school students should not be “junk foods.”

## **2.6 Concession Stand**

- Foods offered through the concession stand may only be offered outside of school hours. Since students purchasing items through the concession stand should be under the supervision of their parents, these foods may include items considered “junk food.”
- All foods sold in the concession stand shall be pre-packaged or made directly in the concession stand.
- The concession stand should offer “healthy food” options.

## **2.7 Drinking Water**

- All students are permitted to have water bottles at school. The location to store water bottles is up to the teacher (locker, desk, hallway, etc)

## **Goals**

### **Nutrition Education**

1. As a school, celebrate National Nutrition Month in March.
2. Display bulletin boards in the cafeteria that promote healthy food choices. Change these each semester.

### **Nutrition Promotion**

1. Offer a “new” food once per school year. Increase this to each semester and then each quarter in subsequent years.
2. Trinity will reassess its snack policy for during school hours to encourage healthy options being sent from home.

### **Physical Activity**

1. Teachers will take at least one movement break throughout the school day after the students have been working at their desks for a long period of time.
2. Children will have Physical Education at least twice a week.

### **Other Activities**

1. The school will offer a skating program during the school day. This will allow students to learn how to skate which can provide exercise outside of the school as well.
2. The school will coordinate a field day each year where the students participate in fun outdoor activities.

**State of Indiana  
Second Regular Session 114th General Assembly (2006)  
SENATE ENROLLED ACT No. 111**

**SECTION 1. IC 20-26-9-2 AS ADDED BY P.L.1-2005, SECTION 10, IS AMENDED TO READ AS FOLLOWS [Effective July 1, 2006] Sec. 2 .defines a “qualifying school building” as**

1. at least twenty-five percent (25%) of the students who were enrolled at that school building during the prior school year qualified for free or reduced price lunches under guidelines established under 42 U.S.C. 1758(b); and
2. lunches are served to students.

**And after June 30, 2007, defines a “qualifying school building” as**

1. at least fifteen percent (15%) of the students who were enrolled at that school building during the prior school year qualified for free or reduced price lunches under guidelines established under 42 U.S.C. 1758(b); and
2. lunches are served to students.

**SECTION 2. IC 20-26-9-18 IS ADDED TO THE INDIANA CODE AS A NEW SECTION TO READ AS FOLLOWS [EFFECTIVE JULY 1, 2006] Sec. 18**

The school board shall establish a coordinated school health advisory council (referred to as the "advisory council" in this section). The advisory council may review the corporation's wellness policies on a yearly basis and suggest to the school board for approval changes to the policies that comply with the requirements of federal Public Law 108-265 and IC 5-22-15-24(c) before July 1 of each year. The advisory council must hold at least one (1) hearing at which public testimony about the local wellness policy being developed is allowed.

The school board shall appoint the members of the advisory council, which must include the following:

- Parents.
- Food service directors and staff.
- Students.
- Nutritionists or certified dietitians.
- Health care professionals.
- School board members.
- A school administrator.
- Representatives of interested community organizations.

The school board shall adopt a school district policy on child nutrition and physical activity that takes into consideration recommendations made by the advisory council.

Through implementation and enforcement of this policy, the corporation will create an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continuing progress, the corporation will evaluate implementation efforts and their impact on students and staff at least every three years. The board will notify the public of the results of the three-year assessment and evaluation.



The board designates the superintendent to ensure compliance with this policy and its administrative regulations. The superintendent is responsible for retaining all documentation of compliance with this policy and its regulations, including but not limited to each school's three-year assessment and evaluation report and this wellness policy and plan. The superintendent will also be responsible for public notification of the three-year assessment and evaluation report, including any updates to this policy made as a result of the corporation's three-year assessment and evaluation.

LEGAL REFERENCE:                   42 U.S.C. 1758b  
  7 CFR Part 210  
  I.C. 20-26-9-18.5

**SECTION 3. IC 20-26-9-19 IS ADDED TO THE INDIANA CODE AS A NEW SECTION TO READ AS FOLLOWS [EFFECTIVE JULY 1, 2006]: Sec. 19.**

- A. This section does not apply to a food or beverage item that is:
- 1) part of a school lunch program or school breakfast program;
  - 2) sold in an area that is not accessible to students;
  - 3) sold after normal school hours; or
  - 4) sold or distributed as part of a fundraiser conducted by students, teachers, school groups, or parent groups, if the food or beverage is not intended for student consumption during the school day.

However, this section applies to a food or beverage item that is sold in the a la carte line of a school cafeteria and is not part of the federal school lunch program or federal school breakfast program.

- B. A vending machine at an elementary school that dispenses food or beverage items may not be accessible to students [*during school hours*].
- C. At least fifty percent (50%) of the food items available for sale at a school or on school grounds must qualify as better choice foods and at least fifty percent (50%) of the beverage items available for sale at a school or on school grounds must qualify as better choice beverages. Food and beverage items are subject to the following for purposes of this subsection:
- 1) The following do not qualify as better choice beverages:
    - Soft drinks, punch, iced tea, and coffee.
    - Fruit or vegetable based drinks that contain less than fifty percent (50%) real fruit or vegetable juice or that contain additional caloric sweeteners.
    - Except for low fat and fat free chocolate milk, drinks that contain caffeine.
  - 2) The following qualify as better choice beverages:
    - Fruit or vegetable based drinks that:
      - a) contain at least fifty percent (50%) real fruit or vegetable juice; and
      - b) do not contain additional caloric sweeteners.
    - Water and seltzer water that do not contain additional caloric sweeteners.

- Low fat and fat free milk, including chocolate milk, soy milk, rice milk, and other similar dairy and nondairy calcium fortified milks.
  - Isotonic beverages.
- 3) Food items that meet all the following standards are considered better choice foods:
- Not more than thirty percent (30%) of their total calories are from fat.
  - Not more than ten percent (10%) of their total calories are from saturated and trans fat.
  - Not more than thirty-five percent (35%) of their weight is from sugars that do not occur naturally in fruits, vegetables, or dairy products.
- D. A food item available for sale at a school or on school grounds may not exceed the following portion limits if the food item contains more than two hundred ten (210) calories:
- 1) In the case of potato chips, crackers, popcorn, cereal, trail mixes, nuts, seeds, dried fruit, and jerky, one and seventy-five hundredths (1.75) ounces.
  - 2) In the case of cookies and cereal bars, two (2) ounces.
  - 3) In the case of bakery items, including pastries, muffins, and donuts, three (3) ounces.
  - 4) In the case of frozen desserts, including ice cream, three (3) fluid ounces.
  - 5) In the case of non frozen yogurt, eight (8) ounces.
  - 6) In the case of entree items and side dish items, including french fries and onion rings, the food item available for sale may not exceed the portion of the same entree item or side dish item that is served as part of the school lunch program or school breakfast program.
- E. A beverage item available for sale at a school or on school grounds may not exceed twenty (20) ounces.