

Trinity Lutheran School Wellness Policy

Preamble

Trinity Lutheran School (hereafter referred to as TLS) is committed to the optimal development of every student. TLS believes that for students to have the opportunity to achieve personal academic, development and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition, and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, students who eat breakfast are associated with higher grades and standardized test scores, lower absentee rates, and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students. In addition, students who are physically active through school recess, physical activity breaks, high-quality physical education and extracurricular activities do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

This policy outlines TLS's approach to ensuring environments and opportunities for all students to practice healthy eating behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students at TLS have access to healthy foods throughout the school day- both through reimbursable school meals and other foods available throughout the school campus-in accordance with Federal and State nutrition standards.
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
- Students have opportunities to be physically active before, during and after school.
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness.
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.
- The community is engaged in supporting the work of TLS in creating continuity between school and other settings for students and staff to practice lifelong healthy habits.
- TLS establishes and maintains an infrastructure for the management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

School Wellness Committee

Committee Role and Membership

TLS will convene a representative district wellness committee that meets numerous times per year. To establish goals for the oversee school health and safety policies and programs, including development, implementation and periodic review and update of this school wellness policy.

The wellness committee will represent school levels, Elementary, Pre-K through 8th grade, but not be limited to: parents, administration, school nurse, physical education teachers, health teachers, school nutrition program.

Leadership

The Administrator will convene the wc and facilitate development of and updates to the wellness policy, and will ensure the schools compliance with the policy.

Name	Title/Relationship To TLS	Email address	Role on Committee
Justin Wasser	Principal	justin.wasser@trinitynicollet.org	Facilitator/Administrator
Magen Borkenhagen	School Nurse	mborkenhagen@mncsc.org	Co-facilitator
Lori Enter	Food service coordinator	lori.enter@trinitynicollet.org	Assists in writing Wellness Policy
Seth Krohn	School Board Pres.	seth.krohn@gmail.com	Assists in implementing Policy

II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

TLS will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school, includes information about who will be responsible to make what change, by how much, where and when: as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. The school has completed the Healthy Schools Program online tools which is a school-level assessment based on CDC and Prevention's School Health Index to create an action plan that fosters implementation and generates an annual progress report.

The wellness policy and progress reports can be found at: www.trinitynicollet.org

Recordkeeping

TLS will retain records to document compliance with the requirements of the wellness policy in the School Nurses Office, Principal's Office and the districts' web page. Documentation maintained in this location will include but not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update TLS's Wellness Policy, including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate.
- The most recent reassessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

TLS will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. TLS will make this information available via the district website and district wide communications. TLS will provide as much information as possible about the school nutrition environment. This will include a summary of the schools events or activities related to wellness policy implementation. Annually, TLS will also publicize the name and contact information of the school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, TLS will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which TLS is in compliance with the wellness policy.
- To the extent to which this wellness policy compares to the Alliance for a Healthier Generation's model wellness policy: and
- A description of the progress made in attaining the goals of this wellness policy.

The people responsible for managing the triennial assessment and their contact information are the Principal and School Nurse and the Administrative Secretary, who are available to contact at 507-232-3938.

TLS will actively notify households/families of the availability of the triennial progress report by the district newsletter or technology currently in place (mass email, Facebook, Instant Alert, presentations to parents, or sending information home to parents) and how to view this report.

Revisions and Updating the Policy

TLS will update or modify the wellness policy based on the results of the annual assessments and Triennial assessment and /or as TLS priorities change, community needs change, wellness goals are met or new Federal or state rulings are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach and Communications

TLS is committed to being responsive to community input, which begins with awareness of the wellness policy. TLS will actively communicate ways in which representatives of TLS and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for the school. TLS will also inform parents of the improvements made to the school lunch meals and compliance with Smart Snacks in School nutrition standards. TLS will send information home to parents to ensure all families are actively notified of the content of, implementation of, and updates to the wellness policy as well as how to become involved and support the policy. *See above paragraph for the vehicles to get information home.*

Nutrition Wellness Policy

School Meals

Trinity Lutheran School is committed to serving healthy meals to children with plenty of fruits, vegetables, whole grains, fat-free and low-fat milk, and meals moderate in sodium. The meals are low in saturated fat and have zero grams of trans fat per serving. The school meal program aims to improve the diet and health of school children, help slow childhood obesity, model healthy eating to support the development of lifelong healthy eating habits and support healthy choices while accommodating cultural food preferences and special dietary needs.

TLS participates in the USDA National School Lunch & Breakfast Program (NSLP). Hot Lunch is provided to the Pre-K-8th Grade, September to May, through the Nicollet Public School Vendor. All schools in the district are committed to offering school meals through the NSLP. Those school programs provide:

Access to all students and;

- Are appealing and attractive to the students.
- Are served in clean and pleasant settings.
- Meets or exceeds current nutrition requirements established by locals. State and Federal statutes and regulations. -All reimbursable meals meet USDA nutrition standards.
- TLS promotes healthy food and beverage choices using all of the following Smarter Lunchroom techniques.
 1. Sliced or cut or whole fruit is available daily.
 2. Daily fruit options are displayed in a location in the line of sight and reach of students.
 3. All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 4. White milk is placed in front of all other options in all coolers.
 5. A reimbursable meal can be created in any service area available to students.
 6. The school child nutrition program accommodates students with special dietary needs.
 7. Students will be allowed 30 minutes to eat lunch, counting from the time they have received their meal and are seated.
 8. Students are served lunch at noon in the fellowship hall and breakfast at 9 am in the classroom.
 9. Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their child's school.

Staff Qualifications and Professional Development

Staff will meet or exceed hiring and annual continuing education /training requirements in the *USDA professional standards for child nutrition professionals*. The school nutrition professional will refer to the USDA Professional for School Nutrition Standards website to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. TLS will make drinking water available where school meals are served during mealtimes.

- Water cups/jug will be available in the cafeteria during lunchtime for grades K-4. Older students may use their water bottles.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such standards and containers may include drinking fountains, water jugs, hydration stations, and other methods for delivering drinking water.
- Students will be allowed to bring and carry, approved water bottles-containing water only-with them throughout the school day except where the area is not conducive to having water (computer rooms and areas of safety concerns).

Competitive Foods and Beverages

As an effort to increase the health of our students, Trinity School is committed to ensuring that all foods and beverages available to students on the school campus during the school day, support healthy eating. The foods and beverages sold and served outside the school meals programs (ie. "Competitive foods and beverages") will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information as mandated by the Federal Government, are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.healthiergeneration.org/smartsnacks.

To support healthy food choices and improve student health and well-being--, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include ala carte options in cafeterias, or food carts.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including;

1. **Celebrations and parties.** Trinity School will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are from the Alliance for a Healthier Generation and from the USDA.
2. **Classroom snacks brought by parents.** Trinity School will provide parents with a list of foods and beverages that meet Smart Snacks nutrition standards. There will also be an option to purchase a healthy snack that is on the Smart Snacks list through the Trinity School Food Service to be served as treats for celebrations (ie. Birthdays)

3. **Rewards and Incentives.** Trinity School will provide teachers and other relevant school staff with a list of alternative ways to reward children. Food and beverages will not be used as a reward or withheld as punishment for any reason, such as performance or behavior.

Fundraising

Trinity Lutheran School will encourage the option of nonfood fundraisers such as walk-a-thons, jump rope for heart, fun runs or challenges.

Fundraisers during school hours will sell items only that are compliant with the Smart Snacks for Schools.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors. By using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

TLS will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This program will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques and:
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that Trinity School and individual schools may use are available at www.healthiergeneration.org/smartsnacks.

Nutrition Education

TLS aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Is part of not only healthy education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social studies, and elective subjects.
- Include enjoyable, developmentally appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons.

- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods.
- Emphasize caloric balance between food intake and energy expenditures (promotes physical activity/exercise).
- Link with school meal programs, cafeteria nutrition promotion activities.
- Teach media literacy with an emphasis on food and beverage marketing; and
- Include nutrition education training for teachers and other staff.
- In elementary classes, nutrition education will be offered at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards.
- All health education teachers will provide opportunities for students to practice or rehearse the skills taught through the health education curricula.

Essential Healthy Eating Topics in Health Education

The district will include in the health education curriculum a minimum of 6 of the following essential topics on healthy eating.

- Relationship between healthy eating and personal health and disease prevention.
- Food guidance from MyPlate
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- Choosing food and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing Sodium intake
- Social influences on healthy eating, including media, family, peers and culture.
- How to find valid information or services related to nutrition and dietary behavior.
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully.

Food and Beverage Marketing in Schools

TLS is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Trinity School strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on School property that contains messages inconsistent with the health information the School is imparting through nutrition education and health promotion efforts. It is the intention of the School to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, Consistent with Trinity School's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food advertising and marketing is defined as an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos, or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as vending machine exteriors.
- Corporate brand, logo, name, or trademark on school equipment such as marquees, message boards, scoreboards, or backboards. {Note: immediately replacing these items is not required. When Trinity School considers the replacement of the object it is at that time that the change must happen).
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment, as well as on posters, book covers, pupil assignment book covers, or school supplies displayed, offered, distributed, offered or sold by TLS must be removed at the start of the next school year.
- Advertisements in school publications or school mailings must be removed.
- Free product samples, taste tests, coupons of a product, or free samples displaying advertising of a product.

Physical Activity Wellness Policy

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school-based physical activity program that includes these components: physical education, recess, classroom-based physical activity, and out-of-school activities. The district is committed to offering these opportunities. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as punishment or used as punishment. This does not include participation on sports teams that have specific academic requirements. Trinity School District will provide teachers and other school staff with ideas for alternative ways to discipline students.

To the extent practicable, TLS will ensure that its grounds and facilities are safe, and that equipment is available to students to be active. TLS will conduct necessary inspections and repairs.

Through a joint or shared use agreement, including but not limited to organized activities, indoor and outdoor physical activity facilities will be open to students, families, and community members outside of school hours when available and properly supervised.

TLS will use age-appropriate, sequential physical education curriculum that is consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students will be provided with an equal opportunity to participate in physical education classes. Trinity School will make appropriate accommodation to allow for equitable participation for all students and will adapt physical education classes and equipment, as necessary.

All TLS elementary students in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.

All elementary school students will take the minimum of the equivalent of one academic semester of physical education each year.

The TLS physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student. Fitness scoring is done two times per year in elementary school.

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

All physical education teachers will be offered at least one physical education professional development class per year.

All physical education classes at TLS are taught by a licensed teacher who is certified or endorsed to teach physical education.

TLS will include in the health education curriculum the following essential topics on physical activity during the sequence of health education:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight.
- How physical activity can contribute to the academic learning process.
- How an active lifestyle contributes to chronic disease.
- Understanding health-related fitness, such as: cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition

- Difference between physical activity, exercise, and fitness
- Phases of an exercise session, that is: warm up, workout, and cool down.
- Overcoming barriers to physical activity
- Decreasing sedentary activities. Such as TV watching.
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- How much physical activity is enough, such as determining frequency, intensity, time and type of physical activity.
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan.
- Dangers of using performance-enhancing drugs such as steroids
- Social influence of physical activity including media, family, peers, and culture
- How to find valid information or services for others to engage in physical activity.
- How to resist peer pressure that discourages physical activity

Recess

TLS will offer at least 30-50 minutes of recess to elementary students on all or most days during the school year.

Outdoor recess will be offered when weather is feasible for outdoor play. Students will be allowed outside for recess except when the temperature reaches or has a "feel like" with the wind-chill of 0 degrees or colder. Students will also remain indoors during storms with rain, lightning, or thunder or when deemed necessary by building administration for safety. If the district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practical.

TLS recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. TLS recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. These physical activity breaks will complement, not substitute, for physical activity class, recess and class transition periods.

TLS will provide professional development, resources, tools, and technology with ideas for physical activity breaks.

Teachers will incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible and do their part to limit sedentary behavior during the school day.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

TLS offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. TLS will encourage students to be

physically active before and after school by: open gym time, junior high and high school sports, family fitness memberships, summer recreation leagues, intramural leagues, and community education classes.

V. Other Activities that Promote Student Wellness

TLS will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. TLS will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

The school is encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in math, with consultation provided by the school's curriculum experts.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC/SWC.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

Community Partnerships

TLS will continue relationships with community partners in support of the wellness policy's implementation. Existing and community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Family Engagement

TLS will promote to parents /caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the Community Involvement, Outreach and communications subsection, TLS will use electronic mechanisms as well as non-electronic mechanisms, to ensure that all families' area actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

TLS will have a staff wellness subcommittee that focuses on staff wellness issues, identifies, and disseminates wellness resources and performs other functions that support staff wellness.

TLS will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. TLS promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

- **Professional learning**

When feasible, TLS will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school. Professional learning will help TLS staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

