

# Trinity Lutheran School

## Wellness Policy

### Policy Statement

Trinity Lutheran School (TLS) promotes healthy students by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. TLS provides a comprehensive learning environment for developing lifelong wellness behaviors, aligning the entire school environment—not just classrooms—with healthy goals.

### Wellness Policy Oversight & Public Involvement

TLS will maintain a **School Wellness Committee (SWC)** that includes representatives from the school community such as parents, students, food service staff, administrators, and board members. The SWC will meet at least annually to review, update, and oversee implementation of the wellness policy.

The policy and its progress will be made publicly available via school-wide communication (e.g., website, newsletter, or email), and TLS will encourage community participation in wellness planning.

### Goal #1: Nutrition Education and Promotion

TLS will provide nutrition education and engage in nutrition promotion that:

- Is integrated into health classes and other academic subjects.
- Promotes fruits, vegetables, whole grains, low-fat/fat-free dairy, and healthy preparation methods.
- Emphasizes caloric balance between food intake and physical activity.
- Is reinforced throughout the school environment including the cafeteria and classrooms.
- Includes menus posted on the school website and in newsletters.
- Uses **evidence-based techniques** such as Smarter Lunchroom strategies to encourage healthy choices.

### Goal #2: Physical Activity

#### Physical Education (PE):

TLS provides age-appropriate PE to all students in grades PreK–8 throughout the school year. PE aims to engage students in moderate to vigorous activity for at least 50% of class time.

#### Recess:

TLS provides at least **15–20 minutes of daily recess**, preferably outdoors, that encourages physical activity.

**Activity Guidelines:**

- Grades K–5: At least 30 minutes of combined PE and recess daily.
- Grades 6–8: At least 120 minutes of combined PE and recess per week (based on 5-day weeks).

**Use of Physical Activity as Discipline:**

TLS discourages withholding physical activity as a form of punishment.

**Classroom Movement:**

Teachers are encouraged to integrate **short physical activity breaks** into classroom routines to reduce sedentary behavior.

**Goal #3: Other School-Based Activities that Promote Student Wellness**

TLS will:

- Discourage sedentary activities like screen time during the school day.
- Promote kinesthetic learning strategies and movement-integrated teaching.
- Coordinate wellness initiatives with community partnerships, family engagement efforts, and school-sponsored events.
- Ensure all school-sponsored events promote healthy food options and physical activity when feasible.

**Goal #4: Nutrition Guidelines for All Foods on Campus****School Meals:**

Meals provided under the **National School Lunch Program** will:

- Meet or exceed federal and state nutrition standards.
- Include a variety of fruits, vegetables, whole grains, and low-fat/fat-free milk or non-dairy alternatives.
- Ensure that at least half of all grains served are whole grain.

**Smart Snacks & Competitive Foods:**

All foods and beverages sold or served outside the reimbursable school meals (e.g., vending, a la carte, fundraising, celebrations) will meet the **USDA Smart Snacks in School** nutrition standards.

**Marketing Restrictions:**

Only food and beverage items that comply with Smart Snacks standards may be advertised, promoted, or marketed to students during the school day on school property.

**Snacks and Celebrations:**

TLS will share a list of healthy snack and celebration ideas with teachers and parents.

**Fundraising:**

TLS encourages fundraisers that promote physical activity and healthy food options.

**Food Safety:**

All foods on campus will comply with food safety laws, sanitation guidelines, and access to kitchen facilities will be limited to authorized personnel.

**Professional Development**

TLS will provide staff involved in wellness (e.g., food service staff, educators) with **annual professional development** related to nutrition promotion, physical activity integration, and wellness best practices.

**Plan for Measuring Implementation****Monitoring:**

- The **Administrator** is responsible for overall wellness policy compliance.
- The **Food Service Director** ensures meal program compliance and reports to the Administrator.
- Major updates in federal/state guidelines will be reported to the School Ministry Team.

**Triennial Assessment:**

Every three years, TLS will assess:

- The extent of compliance with this policy.
- Progress toward wellness goals.
- How the policy compares to model wellness policies (e.g., from the Alliance for a Healthier Generation).

Results will be publicly shared via school communication channels.

**Date of Adoption: July 29, 2025**

**Date of Last Review:**

**Date of Last Revision:**