

LOCAL WELLNESS POLICY FOR:

Trinity Lutheran School, Athens, WI

Policy Leadership

- Local Wellness Policy oversight will be carried out by the school administrator.

Public Involvement

-Local Wellness Policy input and development will be sought from a variety of stakeholders. These stake holders will form a Wellness Committee. The following stakeholders will be invited to participate on the Wellness Committee: Administrator, teacher, parents, SFA representative, board member, and community members with experience in health care field.

School Meals

-All school meals will meet or exceed current nutrition requirements as required by the National School Lunch Program. Lunches are prepared by a certified food service manager who is trained in food safety and sanitation procedures.

Foods sold outside the school meal programs

-Trinity does not regularly sell foods outside the school lunch program that compete with the school lunch program. Fundraisers that involve food will follow the exemption rules stated by Wisconsin DPI

Foods provided but not sold

-Educational materials regarding healthy options and Smart Snacks nutritional standards will be distributed to parents as a healthy option for party treats or snacks. Examples of non-food treats will also be distributed.

Food & Beverage Marketing

-Trinity does not market any foods or beverages during the school day that are not part of the school lunch program.

-Milk is dispensed from “Got Milk” cold barrel display furnished by ADA and made available at morning recess.

Nutrition Education Goals

-Students will become familiar with current nutritional education. To promote this, posters promoting healthy choices will be posted in the lunch room. Posters will have such information as sodium intake, recommend number of serving and serving size comparison. This will further be accomplished through the teaching of our current Health and Science Curriculum which include the following topics:

- nutrients: Why and how the body uses them.
- MyPlate/current recommended servings
- balanced diet / healthy food choices
- The health benefits of drinking water will be taught and the daily consumption of water from fountains and/ or water bottles will be encouraged.

Nutrition Promotion

Food service personnel will implement one or more Smarter Lunchroom techniques. Techniques will include:

- Fun names for food used on lunchroom signs and menus (i.e. Packer peaches, Green Bay beans)
- Bright displays in serving line
- Students will also be encouraged to at least try each of the fruits and vegetable offered.

Physical Activity Goals

Students will be physically active during the school day through the following activities.:

- Large motor skills development (Pre-K & K)
- Physical Education: Three times weekly, 30 minutes each (1- 8)
- Daily recess time: including morning (15min), noon(30min), and afternoon(15) times (K-8)

Through Physical Education classes, students will learn games, sports, exercises, and other physical activities which they can incorporate into their own healthy life style.

Other School-Based Strategies for Wellness

- Trinity will promote wellness through the practice of washing hands regularly as well as the use of hand sanitizer when soap and water is not available.
- Trinity will promote and encourage increased participation in the following physical activities both during the school day and after:

- Jump rope for Heart (K-8) optional yearly event to raise funds for American Heart Assoc.
- Bicycle Rodeo (K) yearly event sponsored by Village of Athens
- Middle School Sports through Athens School District (6-8) football, volleyball, basketball, track, wrestling, and cross-country
- Little Jays volleyball and basketball (1-4)
- Summer Recreational leagues (soccer, t-ball, softball, baseball, basketball)
- Cancer Walk; sponsored by Crusaders for Christ
- Hand washing posters are posted outside restrooms and near kitchen hand washing sink for student servers.

Triennial Assessment

Trinity Lutheran School will evaluate compliance with the Wellness Policy every three years. The policy will also be evaluated at the time to see if any updates are needed to meet the model policy established by the USDA.

Update/Inform stakeholders

Trinity Lutheran School will release updates to its policy to inform stakeholders of Trinity through weekly and/or monthly newsletters (electronic & paper).