

## **Trinity Lutheran School Wellness Policy**

Trinity Lutheran School believes that by the grace of God, we serve our Lord in promoting spiritual, emotional, academic, social, and physical growth. Children and youth who begin each day as healthy individuals can learn more and better utilize their God-given talents and abilities.

To that end, this policy encourages the wellness of all students and staff at Trinity Lutheran School.

### **Goals for Wellness, Nutrition Education, Physical Activity and School-Based Activities**

- Students are constantly reminded that they are special creations of a great and loving God. He cares for them, as do the teachers and staff. This provides a strong base for the emotional and spiritual wellness of students.
- Students in all grades are educated in good nutrition practices as part of each classroom's science and health curriculum.
- The message of making healthy choices is consistent throughout the school, classrooms, lunchroom and other areas where the message can be presented.
- Students are given opportunities for physical activity each school day through physical education classes, recess periods, and athletics. Efforts are made to have all children play outside at least once a day.
- The school encourages parents and guardians to support their child's participation in physical activities.
- The school maintains the lunch area to insure that it is clean, safe, and provides an enjoyable meal environment.
- The school administrator arranges a lunch schedule that provides adequate time for serving meals, for students to eat, and for cleanup following the meal.
- Drinking fountains are available in the school building, and students are encouraged to drink water throughout the day.

### **NUTRITION GUIDELINES - For All Foods Available on School Campus**

- All school meals served by Trinity Lutheran School meet the guidelines of the Child Nutrition Act and the state of Michigan nutrition guidelines.
- A system is in place so that students entitled to free or reduced lunches are served and treated the same as all lunch program users. No child is refused lunch due to the lack of ability of parents to pay for it.
- Food service personnel take all required classes on the subjects of nutrition, health, and safety.
- The school kitchen is inspected by a public health inspector according to city guidelines.
- Appropriate measures will be taken to protect students with food allergies.

- Students are not allowed access to vending machines during the school day. In addition, carbonated beverages are discouraged at snack or lunch time. Caffeinated items should be minimized.
- In an attempt to limit the number of high calorie, low-nutrition foods, parents are encouraged to provide healthy snack and sack lunch choices.
- We will consider nutrient density and portion size before permitting food and beverages to be sold or served to students.
- In order to develop a healthy taste for a variety of foods, all students are strongly encouraged to take a courtesy bite of all foods served on their tray during lunch.

## **IMPLEMENTATION**

- The wellness policy will be implemented at Trinity Lutheran School by the school staff.
- Teachers are responsible for operating the policy and reporting any problems to the principal.
- Faculty and staff will be reminded that healthy students come in all shapes and sizes. Students should receive consistent messages and support for:
  - Healthy eating
  - Physical activity
  - Self respect
  - Respect for others
- The principal will be responsible for overseeing the implementation of the wellness policy.
- The principal will develop and implement administrative rules consistent with this policy.
- Through observation, and reports from teachers, the principal will report any difficulties with the implementation of the wellness policy to the Day School Commission.

## **Public Involvement**

Posting of the Trinity Lutheran Wellness Policy is on our school website and is included in the Parent School Handbook.

The public (including parents, students, food service, congregation and others in the community) will be informed and updated about the local school wellness policy on an annual basis in August prior to the start of school through social media and school publications.

Parents, students, representatives of the school food authority, teachers, school administrators, and the general public are invited to participate in the development, implementation, and update of the local school wellness policy.

Review of this policy shall take place annually at the Trinity April Booster meeting.

Adopted: Sept. 9, 2013

Review Date: Aug. 11, 2014

Sept. 14, 2015

Jan. 21, 2016