

# **LOCAL WELLNESS POLICY**

## **PURPOSE AND RATIONALE**

Trinity Lutheran School teaches that a person's body is the temple of the Holy Spirit. Trinity teaches that each child is a unique creation of God, and therefore, one's body should be treated with high regard. This applies to matters of nutrition, physical activity, physical growth and development, health, and personal well-being as these are important components of living out one's Christian faith.

Trinity recognizes that good nutrition and regular physical activity affect the health and well-being of their students. Furthermore, research concludes that there is a positive correlation between a student's health and wellbeing and his/her ability to learn. Moreover, schools can play an important role in the development process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the school's meal

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programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Trinity realizes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the school alone. It is necessary for not only staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits. Community members and students are welcome to participate in the update and review of the Local Wellness Policy when appropriate.

## GOALS

Trinity sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. With regard to nutrition education, Trinity shall provide appropriate:
  1. Nutrition education shall be included in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State so that instruction provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
  2. Nutrition education posters will be displayed in the cafeteria.
  3. The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.
  4. Nutrition education shall extend beyond the school by engaging families and the community.
  5. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age appropriate.
  6. Nutrition education benchmarks and standards include a focus on media literacy as it relates to food marketing strategies.
  
- B. With regard to physical activities, Trinity shall provide appropriate:
  1. Sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
  2. Programs that include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage physical activity.
  3. Planned instruction in physical education shall teach cooperation, fair play and responsible participation.
  4. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
  5. Planned instruction in physical education shall include cooperative as well as competitive games.
  6. Planned instruction in physical activity shall promote participation in physical activity outside the regular school day.

7. Physical education shall be aligned with the Michigan Physical Education Content Standards and Benchmarks.
8. Instruction in physical education shall be provided by a properly certified, qualified teacher.
9. Physical activities (e.g. recess during the school day, intramurals after school and/or on weekends, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students with special healthcare needs.
10. Encourage families to provide physical activity outside the regular school days, such as outdoor play at home and participation in sports sponsored by community agencies or organizations. Trinity has started an Upwards Sports Program in an effort to promote physical activity for children of all ages.

## GUIDELINES

Trinity, with the objectives of enhancing student health and wellbeing, and reducing childhood obesity, has established the following guidelines:

- A. In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages, as well as to the fiscal management of the program, including but not limited to the USDA Dietary Guidelines.
- B. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school lunch meals are not less restrictive than the guidelines issued by the USDA.
- C. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value, which is prohibited during the lunch period.
- D. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- E. All food items and beverages available for sale to students for consumption on school property between midnight and thirty minutes after the close of the regular school day shall comply with the USDA Dietary Guidelines for Americans including but not limited to, competitive foods that are available to students ala carte or as entrees in the school cafeteria.
- F. No food items or beverages will be sold on school premises from a vending machine or a school store.
- G. The food service program shall be administered by a director who is properly qualified, certified, licensed, or credentialed, according to current professional standards.
- H. All food service personnel shall receive pre-service training in food service operations.

- I. Continued professional development shall be provided for all staff of the food service program. Pursuant to USDA SP 39-2015, for the school year 2016-2017, the program director is required to have 12 hours to meet the full training standards.

Administrative guidelines shall be developed to implement this policy, including, but not limited to, the manner in which the implementation of this policy shall be regularly evaluated. The principal is designated as the individual who is charged with operational responsibility for verifying that Trinity meets the goals established in this policy.

#### LOCAL WELLNESS COMMITTEE AND REVIEW

Review of this policy shall take place annually, by a committee headed by the principal. The committee shall consist of the Principal, Principal Advisory Committee, Food Service Director, parents, students, and the public. The committee shall make any recommended changes to this policy as required by, and in accordance with, the federal and state laws.

Each local educational agency that participates in the National School Lunch Program or other federal Child Nutrition Program is required by federal law to establish a Local School Wellness Policy. As changes are made to the laws governing such policies, the educational agency must revise their policy to reflect said changes. The communication of any and all policy changes will be the responsibility of the principal of Trinity.