

**TRINITY LUTHERAN SCHOOL
FREMONT, NEBRASKA
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 best utilize their God-given talents and abilities. To that end, this policy encourages the wellness of all students and staff of Trinity Lutheran School.

GOALS FOR NUTRITION EDUCATION, PHYSICAL ACTIVITY, WELLNESS, AND SCHOOL BASED ACTIVITIES

- Students are continually reminded that they are special creations of a great and loving God. He cares for them, as do their teachers and staff. This provides a strong base for the emotional and spiritual wellness of students.
- Students are educated in good nutrition practices as part of each classroom's science and health curriculum.
- Each student participates in physical education classes 30-45 minutes two to three times weekly.
- All students take an outdoor break at least daily, younger children sometimes three times a day, weather permitting. Students use the gym during inclement weather.
- Students participate in organized activities such as Jump Rope for Heart, Project Fit America, and President's Council on Physical Fitness. Reminders are also given to students regarding healthy physical activity such as riding bikes, walking, etc.
- Students are taught how to make healthy, nutritious food choices.

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON SCHOOL CAMPUS

- All food served by our school food service meets or exceeds the guidelines adopted by the State of Nebraska Department of Education. This includes appropriate portion sizes and the following nutritional guidelines.
- Care is taken 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 recommended seminars and classes dealing with subjects on nutrition, health, and safety.
- The school kitchen facility is annually inspected by an inspector from the State of Nebraska, Department of Agriculture, and Bureau of Dairies and Foods.
- Vending machines are not used during the school day. A juice and water machine is available for healthier choices.
- Classroom teachers encourage healthy snacks. Soda or carbonated beverages are not allowed at snack or lunch time.
- Efforts are made to include healthy snack choices for classroom celebrations, parties, and field trips.

- The concession stand for sporting events serves healthy snack alternatives, such as fruit, popcorn, and water.

REIMBURSABLE SCHOOL MEALS

- All food service meals meet the regulations for reimbursable school meals that are issued by the Secretary of Agriculture.

IMPLEMENTATION, MAINTENANCE, MEASUREMENT, AND EVALUATION OF WELLNESS POLICY

- Each school year, teachers and staff review the wellness policy and plan for its best implementation for the school year.
- Teachers and lunch program personnel continue monitoring each student as they select their food items in the lunch line, or eat their lunch from home. These observations also include discussion with students who have not made healthy choices.
- Parents and students are encouraged to make healthy choices in student snacks and lunches by the school; by teachers in their conversations with students throughout the day, and parents at conference times or personal contact; and by the food service staff as students are guided into taking the required types of foods and serving sizes.

COMMUNITY INVOLVEMENT

- School personnel receive ideas and suggestions from parents and others regarding student nutrition choices. These ideas and suggestions are welcomed and considered as opportunities to improve student nutrition choices.