



**TRINITY  
WACONIA**  
CHURCH | SCHOOL

# Trinity Lutheran School Wellness Plan

Trinity Lutheran Church & School | 601 East Second Street | Waconia, MN 55387 | [trinitywaconia.org](http://trinitywaconia.org)



## WELLNESS POLICY

Trinity Lutheran School believes that God's will and purpose for their students is best served through their spiritual, academic, physical, social, and emotional growth and development. The purpose of this policy is to emphasize the important role nutrition and physical activity plays in creating healthy students who are better able to grow, learn, and serve.

### General Statement of Policy

The Wellness Policy is a guide for Trinity Lutheran School administration, faculty, students, Board of Education members, and families to ensure students are able to form healthy life-long nutritional and physical habits. Trinity Lutheran School will provide students appropriate education in each of these areas, as well as healthy food choices and opportunities to participate in physical activities. Trinity Lutheran School's Wellness Policy follows the guidelines of the Child and Nutrition and WIC Re-authorization Act of 2004. A committee comprised of parents, students, teachers, board members, school administrators, food service staff, and the public developed this policy. Such broad participation lends itself to support for the elements and guidelines contained below.

### Trinity Lutheran School Wellness Policy Procedures

To achieve the policy goals, the following are recommended:

1. Review Committee

A review committee, made up of a School Administrator who also serves as the **Designated Wellness Leader**, Head Cook, Athletic Director, School Nurse, a teacher representative in grades kindergarten-4<sup>th</sup> grade, a teacher representative in 5<sup>th</sup>-8<sup>th</sup> grade, two Student Council members, **parents, and the general public**, will be assembled. This committee shall review the implementation of this policy and to make sure that the nature and intent of this policy is being complied with. This committee can also make changes and recommendations to the policy and procedure as long as the original intent is not compromised and it has been approved by the Board of Education.

a. Evaluation

This committee shall evaluate the triennial assessment/wellness plan, every three years, by holding a meeting from time to time for the purpose of discussing and updating the Wellness Plan. Meeting dates will be posted on the school website and will be open to the general public. After approval by the School Board, the Wellness Plan will be updated and posted on the school website.

2. Nutritional Quality of Foods and Beverages Sold and Served on Campus

a. Meals served through the National School Lunch will:

- i. Be appealing and attractive to children
- ii. Be served in a clean and pleasant setting
- iii. Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
- iv. Offer a variety of fruits and vegetables daily
- v. Serve only low-fat (1%), and fat-free milk and nutritionally equivalent non-dairy alternatives upon written request
- vi. Ensure that whole grains are used
- vii. Monitor sodium content in foods available for sale
- viii. Will encourage parents to provide a healthy breakfast for their children through newsletter articles or other means

b. Meal Times and Scheduling: Trinity Lutheran School

- i. Will work with students to ensure adequate time to each lunch

c. Sharing of Foods and Beverages: Trinity Lutheran School

- i. Will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions for some children's dietary needs
- ii. Will offer students an opportunity to sanitize their hands before eating

d. Foods and Beverages Sold Individually (food sold outside of reimbursable school meals)

- i. Trinity Lutheran School does not sell foods to students outside of the reimbursable meal program. Trinity will sell ½ pints of milk for snack. Any such food or beverage sales in the future will, at a minimum, align with the USDA Smart Snacks in Schools standards.
- ii. Snacks
  - Snacks served during the school day, or in after-school care or enrichment programs, will make a positive contribution to children's diets and health. An emphasis will be placed on serving fruits and vegetables for snacks, and water, juice and milk as beverages. Trinity will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages and other

considerations. To assist parents in selecting healthy choices when students are asked to bring snacks to school, Trinity Lutheran School will provide a list of healthful snack items.

- Portion Sizes
  - a. All items served cannot be larger than the portion size of the same product served through the reimbursable school meal program. Fruits and non-fried vegetables are exempt from portion size limits.
  - b. Cookies and snack (granola, cereal) bars restricted to one ounces (all whole grain)
  - c. Baked chips, popcorn, and snack pretzels restricted to one ounces (all whole grain)
  - d. Muffins, pastries, bagels, and dessert bars restricted to two ounces (all whole grain)
  - e. Frozen desserts, ice cream, and pudding restricted to four ounces (all whole grain)
  - f. Yogurt restricted to four to six ounces
  - g. Beverages, other than milk and water restricted to eight ounces
- iii. Celebrations and Rewards
  - Staff will be encouraged to be selective and limiting when using foods as a reward for academic achievement.
  - Schools are encouraged to be selective and limiting when using food for class or school celebrations. A list of healthful options to use for celebrations is available upon request.

### 3. Nutrition Education

- a. All students will receive nutrition education through the health education curriculum in kindergarten-8<sup>th</sup> grade.
- b. Trinity Lutheran School will support professional nutrition education development opportunities for educational and food service staff.
- c. The health associate (school nurse) will assist in providing health education for students, staff, and parents.
- d. Food service staff and facilities will be incorporated into the nutritional learning opportunities for students.
- e. Trinity Lutheran School will make use of promotional and educational materials to further educate students, staff, and the community regarding nutrition.
- f. Staff will look for, and take advantage of, nutritional learning opportunities across the curriculum.
- g. The School Nurse will be handing out educational materials to the classroom monthly.

### 4. Marketing in Schools

- a. Trinity will restrict food and beverage marketing to only food and beverages that meet the Smart Snack Nutrition Standards.

### 5. Physical Activity

- a. Physical Education Classes
  - i. It is encouraged that all students in kindergarten-8<sup>th</sup> grade receive more than 125 minutes per week of physical education/ physical activity.
  - ii. It is encouraged that students will spend at least 50% of physical education class time participating in moderate to vigorous activity.
- b. Daily Recess
  - i. Students in kindergarten-8<sup>th</sup> grade will have at least 15-20 minutes per day of supervised activity.
  - ii. It is recommended that staff supervising students at recess encourage students to be involved in physical activity.
  - iii. Schools are discouraged from using the loss of recess as a regular form of discipline.
- c. Physical Activity Opportunities Before and After School
  - i. After school child care programs will provide and encourage daily periods of moderate to vigorous physical activity for all participants.
  - ii. Students in 5<sup>th</sup>-8<sup>th</sup> grade will be encouraged to participate in at least one of the co-curricular program offered after school.

**Nondiscrimination statement:**

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- (1) **mail:** U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
- (2) **fax:** (833) 256-1665 or (202) 690-7442; or
- (3) **email:** [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

**Attachment A****Healthful Food and Beverage Options for School Functions \***

At any school function (parties, celebrations, meetings, etc.) healthful food options should be made available to promote students, staff, and community wellness. Examples of nutritious food and beverages consistent with dietary guidelines for Americans are listed below.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit - cantaloupe, honeydew, watermelon, pineapple, pears, apples, etc.
- Fruit cups 4.5oz
- Dried fruits - raisins, cranberries, apples, etc. 1.16oz
- Fruit snacks 1.5oz
- Trail mix
- Granola bars
- Crisps chocolate chip
- Teddy grahams 1oz
- Pretzels or reduced-fat crackers
- Goldfish w/g
- Baked chips
- Whole grain muffin
- Pudding cup fat-free 4oz
- Ice cream cup 3oz
- Ice cream sandwich 3oz
- Yogurt 4oz
- Low fat cereal
- Popcorn
- String cheese
- Cheddar cheese cubes
- 100% fruit juice
- Water
- Low Fat milk

\* This list is not all-inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices.