

TRINITY LUTHERAN SCHOOL OF CLINTON TOWNSHIP

LOCAL WELLNESS POLICY

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, health, physical growth and development, 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 wellbeing 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 schools' meal 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. Trinity will keep the public, including parents, students, and others in the community, informed and updated on the content and implementation of the Wellness Policy. Such information may be provided on the Trinity website, through dissemination of student handbooks, or in any other manner the Principal may deem appropriate.

TRINITY LOCAL WELLNESS COMMITTEE

Trinity will form a committee responsible for establishing and measuring the implementation of the Local Wellness Policy, with the Principal acting as Committee Chairperson. Committee members will work collaboratively and offer multiple perspectives to develop, implement, monitor, and review the nutrition and physical activity policies to assure the Local Wellness Policy is enforced and fulfills the requirements of Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265). Committee members will meet a minimum of twice annually during school year.

The Wellness Committee will include representatives from students, parents, teachers, school health professionals, athletic directors, food service professionals, Principal Advisory Committee, and other interested community members.

NUTRITION STANDARDS AND GOALS

Trinity shall offer school lunches with menus meeting the meal patterns and nutrition standards established by the USDA. Menu and product selection shall utilize student, parent, and staff input whenever possible. Trinity shall encourage students to make food choices based on the current Dietary Guidelines for Americans. Food and beverages that compete with Trinity's policy of promoting a healthy school environment shall not be allowed.

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.

PHYSICAL ACTIVITY GOALS

B. With regard to physical activity, Trinity shall provide:

1. A sequential, comprehensive physical education curriculum that shall stress the importance of remaining physically active for life.
2. The program shall 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. All instruction in physical education shall be provided by a properly certified, qualified teacher.
9. At no time will physical activity be employed as a form of discipline or punishment.
10. Trinity shall provide age appropriate physical activities (e.g. recess during the school day, intramurals after school and/or on weekends, and interscholastic sports) that meets the needs of all students, including males, females, students with disabilities, and students with special healthcare needs.
11. Trinity shall 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 had started an Upwards Basketball Camp in an effort to promote physical activity for children of all ages, however, due to Covid, the camp is presently inactive. Plans to start the program back up are currently being discussed.

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 a la 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. Student feedback will be used to improve the quality and appeal of the school menu program.
- H. A Special Diet Statement shall be provided to all families with the school packet handed out at the beginning of the school year. Upon receipt of a correctly completed Special Diet Statement, the food service staff shall make reasonable substitutions to meals on a case-to-case basis for participants who are considered to have a disability that restricts their diet. The food service staff will not be required to accommodate special dietary requests that are not a disability. This includes requests related to religious or moral convictions or personal preference. All USDA meal pattern and nutrient requirements will be met. A copy of the Special Diet Statement is attached hereto.
- I. The food service program shall be administered by a director who is properly qualified, certified, licensed, or credentialed, according to current professional standards.
- J. All food service personnel shall receive pre-service training in food service operations.
- K. Continued professional development shall be provided for all staff of the food service program. Pursuant to USDA SP 39-2015, for the school year 2015-2016 the program director is required to have eight (8) hours to meet the full training standards, which is increased to twelve (12) hours in the school year 2016-2017.

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.

Review of this policy shall take place annually, by the Trinity Local Wellness Committee, headed by the principal. The committee shall make any recommended changes to this policy as required by, and in accordance with, the federal and state laws.

The above revised Local Wellness Policy is adopted as of the 24th day of October, 2023.