

Trinity First Lutheran School
1115 E. 19th Street
Minneapolis, MN 55404

Wellness Policy

As required by law, the Trinity First Lutheran School establishes the following wellness policy for our campus.

Trinity First Lutheran School, under the jurisdiction of the Minnesota South District of The Lutheran Church Missouri Synod, recognizes that appropriate nutrition and regular daily physical activity affect the health and well being of the school's students. Trinity First Lutheran School works in cooperation with Caravan Kids Catering and the Federal hot lunch program in the areas of food service for all grade levels.

Research indicates a definite correlation between children's health, nutrition, and physical activity and their ability to be successful learners. Trinity First Lutheran School teachers and staff help shape the process by which students establish their health and nutrition habits by provision of nutritious meals and encouraging healthy snacks, by instruction of healthy eating habits, and the overall promotion of increased physical activity here in the school during the school day and during extracurricular activities and through support of community athletic overall wellness actions.

The school sets the following goals in an effort to enable students to establish good mental, physical, nutritional, and spiritual fitness habits:

A. With regard to mental fitness education, Trinity First shall:

Mental Health instruction will be included in the Health curriculum so that the instruction is sequential and standards-based and empowers learners to recognize the elements of positive mental health...attain knowledge of the attitudes and skills indicative of a strong and positive emotional composition.

B. With regard to physical fitness education, Trinity First shall:

The provision of recess for all grades ps-8 and provision of two **scheduled physical education periods** per class per week with grades 5-8 receiving 2 hours of physical education time per week in the school will be mandated.

A sequential, comprehensive physical education program shall be provided for students in K-8 in accordance with the standards and benchmarks established by the State. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes and skills necessary to participate in lifelong, health-enhancing physical activities.

The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.

The 4-8 programs shall include instruction in physical education as well as opportunities to participate in inter and intra-scholastic competitions in team sports to encourage a lifelong philosophy to being active.

Trinity First encourages student activity in community athletics and provides indoor gymnasium space to support various teams in the community.

Trinity First provides family activity skating during the celebration of National Lutheran School's Week to encourage physical activities for the entire family.

C. With regard to nutrition fitness education, Trinity First shall:

Nutrition Education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the necessary knowledge, attitudes and skills necessary to lead healthy lives relative to proper caloric intake and maintenance of ideal body composition and weight.

Nutrition Education shall be integrated into other subject areas of the curriculum when appropriate and practical, to complement, but not replace the standards and benchmarks for health education.

Trinity First utilizes the assistance of community-based health and safety programs to complement and reinforce the health curriculum...by having all instructors and staff certified in CPR and First Aid.

D. With regard to Spiritual fitness education Trinity First shall:

Provide daily instruction in our faith across the curriculum while encouraging participation in regular worship and by providing weekly chapel services.

E. With regard to standards for all food on the school campus, Trinity First shall:

Trinity First Lutheran School shall comply with the current USDA Dietary Guidelines for Americans in all foods available to students in the dining area during school food service hours.

Trinity First Lutheran School participates in the National School Lunch Program and works in cooperation Caravan Kids Catering, Inc and its dietitian to follow government guidelines to set nutrition standards for all foods served at lunch, including serving sizes, sugar and fat limits.

Dietary restrictions shall be considered by kitchen personnel and some items eliminated or substituted from the menu if it is determined the risks associated with certain food allergies outweigh the benefits...i.e. peanuts

The food service program shall provide all students affordable access to the varied and nutritious foods.

Students shall be discouraged from sharing their foods or beverages with on another at all times, given concerns about allergies and other restriction relative to diet or contamination.

Any activity on school premises that provides food or snacks to our students shall be provided with a copy of this policy and encouraged to provide varied and nutritious foods instead of foods of minimal nutrition value.

The school shall provide parents and guardians with suggestions for varied and nutritious foods that are appropriate for morning snacks and treats.

Trinity First Lutheran School has a soda vending machines and restricts the purchase to juice only during the school day.

F. With regard to other school-based activities, Trinity First shall:

Trinity First shall schedule mealtimes in a clean and attractive environment with minimum disruption by bus schedules, recess and other special programs or events.

Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those scheduled events.

Trinity First utilizes a lunch payment system through the School office to secure the confidential requirements for free and reduced meals and to reduce the necessity for children to carry money.

Trinity First shall encourage all fund raisers involving food and all school and classroom celebrations to provide healthy choices in consideration of the well being of all students, especially those with allergies and other dietary related conditions. For example, candy sales should be discouraged. Snacks and treats are suggested to be of high nutritional value.

The food service manager shall receive training in food service operations and continuing professional development through the Minnesota Food and Nutrition Services when applicable and available.

**G. With regard to setting goals for measurement and evaluation, Trinity
First shall:**

The school designates the building principal, food service manager and school staff with operational responsibility for measuring and evaluating the effectiveness of this policy.

The committee is comprised of an administrator, a staff member, a health professional, and food service manager and a parent, who shall review and report on the schools compliance with this policy every two years.

The committee shall provide the school with any recommended changes to this policy.