

# Administrative Regulation for School Wellness Policy of Trinity Lutheran School, Lincoln

## Additional Wellness Goals, Nutrition Guidelines and Implementation Plan

The School Wellness Policy establishes a mission of providing a curriculum, instruction, and experiences in the environment of a health-promoting school community, to instill habits of lifelong learning and health. The School Wellness Policy authorizes the Principal to establish such further goals and nutrition guidelines as are determined appropriate to meet the stated mission. This regulation sets forth additional goals and nutrition guidelines as appropriate to meet the School's wellness mission and implement the School Wellness Policy.

## Wellness Committee

Members of the Wellness Committee may include representatives from various groups, including, but not limited to school board members, administrators, school nutrition staff, teachers, parents, students. The committee may also seek input from health professionals, members of the public, Healthy Lincoln, the Dept. of Health and Human Services, Nebraska Dept. of Education and other health and wellness experts. This committee will meet no less than annually to provide a summary report on school compliance (i.e. goals) with the established nutrition and physical activity policies to the School Board and other interested stakeholders.

## Nutrition Education Activities to Promote Student Wellness

The base goal is to implement a curriculum that meets or exceeds the health and nutrition education objectives established by the Nebraska Department of Education. The administration establishes the following additional goals and actions to achieve such goals:

1. Curriculum: Students in all grades will receive nutrition education that is interactive, age and ability appropriate, reinforcing the importance of physical activity and the health risks associated with a sedentary lifestyle. Nutrition education will be integrated into other subjects to complement, but not replace, the health and nutrition education curriculum that is provided in accordance with NDE Rule 14. Educators are to incorporate the promotion of healthy eating nutrition lifestyles in all subject areas as appropriate.
2. Display Nutrition Education Materials: The cafeteria shall display posters or other communications suitable to the ages of students served that promote healthy nutrition choices (e.g., display food pyramid). Educators are encouraged to incorporate such communications in their classrooms as well.
3. Nutrition Health Events: Educators are encouraged to search for and take advantage of events that promote nutrition education. Activities may include:
  - a. health fairs
  - b. traveling health exhibits
  - c. field trips to farm or food production facilities
  - d. school gardens
  - e. health speakers (school assemblies or class speakers on nutrition)
4. Family:
  - a. Parents are to be welcomed to join their children at school lunch as appropriate.  
**\*\*NOTE: No identifiable outside restaurant food is allowed, as this is viewed as being in direct competition with the National School Lunch Program (NSLP). Parents wishing to bring their**

child lunch from a restaurant must inform their child's teacher and administration ahead of time so an alternate location to eat their lunch can be secured.

- b. School communications to parents will include information about healthy nutrition; by including information about healthy snacks for children.
5. Staff: Our employees are encouraged to be healthy role models for students. It is important for students to receive consistent messages. Staff is discouraged from eating foods or drinking beverages of minimal nutritional value during the school day in the presence of students.

### **Physical Activities to Promote Student Wellness**

The established goal is to implement a curriculum that meets or exceeds the health and physical education objectives established by the Nebraska Department of Education. The administration establishes the following additional goals and actions to achieve such goals:

1. Curriculum: Health and physical education will be integrated into other subjects to complement, but not replace, the health and physical education curriculum provided in accordance with NDE Rule 14. Educators are to incorporate physical activity promotion and non-sedentary lifestyles in all subject areas as appropriate.
2. Physical Activity During the School Day:
  - a. Recess: Elementary students will have the opportunity for daily recess. Weather and other conditions permitting, recess will be outdoors. Students who are idle during recess are to be encouraged by supervising staff to engage in physical activity. Daily minimums are as follows: Early Childhood: 30 minutes; Grades K-3: 50 minutes ; Grades 4-6: 35 minutes. Minimums include lunch recess. Minimums are set for "ordinary" days and are subject to modification in the judgment of the educator when events such as field trips, testing, etc. occur during the day.
  - b. Class Time: Physical activity within class periods (e.g. stretching breaks when students are at task for more than 50 minutes) will be encouraged.
3. Physical Activity To/From School:
  - a. To encourage biking or walking to school where feasible, the administration will work with law enforcement, faculty, and students as appropriate to provide safe routes to school. Bike racks or other secure storage options will be established commensurate with need.
4. As Punishment: Physical activity will not be used as punishment and will not be withheld as punishment. This guideline shall not apply to extra-curricular activities. Educators may use appropriate professional discretion to make exceptions to this guideline. In no event, however, will physical activity be used as a form of corporal punishment.
5. Display Physical Activity Educational Materials: The cafeteria, gym and health classrooms shall display posters or other communications suitable to the ages of students served that promote physical activity and non-sedentary lifestyles (e.g., display sports posters, walking fitness posters). Educators are encouraged to incorporate such communications in their classrooms as well.
6. Physical Activity Health Events: Educators are encouraged to search for and take advantage of events that promote physical activity education. Activities may include:
  - a. health fairs
  - b. traveling health exhibits
  - c. field trips to physical activity centers

- d. physical activity speakers (school assemblies or class speakers representing sports figures, medical people)

7. **Family:**

- a. The school's physical activity facilities (playground, gym) will be made available to use by parents with their children outside the normal school day and extended school day programming subject to priority use being for children and subject to other competing uses and safety and risk management considerations.
- b. School communications to parents will include information that promotes physical activity. Such communications may include information about the benefits of physical activity to children and the distribution of information about youth sports programs.

8. **Staff:** Our employees are encouraged to be healthy role models for students. It is important for students to receive consistent messages. Staff is encouraged to be seen engaging in non-sedentary lifestyles. Some examples as applicable: staff are encouraged to walk or bike to work; use stairs even if an elevator is available; and share as appropriate personal information about physical activities they engage in to remain fit.

### **Other School Activities to Promote Student Wellness**

The established goal is to offer other suitable opportunities to students to engage in health-promoting activities. The administration establishes the following additional goals and actions to achieve such goals:

1. **Extracurricular Programs:** The School will offer athletic, clubs and other activity programs.
2. **After-School Facility Uses:** The school's physical activity facilities (playground, gym) will be made available to use by students outside the normal school day and extended school day programming, subject to other competing uses and safety and risk management considerations.
3. **Advertising:** The administration will monitor advertising that occurs in the school and endeavor to limit messages that promote foods of minimal nutritional value.
4. **Staff Development:**
  - a. Professional staff members will be provided with professional development and guidance on appropriate practices and procedures to implement the school wellness goals and recommendations. Professional development activities will include activities each year related to the integration of physical activities and nutrition education into the academic curriculum, use of food as rewards and denial of physical activities as a disciplinary consequence, and other wellness goals and activities.
  - b. The School Nutrition Director will provide ongoing training and development for food service staff related to nutrition and wellness goals and activities.
5. **Community Resources:** The administration will coordinate the school wellness program efforts with those available from medical and other community organizations.

### **Nutrition Guidelines**

The established nutrition guidelines for foods available in each school building during the school day are as follows:

1. School breakfast and/or lunch programs will be offered which meet or exceed the requirements of federal and state law and regulatory authorities.

2. No foods in competition with the school lunch or breakfast program shall be sold or otherwise made available to students anywhere on school premises during the school day, which includes 12 am the night before to 30 minutes after the conclusion of the school day.

The administration establishes the following additional nutrition guidelines and actions to meet the guidelines:

1. Conditions for School Meals:

- a. Scheduling meals. Lunch periods will be scheduled at times when students are in need of nutrition (e.g., in the middle of their school day). Students will be provided adequate time to eat. In general students will, upon arrival in the cafeteria, have at least 15 minutes of seat time to eat lunch, not including time spent in line to receive their meal.
- b. Conditions for meals. Efforts shall be made to establish comfortable and relaxed eating conditions. The factors to promote these conditions will be a clean, orderly environment, pleasant food services staff, adequate seating, enforcement of student conduct rules and adequate supervision.

2. Selection of School Meals:

- a. School Meals: School meals shall at a minimum meet nutrition requirements established by state and federal law. The school food service staff is to offer meals that are of a nutritional value higher than that required. Emphasis is on good menu planning principles that offer healthy food choices including lean meats, a variety of fruits and non-fried vegetables daily, whole grains once each week, and low-fat or nonfat milk daily. Promote these choices with the use of signage or food service menu boards to indicate where they are readily accessible to students. Limit portion sizes of dessert.
- b. Ala carte selections: Elementary students are to be offered balanced meals. Elementary students are not to be sold individual food or beverage selections except for limited portions of low-fat foods, no-fat milk, fruits, non-fried vegetables and other items identified as a Smart Snack.

3. Student's Meals From Home: Students will be discouraged from sharing food and be prohibited from sharing foods brought from home. Parents will be encouraged via health promotional materials to make healthy choices for student lunches. We ask that consideration be given to not providing candy and other snacks and foods of minimal nutritional value in lunches from home.

4. Vending machines: Vending machines are not on site.

5. Foods available during the school day:

- a. Water: Students will be allowed access to water during the school day. Water fountains and bottle fillers are available. Educators may, in their discretion, allow students to bring water bottles to classes. Students will not be permitted to bring soda pop. They may bring other drinks and a snack to class, we encourage that they are Smart Snack compliant.
- b. Food rewards. Foods provided by the school or school staff during instructional time will meet Smart Snacks guidelines with the following exceptions: foods provided for instructional purposes (e.g., cultural programs) and foods given in accordance with a special education student's IEP or as documented in a student's medical plan.
- c. Classroom Celebrations:
  - i. The school and school staff are not to offer students foods of minimal nutritional value for classroom celebrations. Offerings will be Smart Snack compliant.
  - ii. Parents are to be encouraged to bring healthy foods and/or Smart Snack offerings for

classroom celebrations including birthday celebrations, and are expected to respect possible and known food allergies.

6. **Fundraising:** School organizations and clubs are not to sell foods of minimal nutritional value. No food or drink will be sold to students, faculty or staff during the school day between 12 am and 30 min after the conclusion of the school day. Fundraisers must meet the following guidelines:
  - a. Student clubs and organizations are encouraged to not sell foods of minimal nutritional value as part of fundraising efforts.
  - b. Each activity sponsor shall report to the Principal the percentage of total fundraising receipts from sales of foods of minimal nutritional value as of the end of each school year.
7. **Definition of Healthy Foods:** For purposes of this regulation, “healthy foods” means foods that are not foods of minimal nutritional value (per serving), and that are low in fats, sodium and sugars, and high in the nutrients which are needed to meet Reference Daily Intakes.
8. **Communication:** Information related to the wellness policy which may include school lunch menus, after school club schedules, and fitness opportunities including sports, martial arts, dance, etc. will be communicated via email, the daily/weekly e-news bulletin, or in print.  
*\*\* An up-to-date copy of the Wellness Policy will be maintained on the school website at [www.trinityoflincoln.org](http://www.trinityoflincoln.org).*

Health, Wellness and Smart Snack Resources

<https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>

[A Guide to Smart Snacks in Schools](#)

[Alliance for a Healthier Generation](#)

[APS Smart Snack Approved List](#)

Revised July 2018

Revised February 2023

Revised August 2023