

School Wellness Policy for #1555 Trinity Evangelical Lutheran School

Wellness Policy Committee

Area Represented	Member Name
Parent	Pete Silva
Student	Brynn Muehlhauser
School Food Service Personnel	Lesley Fowlkes
School Board Representative	Jim Pace
School Administrator	Heather Lowing
Local Health Professional	Elizabeth Slattery

The committee met on the following date to assess the school's nutrition and physical activity environment needs: June 03, 2024.

School Administrator Signature: *Heather Lowing* Date: *06/04/2024*

1. Nutrition Education

Nutrition topics shall be integrated into the comprehensive health education curriculum in each grade level.

Students receive nutrition education that is interactive and teaches skills they need to adopt healthy eating behaviors. Classroom lectures, activities, and student participation are provided in nutrition and health classes. Classroom written tests (such as multiple choice, essay and fill-in-the-blank) are given in the areas of nutrition.

Students will understand how food reaches the table and the implications that has for their health and future. Staff shall integrate hands-on experiences such as working in a garden, cooking activities and enrichment activities such as farmer's market tours and visits to community gardens with the core curriculum.

Nutrition education teaches skills that are behavior-focused. Students will be taught about calorie balance, energy expenditure and how to read and interpret nutrition facts labels.

The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community. Additionally, the school will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.

The committee will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness to include, at a minimum, a review of Smarter Lunchroom tools and techniques.

2. Physical Education and Activity

All students in grades K-8 receive 90 minutes per week of instructionally relevant physical education.

Students will receive education that promotes a physically active lifestyle. The students shall receive education that teaches them the skills needed for lifelong physical fitness.

All elementary school students will have daily recess. The school will provide space, equipment and an environment conducive to safe and enjoyable play.

Students will have the opportunity to be involved in physical activity through physical education programs, after-school activities or other activity programs. Students will be encouraged to participate in community-offered fitness and athletic programs.

The physical education program shall meet the needs of all students, including those who are not athletically gifted, and teach cooperation, fair play and responsible participation. Teachers will discourage bullying, restrict picking teams and promote confidence building.

Regular classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, as appropriate.

3. Other School-Based Activities

School policy will prohibit the use of food as a reward or punishment.

Students will have access to free, quality drinking water in all areas of the school.

The school will promote the use of school facilities outside of school hours for physical activity programs

offered by non-profit community-based organizations and for the school community's use. Parents will be able to bring their children to the school and have access to basketball courts, playgrounds and field facilities.

Fundraising activities that involve the sale of food and beverages will take place outside of the school Day unless they meet Smart Snack standards.

Elementary schools will develop guidelines that support our wellness initiative, including serving healthy, nutritious snacks at field day, fundraisers, festivals and other school-related activities.

Students will be provided an adequate amount of time to consume their meal with a minimum of 20 minutes after receiving their food from the line.

The school shall maximize the reduction of waste by reusing, composting and purchasing recycled products when possible.

The school will provide nutritious, fresh, locally grown food.

4. Nutrition Promotion

The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.

Food services will provide families with opportunities for input and monitoring of their children's food purchases at the K-8 level.

Organizations operating concessions at school functions will promote healthy food choices to encourage student selection.

Support for the health of all students and staff will be demonstrated by hosting health screenings.

5. Assurance

School-based marketing will be consistent with policies for nutrition education and health promotion. As such, the following guidelines apply:

- We will only market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards.
- Marketing activities that promote healthful behaviors are encouraged.
- The Committee will foster a cafeteria environment that promotes healthy eating, including the incorporation of fresh, locally grown foods into student meals.
- The replacement and purchasing decisions will reflect the marketing guidelines mentioned above.

6. Guidelines for All Foods Served and Sold

The guidelines for reimbursable meals shall not be less restrictive than regulations and guidance issued by USDA.

All foods served or sold, during the school day, at this school outside of the reimbursable meals will meet the following Smart Snacks in School nutrition standards and guidelines. These Smart Snacks in School nutrition standards guidelines also apply to fundraisers and class parties held during the school day.

- 200 calories or fewer per portioned package
- No more than 35 percent of total calories from fat per serving size
- Calories from saturated fat must be below 10 percent
- Zero trans fat per serving
- Total sugar must be at or below 35 percent by weight
- Sodium must be at or below 480 mg per side dish and at or below 600 mg per main dish
- Consistent with the Dietary Guidelines
- Contributes to developing healthy eating habits

7. Inform/update the public about the content/implementation of the LSWP

Wellness goals and policy updates will be provided to students, parents and staff annually. School wellness updates may be provided in the form of handouts, the school website, articles and information provided in the school newsletter, presentations and through other appropriate means to ensure that the school community is informed and that public input is encouraged.

The school will provide all parents with a complete copy of the LSWP at the beginning of the school year and will ensure that the most updated version of the policy is always available on the school website for the public to view.

The wellness team shall prepare a report annually evaluating the implementation of the policy and include any recommended changes or revisions.

8. Plan for evaluating and measuring the implementation of the LSWP

The wellness team shall meet annually to review nutrition and physical activity policies, evidence on student health impact and effective programs and program elements.

The school will develop a wellness assessment instrument to monitor compliance. On an annual basis, the school will use this instrument to assess the school's nutrition and physical activity environments and policies.

The wellness committee will make appropriate updates and modifications to the policy based on the results from the triennial assessment to include:

- The extent to which we are in compliance with the local school wellness policy;
- The extent to which the wellness policy compares to model local school wellness policies;
- A description of the progress made in attaining the goals of the local school wellness policy.

The wellness committee will review records of the following items and ensure that they are available for administrative review:

- The most updated written local school wellness policy;

- Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public as consistent with the section on informing and updating the public; and
- Documentation of the triennial assessment of the local school wellness policy.

School food service staff will ensure compliance with nutrition policies within school food service areas.

9. Ensure all stakeholders may participate in the development, implementation and periodic review and update of the LSWP

At the final PACT (Parent, Administration, Congregation, and Teachers) meeting of each year, the LSWP will be discussed and all stakeholders will be asked to provide feedback on the policy. All comments and recommendations will be reviewed and considered.

Students will be given the opportunity to provide input on local, cultural and favorite ethnic foods.

The school will consider student needs in planning for a healthy nutritional environment. Students will be asked for input and feedback through the use of surveys and attention will be given to their comments.

The food service director will be available to speak with parents during open house and allow for parents to make suggestions as to what they would like to see occurring within the school.

10. Designate one or more LEA/school official to ensure that each school complies with the LSWP

The principal (you may list title or person's name) shall ensure compliance with established school-wide nutrition and physical activity policies.

11. Website address for the LSWP

The approved LSWP is posted at: <http://trinitydelray.org/NSLP>

Policy Adoption and Approval Signatures

The following signatures represent the approval of this LSWP. When a change or revision is made to this policy, an updated board-approved, signed copy will be provided to the Office of Food, Nutrition and Wellness along with a copy of the board agenda and board minutes.

Pete Silva Pete Silva 6/4/2024
Parent (Print) Parent (Signature) Date

Brynn Muehlhauser Brynn Muehlhauser 06/04/2024
Student (Print) Student (Signature) Date

LESLEY FOWKES [Signature] 06/07/24
School Food Service Personnel (Print) School Food Service Personnel (Signature) Date

[Signature] [Signature] 06/05/24
School Board Rep (Print) School Board (Signature) Date

Weather Lowing Weather Lowing 06/04/2024
School Administrator (Print) School Administrator (Signature) Date

Elizabeth Slattery [Signature] 6/4/24
Local Health Professional (Print) Local Health Professional (Signature) Date

Policy Adoption Date: 06/04/2024

STATE OF FLORIDA
DEPARTMENT OF HEALTH
DIVISION OF MEDICAL QUALITY ASSURANCE

AC#

11625636

DATE	LICENSE NO.	CONTROL NO.
03/28/2023	RN 9268571	3648579

THE REGISTERED NURSE

NAMED BELOW HAS MET ALL REQUIREMENTS OF
THE LAWS AND RULES OF THE STATE OF FLORIDA

Expiration Date : APRIL 30, 2025

ELIZABETH BEDNER SLATTERY

LICENSEE SIGNATURE