

Trinity Lutheran School Wellness Policy

Atchison, Kansas

The mission of Trinity Lutheran School's Wellness Policy is to promote a healthy lifestyle for students which will lead to lifelong maintenance of healthy habits. This mission will be accomplished by nutrition standards, physical activity, and partnership with community physical fitness-related activities.

Goals – Nutrition Education

Trinity Lutheran School (TLS) will strive to achieve the following Nutrition Education Goals:

- Ensure that our staff has adequate training, so that they are prepared to identify and serve nutritious meals to our students.
 - The USD409 Food Service Director is responsible for nutritional requirements and will participate regularly in professional trainings to effectively deliver an accurate nutrition education program as outlined by the National School Lunch Program (NSLP).
- Provide information at least once a year to school families, notifying them of the availability of the National School Lunch Program.
 - The school secretary is responsible for disseminating information to school families regarding Trinity Lutheran School's participations in the NSLP during the enrollment process in August each year.
- Food and/or beverages marketed in the cafeteria will meet the school nutrition and smart snacks standards.

Goals – Nutrition Promotion

Trinity Lutheran School (TLS) will strive to achieve the following Nutrition Promotion Goals:

- Trinity Lutheran School is committed to serving healthy meals to children.
 - TLS participates in the National School Lunch Program, and follows their meal patterns.
- Students eating lunch at Trinity Lutheran School will be encouraged to eat all of the nutritious foods offered for lunch each day.
 - The lunch staff will serve the appropriate amounts and required number of dairy/meats/fruit/vegetables/grains with each meal served.
- Students eating at Trinity Lutheran School will be encouraged to TRY new foods / new versions of foods.
 - Cafeteria aides will encourage students to try all foods served.
- Trinity Lutheran School will promote nutritional choices outside of the school year.
 - The principal and school secretary will promote free local Summer Lunch Programs.
- Trinity Lutheran School promotes nutritious, healthy choices by restricting the sales of sodas, chips, candy bars, etc. during school hours.
 - The principal, secretary, and other TLS staff are responsible for ensuring that no outside foods that do not meet the Smart Snack requirements are sold during the school day.
- Trinity Lutheran School will promote hydration and smart beverage choices.

Goals – Physical Activity

Trinity Lutheran School (TLS) will strive to achieve the following Physical Activity Goals:

- Trinity Lutheran School will offer Physical Education classes weekly.
 - TLS faculty is responsible for ensuring recess and physical education is built into the class schedules.
- Trinity Lutheran School will provide recess with adequate playground and equipment / facilities to encourage recreational physical activity.

- TLS faculty is responsible for ensuring 4th grade and lower students have a minimum of 30 minutes of physical activity opportunities daily. Students in 5th and above are offered a minimum of 20 minutes of physical fitness opportunities daily.
- The principal and Day School Committee are responsible for providing space and age-appropriate playground equipment to encourage structured and unstructured physical activity.

Goals – Other School-Based Activities

Trinity Lutheran School (TLS) will strive to achieve the following goals:

- Trinity Lutheran School will offer extra-curricular programs to promote active lifestyle.
 - The principal and Day School Committee will try to offer after-school extra-curricular physical activities such as basketball, cheer, football, soccer, track, volleyball, etc. when enough possible.
- Trinity Lutheran School will continue to encourage a healthy lifestyle by providing after-school extra-curricular sports activities with other Lutheran schools.
 - The TLS Athletic Director with the principal supervision will establish game opportunities with other Lutheran schools.
- Seasonal parties are scheduled for students each year. To ensure the health and safety, food and drinks must be maintained at proper temperatures.

Goals – Nutrition Guidelines for All Foods Sold on Campus

Trinity Lutheran School (TLS) will strive to achieve the following NSLP Goals:

- Students will be offered meals that meet the National School Lunch meal patterns and nutrition standards established by the U.S. Department of Agriculture and Kansas Department of Human Services School Nutrition Program.
 - The program manager is responsible for ensuring that the meals served meet the meal patterns for standards and serving sizes
- Trinity Lutheran School will follow the NSLP guidelines for charging meals, record-keeping, and filing of claims.
 - The school secretary is responsible for tracking charges of meals, filing of claims, completing and filing the required forms.
- Trinity Lutheran School staff involved in the NSLP will meet the number of training hours required.
 - The Food Service Director will ensure the program manager and cook meet the required hours.
 - The principal and secretary will ensure other staff meet the necessary training hours.

Implementation and Review

1. The Trinity Lutheran Day School Committee will review the Wellness Policy and its goals each summer to ensure proper implementation and to update as necessary.
2. The Trinity Lutheran School principal is responsible for insuring the implementation of the Wellness Policy.
3. This Wellness Policy will be posted in the cafeteria and its constituents will be able to make recommendations for additions and improvements to the Day School Committee.

2024/2025 Current Lunch Program Positions

USD409 Food Service Director–Sharla Oertel	TLS Principal & Lunch Supervisor: David Birnbaum
TLS Lunch Program Manager–Judith Myscofski	TLS Secretary & Lunch Finances – Sarah Sinclair
TLS Lunch Cook – Lea Ann Callaway	TLS Cafeteria Aides: Sharon Dyer/Dorothy Carney
TLS Lunch Janitor – Cindy Peuker	TLS Athletic Director – Tom Brincefield