

TRINITY LUTHERAN SCHOOL

WELLNESS POLICIES

Trinity Lutheran School (TLS) is committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating, nutrition education, physical activity and integrated school based wellness. The TLS Wellness Committee will meet twice per year to review nutrition and physical activity policies. It will be the responsibility of the staff to ensure all policies are being implemented and followed.

Areas included in this policy are:

Nutrition:

- No fast food allowed in place of breakfast or lunch meals as stated in Parent Handbook*
- School will educate and encourage healthy treats for birthdays and food brought in for celebrations and parties*
- School will allow and encourage students to have individual water bottles in the classroom*
- Students have 20-25 minutes of "eating" time not included in walking to/from classroom to cafeteria*
- TLS "serves" students all items on tray so children have opportunity to try all foods*
- TLS follows regulations for any student with food allergies*

Nutrition Promotion and Education:

- Nutrition education is included as part of health and science classes for all grade levels.*
- Participate in Body Venture*
- School will provide at least one school-wide interactive event that includes a wellness component such as: Accelerated Reader Rewards include swimming, bowling, and Jackson Park*
- School collaborates with Parent Teacher League to provide Family Fun Night annually*
- Nutrition posters/signage are posted in cafeteria*
- Classroom teachers provide active learning experiences that involve student in food preparation or other hands-on activities*

Physical Activity:

-School participates in Jammin' Minute

-Curriculum and Instruction includes the standards for physical education. Students participate in PE 2-3 weekly

-Recess is provided everyday/twice a day for grades K-4 and 15 minutes of activity every day for grades 5-8

-School collaborates with Benedictine College for physical fitness instruction from college students and professor

-Fundraising Activities include Walk/Run a Thon

Integrated School Based Wellness:

-School is part of Atchison "Live Well, Live Atchison"

-School partners with local YMCA and City Recreation Department to disseminate wellness/athletic information available in community

-School participates in KS Fitness for KIDS with Benedictine College

Approved by Trinity Day School Committee January 26, 2017