

Local Wellness Policy Progress Report

School Name: Trinity Lutheran School

Wellness Policy Contact: Dana Oxley

Date Completed: 2/22/2019

This tool is to document progress in meeting the goals written in the district's wellness policy at each school building. Document steps that have or will be taken to accomplish each goal. In the "Contact Person" column identify the individual who can report on the goals' progress. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of those goals. Add more lines for goals as needed.

Nutrition Education and Promotion Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Nutrition education is offered at grade-appropriate levels as part of a standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.	Josie Hester, Vice Principal/ Curriculum Director		x		Nutrition education is part of some part of the curriculum in each grade level.	Explore additional lessons and activities that incorporate nutrition into specific curriculum areas, expanding education into science, math, reading and social studies.
2. Nutrition education is offered in middle school grades through Life Skills class	Josie Hester, Vice Principal/ Curriculum Director	x			Life Skills Class for 6 th – 8 th grades include units on food groups and nutrition, physical activity, food shopping choices	
3. Cafeteria works to ensure students know which types of foods students should be eating and why through diagrams and signage.	Laura Ludeking, Cafeteria Manager		x		A few diagrams are in place, signage in the lunch line explains offer vs serve and how to build a nutritious meal.	Will look to include more diagrams and signage.

Physical Activity Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. All classes spend at least 75% of PE class in active physical activity, attended for at least 60 mins per week	Mark Mueller, Principal	x			PE curriculum for all grades includes grade appropriate walking/running warm up time, organized physical activity through specific units learning and plying varying team and individual sports	
2. Students will be encouraged to engage in physical activity during daily recess periods, including providing equipment and space in the gym for recess periods when the weather does not allow outside recess	Mark Mueller, Principal	x			All grades have age-appropriate daily recess times outside during appropriate weather or in the gym with sporting equipment available for use	
2. After school programs encourage and promote physical activity.	Mark Mueller, Principal		x		After school programs include daily time spent exclusively in the gym or on the playground and provide appropriate sporting equipment. All students from 3 rd grade up try out for the district track meet as part of PE class and then participate in the district track meet the first Saturday in May.	Consider after-school individual or team sports clubs in addition to school-sponsored teams;

Other School Based Activities Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Activities and fundraisers outside of school hours encourage students to stay active.	Mark Mueller, Principal	x			For instance: A night for the students of TLS at the Playstation, where children could play on the equipment and stay active for a few hours in the evening. One of our fundraisers is a walk-a-thon in the fall. Kids ask for sponsorships and then on a school day, the whole school walks around the grass field, with different age groups walking different distances. Trinity will continue encourage fundraising activities that promote physical activity.	
2. We provide team extracurricular sports starting in 5 th grade and encourage all students to participate	Mark Mueller, Principal	X			The sports include football, volleyball, basketball, cheerleading, baseball and softball. These teams practice and play games after school hours.	

Standards and Nutrition Guidelines for All Foods and Beverages *Sold* to Students During the School Day (e.g. vending, school stores, etc.)

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Healthy snack sale will only sell products that are Smart Snack	Laura Ludeking,		X		NSLP director has taken steps to contact those in	Those in charge of the healthy snack sale will be given a list of

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
Certified.	Cafeteria Manager				charge of the healthy snack sale in order to adjust the program to be compliant with the smart snack guidelines.	pre-approved snacks. The program will be discussed during the next staff meeting.
2. Trinity Lutheran follows the standards put forth by the USDA for the National School Lunch Program.	Laura Ludeking, Cafeteria Manager	X			Meals served through the National School Lunch Program will: be appealing and attractive to children; be served in clean and pleasant settings; meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations; offer a variety of fruits and vegetables; serve low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (as defined by USDA); make water available free of charge during lunch; ensure that half of the served grains are whole grain.	

Standards for All Foods and Beverages *Provided* (not sold) to Students During the School Day (e.g. class parties, foods given as reward, etc.

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. All foods and beverages provided for class parties must be smart snack certified.	Laura Ludeking, Cafeteria Manager		X		Teachers and parents try to provide students with healthy treats for any class parties.	Will work to make sure all foods are smart snack certified in the future.
2. All foods and beverages provided as rewards must be smart snack certified.	Laura Ludeking, Cafeteria Manager		X			We will work on making sure all parents and teachers are notified of the guidelines on the nutrition of snacks in school.

Polices for Food and Beverage Marketing

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
NSLP Director has followed the program standards and will continue to make choices that reflect the guidelines in the future.	Laura Ludeking, Cafeteria Manager	X			Food and beverage marketing within the school will be limited to the promotion of foods and beverages that meet the USDA nutrition standards for meals or for foods and beverages sold individually.	
2. Director will take into account student waste and student choices during mealtime in order to create menus that are compliant and also eliminate waste. Offer VS serve has been implemented in order to help with these efforts.	Laura Ludeking, Cafeteria Manager	X			NSLP director has been training to ensure proper steps have been taken to ensure we have healthy students and a great school lunch program.	NSLP director will be undergoing extensive training in order to expand these programs, improve budget, and reduce waste in the future.

This institution is an equal opportunity provider.