

Lutheran South Unity

Wellness Policy - May, 2025

Prepared and reviewed annually by the Wellness Committee

(Administration, Food Services, Faculty, Parents, and Students)

Purpose

Lutheran South Unity School is committed to developing, implementing, monitoring, and reviewing the nutrition and physical activity policies in accordance with Indiana Code 20-26-9-18 and the Healthy,

Hunger Free Kids Act of 2010.

Lutheran South Unity School has a Wellness Coordinator who is responsible for monitoring this wellness policy

Our coordinator is the school nurse, and there is a Wellness Committee that helps develop, implement, evaluate, and update this wellness policy.

Lutheran South Unity is committed to following USDA meal requirements and will follow nutritional guidelines if additional foods and beverages are sold separately on campus.

Parents and teachers will be informed of and encouraged to follow USDA guidelines with all classroom snacks, including birthday prizes etc.

School cafeteria staff will be hired with the understanding that they are responsible for adhering to the school's policies.

School cafeteria staff will be provided continuing staff development that includes training programs for good child nutrition and appropriate training on any nutrition updates or revisions to the policy.

The Gospel Motivates

As leaders of a Lutheran School, we believe that God created us and gives us all things, including our health. Therefore, we thank God for the gift of life and health He has given us, imperfect as it may be with problems of illness and diseases as a result of sin. But knowing what God has done for us through Jesus Christ – forgiveness of sins, life, and salvation – our response is to care for the body that is on loan to us as a way of thanking and praising God.

If we view our bodies as His temple, we can begin to see the importance of daily maintenance to keep it usable for his service. By keeping our bodies well-maintained and filled with the right kinds of fuel (foods) needed to sustain us, we will be ready at a moment's notice for the demands and tasks He is calling us to do.

I. Nutrition Education

- A. Nutrition education will reinforce lifelong balance, emphasizing the link between caloric intake (eating) and exercise in ways that are age appropriate.
- B. We will have the Offer vs Serve Signage posted in the Kitchen and hallway.
- C. Once a quarter, we will place nutritional information into our school newsletter for parents.
- D. We hope to see a 3% increase in the amount of healthy food choices our students make throughout the year.

II. Nutrition Promotion

- A. Mealtimes are scheduled for all classes so there is minimum disruption by recess and other special programs or events.
- B. School will provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school cafeteria.
- C. Foods of minimal nutritional value, including brands and illustrations, shall not be advertised or marketed in educational materials.
- D. Funny food jokes will be displayed in the kitchen to prompt healthy food conversation with the kitchen staff.

III. Physical Activity

- A. Physical education classes will teach age-appropriate lessons on healthy life style choices and easy physical activity they can do on their own.
- B. School will allow and encourage walking and bicycling to school.
- C. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

- D. If outdoor recess is not possible, due to inclement weather, teachers will provide an indoor physical activity in the classroom or gym.
- E. School community use of school facilities will be permitted. Fitness groups, etc. are encouraged.
- F. After-school enrichment providers will include physical activity in their programs, to the extent space and equipment allow.
- G. Taking away recess as a consequence will be limited and assessed case-by-case.

IV. Other Activities

- A. A wide variety of healthy, alternative rewards are used to provide positive reinforcement for children's behavior and academic performance.
- B. Students will have access to free palatable drinking water during the school day. Teachers may offer the option of student water bottles at the student desk.

Evaluation Plan

Members of the Wellness Committee will complete a triennial assessment and summarize the four required components

- 1) Compliance with the Wellness Policy
- 2) How the Wellness Policy compares to model wellness policies
- 3) Progress made in attaining the goals of the Wellness Policy
- 4) Meetings of the committee will be announced, and parents can submit feedback via email collected at santoine@lsusfw.org

Staff Wellness: Lutheran South Unity supports the health and well-being of our staff by creating and promoting policies and environmental support to provide physical activity and healthy eating opportunities.

1. Lutheran South Unity School will promote programs to increase knowledge of physical activity and healthy eating for faculty and staff.
2. Lutheran South Unity School will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs and individual use.

Civil Rights

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form.

To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter

to USDA by:

mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410;

fax: (202) 690-7442; or

email: program.intake@usda.gov



Working Together for Student Success

Local School Wellness Policy: Triennial Assessment Template

Background Information

An assessment of your school wellness policy must be conducted a minimum of once every three years per United States Department of Agriculture (USDA) regulations; however, Local Educational Agencies (LEAs) may assess their policy more frequently if they wish.

Purpose

The template below is offered as a way to summarize the information gathered during your assessment. Members of a school wellness committee who are completing their triennial assessment for their school wellness policy may use this template. It contains the three required components of the triennial assessment, including 1) compliance with the wellness policy 2) how the wellness policy compares to model wellness policies 3) progress made in attaining the goals of the wellness policy.

Results

The copy of the assessment, as well as the current wellness policy, must be made available to the public. How these documents are shared publicly is the decision of the LEA. Many LEAs choose to post the results on their district website. Sponsors may use this template to organize the assessment conducted and make it available to the public.

Recordkeeping

Keep a copy of the most recent triennial assessment, along with supporting documentation on file. State agencies will assess compliance with the wellness policy requirements as a part of the General Areas of the Administrative Review every three years. Keep a copy of the results on file for at least three full school years plus the current year.

Section 1: General Information

School(s) included in the assessment:

Month and year of current assessment:

Date of last wellness policy revision:

Website address for the wellness policy and/or information on how the public can access a copy:

Section 2. Compliance with the Wellness Policy and Progress Towards Goals

At a minimum, school wellness policies are required to include:

- Specific goals for:
 - Nutrition promotion
 - Nutrition education
 - Physical activity
 - Other school based activities that promote student wellness.
- Standards and nutrition guidelines for all foods and beverages *sold* to students on the school campus during the school day that are consistent with federal regulations for school meal nutrition standards, and the Smart Snacks in School nutrition standards.
- Standards for all foods and beverages provided, *but not sold*, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- Description of evaluation plan.

Using the tables below, indicate the language that is currently written in the school wellness policy in relation to each topic area. Next, assess and discuss whether the school is meeting the goal, partially meeting the goal, or not meeting the goal. Finally, indicate the progress made for each goal and next steps that have been identified.

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Wellness Coordinator: Has identified at least one person as responsible for facilitating the wellness policy upkeep Name person responsible for facilitating the upkeep: <u>Stacey Antoine</u>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps:			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Stakeholder Participation: Allow parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, evaluation and update of the wellness policy	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: We sent out a post on Class Dojo inviting all of the above to join and evaluate the Wellness Policy. Please see Attached post.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
USDA Requirements for School Meals: Has assured school meals meet the USDA requirements	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: We are changing vendors and Clark (the vendor) and myself are ensuring that we are going by the USDA Foods requirements			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Nutritional Guidelines for all foods and beverages sold: Has set nutritional guidelines for foods and beverages sold on the school campus during the school day	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: We do not sell food on campus at this time. However, if we do we will be sure to follow USDA guidelines.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Nutritional Guidelines for non-sold foods and beverages: Has set nutritional guidelines for foods and beverages not sold but made available on the school campus during the school day	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Parents and teachers will be informed of and encouraged to follow USDA meal requirements with all classroom snacks and etc.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Food & Beverage Marketing: Allow marketing on the school campus during the school day of only those foods and beverages that meet the competitive food/beverage requirements (Smart Snacks)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Funny healthy food jokes will be displayed in the kitchen to prompt conversation with the kitchen staff about healthy food choices,			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Nutrition Education: Has at least 2 goals for nutrition education List goals: 1. We will have offer vs serve signage in the kitchen and hallways 2. Once a quarter we will place nutritional information in a news letter home	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: We ordered the offer vs serve signage and we are waiting for the new school year to start for the news letter.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Nutrition Promotion: Has at least 2 goals for nutrition promotion List goals: 1. Healthy jokes posted in kitchen 2. Only foods with healthy nutritional value will be illustrated in the kitchen	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Currently gathering funny healthy food jokes for the school year along with pictures for illustration.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Physical Activity: Has at least 2 goals for physical activity List goals: 1. School will promote walking and cycling to school 2. After-school enrichment will include physical activity and programs	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Will send out a post towards the beginning of the year letting parents know about our bike rack and the health benefits about daily steps and bike rides.			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Other Activities: Has at least 2 goals for Other School-Based Activities that promote student wellness List goals: 1. Teachers will provide indoor activities for children during bad weather 2. A wide variety of healthy, alternative rewards will be used to provide positive reinforcement.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Creating healthy choice snack bowl for kiddos			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Evaluation: Every three years LEA has evaluated the wellness policy with an evaluation tool and has notified the public of the results. The assessment will determine: <ul style="list-style-type: none"> to what extent the LEA is in compliance with the school wellness policy the extent to which the local wellness policy compares to model school wellness policies the progress made in attaining the goals of the school wellness policy 	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Name person responsible for monitoring the policy: <u>Stacey Antoine</u>			
Describe progress and next steps:			

School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Communication: Annually inform and update parents, students, staff, and the community about the content and implementation of the wellness policy and provide a way for additional stakeholders to be able to participate	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Describe progress and next steps: Sent out post on Class Dojo and letters home to parents			

Include any additional notes, if necessary:

Section 3. Comparison to Model School Wellness Policies

Indicate model policy language used for comparison. Model policies may be found [here](#).

Alliance for a Healthier Generation: Model Policy

Upgrade Sample Language

Other (please specify): _____

Describe how the school wellness policy compares to model wellness policies.

I tried to click the link for the model policy and it would not upload. However, we have seen St. Peters Policy and St. Thresa policy. We feel this policy is current with what we want too and what are achieving. We also feel this policy is what is good for our LSUS family (kids)

JmbuDBahr 06/20/2025

Wellness Committee Tri annual Assessment Sign in sheet