

LUTHERAN HIGH SCHOOL ASSOCIATION OF GREATER MILWAUKEE FOOD SERVICES

**LOCAL WELLNESS POLICY**

The Lutheran High School Association recognizes that good nutrition and regular physical activity affect the health and well-being of the students. Research suggests a positive correlation between a student's health and their ability to learn. This policy is intended to reflect the Association's adherence to the nutritional guidelines implemented by the United States Department of Agriculture (USDA), pursuant to the Healthy, Hunger-Free Kids Act of 2010, as it relates to the National School Lunch Program, the School Breakfast Program, and all foods sold in schools. (<https://fns.usda.gov/cn/fr-072916c>)

The goal of the Association is to make a significant contribution to the nutritional intake and physical fitness of each student by providing a school environment that enhances learning and development of lifelong wellness practices. At the center of a thriving school is a healthy, resilient, successful learner. A carefully implemented school Wellness Policy will improve the health and safety of all members in the school community and improve the academic achievement of students. Schools must actively promote positive, motivating, wellness messages to reinforce the importance of personal health and wellness.

The designated official identified to ensure compliance is as follows:

Jeff Kroupa

[JKroupa@milwaukeeelutheran.org](mailto:JKroupa@milwaukeeelutheran.org), Food Service Director

Milwaukee Lutheran High School

**NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE AT SCHOOL**

- During each school day, food services will offer breakfast and lunch under the nutritional guidelines of the USDA's child nutrition programs. The food service staff will protect the privacy of all students regardless of eligibility status under these programs.
- The food service staff will receive required DPI training on food safety, civil rights training and offer vs serve.
- Students in pre-kindergarten through grade 12 cannot leave school during the lunch period.
- Menu items served will be free of all trans fats and hydrogenated oils, high fructose corn syrup, hormones, and antibiotics, processed and artificial colors and flavors, artificial preservatives, and bleached flour.
- Menus will be made available on each school's website.
- All foods and beverages sold outside of the school meals program will meet the USDA Smart Snacks standards. The Association encourages foods that are offered on school premises to meet or exceed USDA Smart Snacks standards. This would include food provided at student celebrations, parties, concessions and classroom snacks brought by staff or family members. (<http://dpi.wi.gov/school-nutrition/program-requirements/smart-snacks>)

- During the school day, vending machines will provide healthy choices for students. During school sponsored activities outside of school hours, healthy alternatives will be offered in the concession stand.
- Healthy choices and nutritional food value will be a consideration in selecting school sponsored fundraising activities.

### **NUTRITION EDUCATION GOALS**

- Students will receive nutrition education that teaches the skills they need to adopt healthy eating behaviors.
- The message of making healthy choices will be provided in classrooms, the lunchroom and in other areas where the message can be presented.
- Health education and making healthy decisions will be included in the curriculum as appropriate.

### **PHYSICAL ACTIVITY GOALS**

To meet the recommended standards of daily physical activity for children, all students are provided multiple opportunities to be physically active. These opportunities will include:

- Students will be given opportunities for physical activity through physical education classes at the middle school and high school level.
- Daily recess for 4K through elementary school (recommended 30 minutes)
- Extracurricular before and after school athletic programs to include fall, winter, and spring sports
- Summer sports camps for incoming 5<sup>th</sup> through 8<sup>th</sup> graders

### **GOALS FOR OTHER SCHOOL BASED ACTIVITIES**

Extracurricular activities are defined as activities that occur after the school day is completed. Over 60% of Milwaukee Lutheran High School students are in at least one extracurricular activity. This encourages physical activity and healthful habit formation. School Wellness Policy goals are also to be considered in planning all school-based activities (such as school events, field trips, fundraisers, concessions, and dances). Whenever possible, activities should demonstrate the Association's commitment to promoting healthy behaviors and improving personal wellness. Selling nutritious foods and beverages reinforces nutritional messages taught in classrooms and lunchrooms.

- The school will arrange a lunch schedule that provides adequate time for serving meals, for students to eat, and for clean-up following the meal.
- Lunch periods will be scheduled near the middle of the school day with adequate time for students to eat before needing to leave the lunch area.
- Drinking fountains will be available in the school building and students will be given opportunity to have water throughout the day.

### **WELLNESS PROMOTION AND MARKETING ACTIVITIES**

This policy will be followed in planning all school-based activities throughout the school day.

The schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by the USDA Nutrition Standards for all “Foods Sold in Schools.”

In the presence of students, all school staff will model healthy eating and drinking behaviors, especially during meal service.

Food and/or physical activity will not be used by any school staff as a reward or punishment. Students sent to the office for disciplinary reasons will be provided with the opportunity to eat lunch.

The schools will promote healthy food and beverage choices as well as physical activity. Examples may include parent newsletters, school websites and family related food and fitness activities.

## **IMPLEMENTATION**

1. The Authorized Representative of the Lutheran High School Association (Principal) or his/her designee is charged with the timely and effective implementation of the Wellness Policy.
2. The Food Service Director is charged with monitoring and maintaining school meal nutritional standards per USDA requirements and will work to improve healthy, fresh menu choices for students.
3. School leaders are expected to promote student nutrition and wellness by promoting a healthful school environment, promoting nutrition education, fully supporting school breakfast and lunch programs, and ensuring adequate physical activities for students. It is the Food Service Director’s responsibility to ensure compliance with all federal, state, and local regulations pertaining to the sale of food and beverages in school, including vending machines, fundraisers, and advertising according to standards.
4. The Food Service Director is responsible for establishing a Wellness Committee to implement this policy.
5. When creating the Wellness Committee, the Food Service Director will invite an administrator, teachers, support staff, coach, parent/community representatives and students. The Food Service Director will then submit the membership to the Authorized Representative or his/her designee. The dates and times scheduled for the Wellness Committee meetings will be posted on the school website for the school year to ensure public involvement.
6. The Wellness Committee will discuss the policy quarterly. The committee will conduct a review to identify areas for improvement in physical education, physical activity, nutrition, and health services and develop a plan of action for improvement.
7. The action plan will be forwarded to the Authorized Representative or his designee annually for monitoring the implementation process.
8. The Wellness Policy will be evaluated no less than once every three years. The Food Service Director will report to the Authorized Representative on the level to which the policy complies, progress made in attaining goals of the policy, and how the policy compares to a model policy. The Wellness Policy will be posted on the school website to ensure public involvement.

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Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or

**2. fax:**

(833) 256-1665 or (202) 690-7442; or

**3. email:**

[program.intake@usda.gov](mailto:program.intake@usda.gov)

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