

## **Journeys Lutheran School Wellness Policy**

The primary goal of nutrition education is to influence students' eating behaviors. Building nutrition knowledge and skills helps children make healthy eating and physical activity choices. To accomplish goal, Journeys Lutheran School will develop this policy to encourage and educate students on the benefits of maintaining healthy choices throughout life.

### **NUTRITION EDUCATION GOALS**

- Students in all grades will receive nutrition education that is interactive and teaches the skill they need to adopt healthy eating behaviors.
- The message of making healthy choices will be consistent throughout the school, classrooms, lunchroom, and other areas where the message can be presented.
- The curriculum for health education will include both nutrition and physical education.
- Health education and making healthy decisions will be infused as appropriate throughout the other curricula areas.
- The school will seek additional ways to present the message of healthy choices in other events sponsored by the school.
- Staff who provide nutrition education will be offered appropriate training opportunities.
- The school will seek ways to involve the parents, students, and the community in nutrition education activities.

### **NUTRITION GUIDELINES**

- Academic performance and quality of life issues are affected by the choice and availability of good foods in our school. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability, and ability to learn.
- All school meals served by Journeys Lutheran School meet the guidelines of the Healthy Hunger-free Kids Act of 2010 and the state of Wisconsin nutrition guidelines.
- A system is in place so that students entitled to free or reduced lunches are served and treated the same as all lunch program users. No child is refused lunch due to the lack of ability of parents to pay for it.
- Food service personnel take classes on nutrition, health, and food safety offered by DPI.
- The school kitchen is inspected by a public health inspector according to city and state guidelines twice a school year.
- Appropriate measures will be taken to protect students with food allergies documented by proper medical personnel.

- Students are not allowed access to vending machines during school hours. In addition, carbonated beverages are not allowed at snack or lunch time. Caffeinated items are minimized. To limit the number of high calories, low-nutrition foods, parents are encouraged to provide a healthy snack and bag lunch choices.
- To develop a healthy taste for a variety of foods, all students are strongly encouraged to take a courtesy bite of all foods served on their tray during lunch.
- Journeys Lutheran School participates in the National School Breakfast and Lunch Program.

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

- Food and beverages in the food service program will represent good choices for a balanced and nutritional diet following the Healthy Hunger-free Kids Act of 2010.
- During school sponsored activities, healthy alternatives will be offered.
- When school parties and classroom activities include food, efforts will be made to limit the number of high calories, low-nutrition snacks and instead provide children with nutritional alternatives.

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

- The school ensures that the lunch area where we eat is a clean, safe, and enjoyable meal environment.
- The school will arrange a lunch schedule that provides adequate time for students to eat, and for clean-up following the meal.
- Drinking fountains are available in the school buildings and students will be given opportunity to have water throughout the day.
- Students will be encouraged to participate in the meal program. The staff will monitor lunches brought from home and encourage families to provide nutritious meals.
- 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.
- Teachers will be encouraged to provide all students with physical activities at recess and other times when physical education or activity is scheduled.
- Teachers will receive proper training in nutrition and physical education.
- The staff will strive to be role models in practicing healthy eating habits.

### **PHYSICAL ACTIVITY GOALS**

- Students will be given opportunities for physical activity during the school day through physical education classes, recess periods, and the integration of physical activity into the academic curriculum.
- Students will be given opportunities for physical activity through before and/or after school activities such as intramurals and athletic programs.
- The school will work with the community to help provide safety for students walking, riding bikes, or otherwise using physical activities to get to school.
- The school will encourage parents and guardians to support their child's participation in physical activities and will work to offer physical activities in family events.
- The school will provide training for the staff to promote physical activity in enjoyable, lifelong activities.
- Students will have outside recess daily as weather permits.

## **HEALTHY AND SAFE ENVIRONMENT**

- Journeys Lutheran School shall strive to provide a healthy and safe environment for all, before, during and after school because that supports academic success. Safer schools promote healthier students. Healthier students do better in school and make greater contributions to their community.
- School buildings and grounds, structures, and equipment shall meet all current health and safety standards, and be kept inviting, clean, safe and in good repair.
- Journeys Lutheran School offices shall maintain an environment that is free of tobacco, alcohol and other drugs.
- Journeys Lutheran School shall work to create an environment where all students, parents/guardians and staff are respected, valued and accepted with lofty expectations for personal behavior and accomplishments.
- Journeys Lutheran School will regularly conduct safety drills (fire evacuation and severe weather, and intruder alert).

## **IMPLEMENTATION AND EVALUATION**

- The wellness policy will be implemented at Journeys Lutheran School by the school staff.

- Teachers will be responsible for operating the policy and reporting any problems to the principal.
- The principal will be responsible for overseeing the implementation of the wellness policy.
- Parents will be given the opportunity to evaluate and discuss the Wellness Policy with the Principal.
- The Principal will be responsible for posting Journeys Wellness Policy in the school newsletter for 2 consecutive weeks and ask for parents to review and make comments.
- The Wellness Policy will be available for review and comments at the two major events the school hosts with Board members present in December and May of the school term.
- Through observation, and reports from the teachers, the principal will report any difficulties with the implementation of the wellness policy to the Board of Directors.

Approval March 20, 2006, updated May 21, 2018, updated February 5, 2021, Reviewed and updated 2/14/2023

2/5/2021

# Journeys Lutheran School

## Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2021

A local wellness policy guides efforts to create a healthier school environment. Effective wellness policies support a culture of well-being by establishing healthful practices and procedures for students, staff, and families. Schools/districts participating in the federal Child Nutrition Programs are required to complete an assessment of their local wellness policy, at minimum, once every three years. This report summarizes policy objectives and details the results of the most recent evaluation. For questions regarding the results, contact Karen Schultz, 414-461-8500. Email: karen.schultz@journeyslutheran.org.

### Section 1: Policy Assessment

*Overall Rating:*

92

Ratings are based on a four-point scale to measure success in meeting/complying with each policy objective.

0 = objective not met/no activities completed

1 = objective partially met/some activities completed

2 = objective mostly met/multiple activities completed

3 = objective met/all activities completed

Nutrition Standards for All Foods in School	Rating
<ul style="list-style-type: none"> <li>▪ Academic performance and quality of life issues are affected by the choice and availability of good foods in our school. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability, and ability to learn.</li> </ul>	3
<ul style="list-style-type: none"> <li>▪ All school meals served by Journeys Lutheran School meet the guidelines of the Healthy Hunger-free Kids Act of 2010 and the state of Wisconsin nutrition guidelines.</li> </ul>	3
<ul style="list-style-type: none"> <li>▪ A system is in place so that students entitled to free or reduced lunches are served and treated the same as all lunch program users. No child is refused lunch due to the lack of ability of parents to pay for it.</li> </ul>	3
<ul style="list-style-type: none"> <li>▪ Students are not allowed access to vending machines during school hours. In addition, carbonated beverages are not allowed at snack or lunch time. Caffeinated items are minimized. To limit the number of high calories, low-nutrition foods, parents are encouraged to provide a healthy snack and bag lunch choices.</li> </ul>	3
<ul style="list-style-type: none"> <li>▪ To develop a healthy taste for a variety of foods, all students are strongly encouraged to take a courtesy bite of all foods served on their tray during lunch.</li> </ul>	3

Nutrition Promotion	Rating
<ul style="list-style-type: none"> <li>▪ The message of making healthy choices will be consistent throughout the school, classrooms, lunchroom, and other areas where the message can be presented.</li> </ul>	3

<b>Other School-Based Wellness Activities</b>	<b>Rating</b>
<ul style="list-style-type: none"> <li>▪ Students are not allowed access to vending machines during school hours. In addition, carbonated beverages are not allowed at snack or lunch time. Caffeinated items are minimized. To limit the number of high calories, low-nutrition foods, parents are encouraged to provide a healthy snack and bag lunch choices.</li> </ul>	3
<ul style="list-style-type: none"> <li>▪ 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.</li> </ul>	3
<ul style="list-style-type: none"> <li>▪ Teachers will be encouraged to provide all students with physical activities at recess and other times when physical education or activity is scheduled.</li> </ul>	3
<b>The staff will strive to be role models in practicing healthy eating habits</b>	3
<ul style="list-style-type: none"> <li>▪ Drinking fountains are available in the school buildings and students will be given opportunity to have water throughout the day.</li> </ul>	3

<b>Policy Monitoring and Implementation</b>	<b>Rating</b>
<ul style="list-style-type: none"> <li>▪ The wellness policy will be implemented at Journeys Lutheran School by the school staff.</li> </ul>	3
<ul style="list-style-type: none"> <li>▪ Teachers will be responsible for operating the policy and reporting any problems to the principal.</li> </ul>	3
<ul style="list-style-type: none"> <li>▪ The principal will be responsible for overseeing the implementation of the wellness policy.</li> </ul>	3
<ul style="list-style-type: none"> <li>▪ Through observation, and reports from the teachers, the principal will report any difficulties with the implementation of the wellness policy to the Board of Directors.</li> </ul>	3
<b>Every three years, the Wellness Policy will be evaluated and updated as needed.</b>	3

# Wisconsin Local Wellness Policy Triennial Assessment Report Card

In accordance with the U.S. Department of Agriculture's Final Rule: Local School Wellness Policy Implementation, all School Food Authorities (SFAs) participating in the National School Lunch or School Breakfast Program must complete an assessment of their local wellness policy, at minimum, once every three years. The assessment requirement is designed to result in local school wellness policies that strengthen the ability of SFAs to create a school nutrition environment that promotes students' health, well-being, and ability to learn. The assessment must measure the SFA's compliance with their local wellness policy, describe the SFA's progress toward meeting their local wellness policy goals, and describe how the language in the SFA's wellness policy compares to the model wellness policy. **The Wisconsin Local Wellness Policy Triennial Assessment Report Card is required to be used by all Wisconsin SFAs in order to fulfill the triennial assessment requirement.**

As part of the Triennial Assessment Report Card, SFAs are required to complete the Wellness School Assessment Tool (WellsAT). The WellsAT allows SFAs to rate the extent to which their policy contains language related to 67 policy items considered to be best practices for school wellness. Please note, the WellsAT only evaluates policy content. If your SFA has implemented best practices but has not included language within the policy, you must select the rating that corresponds with no policy language present. Once completed, an overall comprehensive score and strength score will be calculated. The assessment can be completed electronically at [wellsat.org](http://wellsat.org). To complete the assessment electronically, you will need to log-in to the online portal or register as a new user and begin a new assessment. The assessment may be completed manually by downloading the [assessment questions](#) and filling out the [scorecard](#) with your responses.

## Completing the Wisconsin Local Wellness Policy Triennial Assessment Report Card

The Triennial Assessment Report Card template can be found starting on page two of this document. Navigate through the fillable form fields and enter the indicated information. The form fields are identified as appearing in brackets and with a gray background ((Example Form Field)).

**1. Assess Compliance with the Local Wellness Policy.**

Enter SFA wellness policy statements and rate the degree of compliance. Delete any rows within the tables that are not needed. Additional rows may be added as needed. Calculate the overall rating by taking the average of all policy statement scores.

**2. Describe the overall progress made toward meeting policy goals.**

Provide a narrative update describing progress achieved, activities implemented, and plans for future wellness policy implementation.

**3. Report on results of the WellsAT.**

Describe areas of policy strength and areas for improvement based on the findings of the WellsAT. You may elect to include your WellsAT scores within the Triennial

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