

Good Shepherd Wellness Policy/Non Discrimination Statement

A Local Wellness Policy (LWP) is a written document that guides a School Food Authority (SFA) to establish a school environment that promotes students' health, well-being, and ability to learn. The U.S. Department of Agriculture (USDA) released a final rule on wellness policies in August 2016 that defines required content areas. To be compliant with the final rule, SFAs are required to have language in their LWP that relates to all the content areas listed below.

Policy Leadership

The principal of Good Shepherd shall implement and ensure compliance with the policy by leading the review, update, and evaluation of the policy.

Public Involvement

The Good Shepherd School will invite a diverse group of stakeholders from the list below to participate in the development, implementation, and periodic review and update of the policy.

- Administrator
- Classroom teacher
- Physical education teacher
- SFA representative
- Community member/parent
- Student
- Medical/health care professional

School Meals

All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010. A link to USDA meal pattern requirements can be found [here](#).

Food Sold Outside of the School Meals Program

All food and beverages sold outside of the school meal programs shall meet the USDA Smart Snack standards listed [here](#).

Foods Provided but Not Sold

Good Shepherd School encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School standards including those provided at celebrations and parties and classroom snacks brought by staff or family members. Non-food celebrations will be promoted and a list of ideas is available.

Food and Beverage Marketing

Good Shepherd School will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools [Smart Snacks rule](#).

Nutrition Education

Teachers shall integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects.

Nutrition Promotion

School nutrition services at Good Shepherd shall use the [Wisconsin Team Nutrition Meal Appeal Self-Assessment](#) to determine ways to improve the school meals environment. School nutrition services shall implement at least two techniques at each school.

Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. Our school shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The district shall also provide opportunities for students to participate in physical activity in addition to physical education.

Other School-Based Strategies for Wellness

The school will offer one family-focused events supporting health promotion (e.g., health fair, nutrition/physical activity open house) each year.

Triennial Assessment

The school will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.

Update/Inform the Public

Good Shepherd School will actively inform families and the public about the content of and any updates to the policy through the school website and Board of Education meetings.

USDA Non-Discrimination Statement (2015)

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, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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http://www.ascr.usda.gov/complaint_filing_cust.html, 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:

1. Mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;
2. Fax: (202) 690-7442; or
3. Email: program.intake@usda.gov

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