

Good Shepherd Lutheran School

Local Wellness Policy Triennial Assessment Report Card

Date Completed: 2023-2024

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 {Name and Contact Information}.

Section 1: Policy Assessment

Overall Rating:

2

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
Good Shepherd participates in the West Bend School District hot lunch program and therefore adheres to all nutrition guidelines.	3
Vending machines were removed in June, 2020.	3
Snacks served during the school day will make every effort to offer healthy food choices. Emphasis will be placed on fruits and vegetables as primary food choices and water as the primary beverage.	2
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}

Nutrition Promotion	Rating
Health promotion signage will be posted for students to see.	2
Good Shepherd's Lutheran School shall have a minimum of one school-side health promotion event each school year.	2
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}

Nutrition Education	Rating
Our goal is to ensure that students in pre-kindergarten through 8th grade will receive nutrition education that provides the knowledge they need to adopt healthy lifestyles.	2
Good Shepherd Lutheran School will work toward a complete Pre-8 Health and Nutrition curriculum which will be incorporated into various subject areas and is already in our Physical Education/Health/Science curriculums.	3
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}

Physical Activity and Education	Rating
Good Shepherd Lutheran School has a complete Pre-8 Health and Nutrition curriculum which is part of our Physical Education/Health/ Science Curriculums.	3

Physical Activity and Education	Rating
Physical activity should include regular instructional physical education, co-curricular activities and recess	3
Our goal will be to provide 150 minutes a week of physical activity for PreK-4, and 225 minutes of physical activity for grades 5-8.	2
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}

Other School-Based Wellness Activities	Rating
Staff and students are encouraged to utilize healthy, nutritious food choices when using food as a part of class, an extra-curricular event, or a student incentive program.	2
Staff and Parent Organizations are encouraged to promote the sale of healthy foods or non-food items when organizing fund-raising events.	2
Items available for purchase at school should support a healthy environment and should contain valuable nutrients without excessive amounts of sugar, fat, or sodium.	2
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}

Policy Monitoring and Implementation	Rating
Our goal will be to reinstitute vision screening for students in grades 3,5, and 7. This was accomplished in the 2019-2020 school year and will continue.	2
Good Shepherd Lutheran School will work toward a complete Pre-8 Health and Nutrition curriculum which will be incorporated into various subject areas.	2
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}
{Insert Policy Statement}	{Select Score}

Section 2: Progress Update

Our goal will be to reinstitute vision screening for students in grades 3,5, and 7. This was accomplished in the 2019-2020 school year and will continue. Our school will continue to provide counseling services through the use of our pastors and referrals to other qualified professionals. Proper hand-washing posters are posted throughout the school. Opportunities to incorporate hand-washing and personal hygiene into the curriculum has been implemented. Beginning 2020-2021, hand sanitizing stations were added throughout the building including every classroom.

Section 3: Model Policy Comparison – Done in 5-2024

A required component of the triennial assessment is to utilize the Rudd Center’s Wellness School Assessment Tool (WellSAT) for comparison of the Local Wellness Policy to a Model Wellness Policy. The WellSAT includes 67 best practice policy items related to nutrition education; nutrition standards for foods; physical education and activity; wellness promotion and marketing; and implementation, evaluation, and communication. The comparison identified policy strengths and areas for improvement.

Local Wellness Policy Strengths

The hot lunch program through the West Bend School District helps us provide a nutritious meal choice to students. The vision screening was added this past year and will continue.

Areas for Local Wellness Policy Improvement

Monitoring of food at sporting events needs to be carried out to provide healthy choices.

Good Shepherd Lutheran School

School Wellness Policy

Mission Statement

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, Good Shepherd Lutheran School is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Good Shepherd's Lutheran School that:

- All students in grades Pre-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages served with the Hot Lunch Program at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Quality school meals with an emphasis on nutritious foods will be served.

- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs.

Nutrition and Wellness Education

Good Shepherd Lutheran School aims to teach, encourage, and support healthy eating by students. Our goal is to provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

PreK- 8 Nutrition and Wellness Education Curriculum

- Our goal is to ensure that students in pre-kindergarten through 8th grade will receive nutrition education that provides the knowledge they need to adopt healthy lifestyles.
- Good Shepherd Lutheran School will work toward a complete Pre-8 Health and Nutrition curriculum which will be incorporated into various subject areas.

Physical Activity

Good Shepherd Lutheran School supports and promotes a quality physical education program and is committed to providing opportunities for physical activity within the school day.

- Physical activity will be included in a school's daily education program from grades PreK-8
- Physical activity should include regular instructional physical education, co-curricular activities and recess
- Our goal will be to provide 150 minutes a week of physical activity for PreK-4, and 225 minutes of physical activity for grades 5-8.
- Staff members will be encouraged to model healthy behaviors through the opportunity of participating in a wellness program

Other School-based Activities

Good Shepherd Lutheran School supports and promotes a healthy learning environment during and outside the instructional day.

- Staff and students are encouraged to utilize healthy, nutritious food choices when using food as a part of class, an extra-curricular event, or a student incentive program.
- Staff and students are encouraged to seek out good nutrition choices when curricular-based food experiences are planned.
- Staff and Parent Organizations are encouraged to promote the sale of healthy foods or non-food items when organizing fund-raising events.
- Items available for purchase at school should support a healthy environment and should contain valuable nutrients without excessive amounts of sugar, fat, or sodium.

Foods and Beverages on Campus

General Guidelines

- Classroom snacks should reinforce the importance of healthy choices. We will provide healthy choices as suggestions for parents and families to choose from.
- Classroom celebrations should encourage healthy choices.
- Food being used as a reward should be minimal.

Vending Machines

- Since vending machines do not always offer healthy choices, vending machines were removed from the building in June, 2020.

Snacks

- Snacks served during the school day or in before or after-school care will make every effort to offer healthy food choices.
- Emphasis will be placed on fruits and vegetables as primary food choices and water as the primary beverage.

Lunch

- Students will be provided with at least 20-30 minutes to eat lunch.
- Staff will discourage students from sharing food or beverages with one another.
- A variety of fruits and vegetables should be offered.
- Only low-fat (1%) and fat free milk will be served.
- Whole grains should be half of the grains served.
- They should contain a minimum of trans and saturated fats, sodium, and sugar so the meals can meet or exceed the Dietary Guidelines of America.

Water

- Water consumption will be encouraged throughout the school day. There may be times when this is not practical; this will be left up to the individual classroom teachers to determine these times.
- Some drinking fountains will be equipped with water bottle filling option.

Health Services

- Good Shepherd's Lutheran School will continue to provide services to address immediate health needs of students, monitor immunizations and communicable, and make referrals as necessary.

- Our goal will be to reinstitute vision screening for students in grades 3,5, and 7. This was accomplished in the 2019-2020 school year and will continue. We will institute a scoliosis screening for 6th and 7th grade girls and 8th grade boys within the next three years.
- Our school will continue to provide counseling services through the use of our pastors and referrals to other qualified professionals.

Health Promotion Activities

- Health promotion signage will be posted for students to see.
- Good Shepherd's Lutheran School shall have a minimum of one school-side health promotion event each school year.
- The Wellness Committee will explore health promotion activities for the staff.

Healthy School Environments

- Family members will be engaged as a critical part of the team responsible for teaching children about health and nutrition.
- Proper hand-washing posters will be posted throughout the school. Opportunities to incorporate hand-washing and personal hygiene into the curriculum has been implemented.
- Beginning 202-2021, hand sanitizing stations were added throughout the building including every classroom.