

School Wellness Policy for Immanuel Lutheran High School
Academic Year 2023-2024
501 Grover Rd., Eau Claire, WI 54701

To be a participant in the federally subsidized child nutrition programs (i.e., National School Lunch and Breakfast Programs), Immanuel Lutheran High School is required to establish and implement a local school wellness policy. Immanuel Lutheran High School (ILHS) 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.

1) Food and Beverages Sold on Campus

a) All meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to students;
- be served in clean and pleasant settings;
- meet, at a minimum, all nutrition requirements established by local, state, and federal statutes and regulations (see link below).

[National School Lunch Program Meal Pattern Chart | Food and Nutrition Service](#)

b) Students' free or reduced-price meal status will not be publicized.

c) During the school day (midnight to 30 minutes after the end of instructional day), all foods and beverages that are sold on campus, including those in vending machines and canteen service, shall meet the current USDA [Smart Snack](#) standards. The sale of foods and/or beverages containing caffeine (with the exception of trace amounts of naturally occurring caffeine) during the school day is prohibited. All vending machine and canteen inventories and any fundraising goods (e.g. Banquet) that are not compliant with *Smart Snack* standards will be made inaccessible during school day hours. Such sales may begin only at the end of school day hours (after 3:20 pm).

d) Throughout the school day students will be given access to free, potable water.

e) Celebrations that involve food will be limited to one per month per class and once a quarter schoolwide.

2) Healthy Lifestyle Education and Promotion

a) ILHS is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout the school, classrooms, cafeterias, and social media.

b) School nutrition services shall use the *Wisconsin Team Nutrition Meal Appeal Self-Assessment* at least once a year to determine ways to improve the school meals

environment. School nutrition services shall implement at least one Wisconsin Team Nutrition Meal Appeal techniques per year.

c) Comprehensive instruction regarding nutrition and exercise will be included in ILHS health and physical education courses. As opportunities arise in other courses, healthy lifestyle choices will be encouraged.

d) Throughout the school day and beyond, a variety of opportunities for physical activity will be available to the students. These include participation in PE class activities, interscholastic and intramural sports after school, and other staff supervised activities that may arise, as well as open access to the gym, tennis court, and walking trails on campus.

e) The school will make use of opportunities to promote and instruct about healthy nutrition choices through media such as posters.

f) The school will seek to provide healthy lifestyle promotion via lyceum presentations or mini-classes.

3) Monitoring and Policy Review

The ILC president will be the designated person responsible for policy oversight and implementation.

The ILC president, ILHS principal, ILC business manager, and a member of the ILC curriculum committee will review the School Wellness Policy on an annual basis. These four staff members constitute the School Wellness Committee, who collectively serve as the School Food Authority (SFA) of Immanuel Lutheran High School. In this capacity they will be responsible for evaluating compliance with the school wellness policy no less than once every three years.

The committee will develop and carry out measures to gain input and feedback from students, parents, teachers, and staff. The content of the school wellness policy should be periodically reviewed by the faculty and by the Board of Regents. Ongoing implementation of the policy and prospective updating of the policy will be reported to the Regents through the ILC president. ILHS will actively inform the public about the content and evaluation of and any updates to the policy through the school website and Board of Regents meetings.

4) USDA Non-Discrimination Statement

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of

race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, and American Sign Language) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online, at www.usda.gov/sites/default/files/documents/usda-program-discrimination-complaint-form.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or

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

Email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Updated by the committee Feb. 26, 2024:

Dan Schierenbeck, chairman and ILC president

Steve Sippert, secretary and ILC Curriculum Comm. representative

Joel Gullerud, ILHS principal

Steve Lentz, ILC business manager

Approved by Board of Regents: March 1, 2024