

## Peace Lutheran School — Local School Wellness Policy (LWP)

**Purpose.** Peace Lutheran School (PLS) is committed to creating a school environment that promotes students' health, well-being, and ability to learn by supporting healthy eating and physical activity. This Local Wellness Policy (LWP) is adopted to meet federal requirements for School Food Authorities (SFAs) and to guide implementation across our campus.

**Scope.** This policy applies to all students, staff, and parents/guardians on the PLS campus during the school day and at school-sponsored events where food and beverages are provided or sold.

### 1) Policy Leadership & Oversight

- **Wellness Lead.** The **Principal** (or designee) is responsible for implementation, compliance monitoring, triennial assessments, and policy updates. The Wellness Lead will convene the Wellness Committee at least twice per school year.
- **Wellness Committee.** Membership will include, at minimum, an administrator, classroom teacher, physical education teacher, Assistant Bookkeeper, Food Service Manager, a parent/guardian, and a community member.

### 2) Public Involvement & Transparency

- **Participation.** PLS will invite a diverse group of stakeholders to participate in the development, implementation, periodic review, and update of this policy.
- **Public Access.** The current LWP, the most recent triennial assessment, and updates will be posted on the school website and summarized at School Leadership meetings.

### 3) School Meals (NSLP/SBP)

- **Standards.** All school meals will meet or exceed current USDA meal pattern requirements under the National School Lunch Program (NSLP) and School Breakfast Program (SBP), including phased updates to added sugars, sodium, whole grains, milk, and calorie requirements per grade level as issued by USDA.
- **Continuous Improvement.** Menu planning will follow USDA guidance and state agency technical assistance; PLS will review federal updates on a regular basis and adjust menus accordingly.

#### 4) Foods Sold Outside the School Meal Programs ("Smart Snacks")

- **Requirement.** All foods and beverages sold to students during the school day (e.g., à la carte, school stores, vending, fundraisers intended for on-campus consumption) must meet USDA **Smart Snacks in School** standards.
- **Tools & Resources.** PLS will use USDA resources and the Alliance for a Healthier Generation's Smart Snacks calculator to verify compliance.

#### 5) Foods Provided but Not Sold (Parties, Rewards, Classroom Snacks)

- **Expectations.** PLS encourages that food provided on campus (e.g., celebrations, classroom snacks, rewards) meet or exceed Smart Snacks standards. Non-food celebrations and rewards will be promoted and a list of ideas will be shared with staff and families annually.

#### 6) Food & Beverage Marketing

- **Limitation.** During the school day, PLS will restrict food and beverage marketing on campus to only those items that meet USDA Smart Snacks standards. This includes signage, vending machine fronts, posters, coupon distribution, and branding on educational materials.

#### 7) Nutrition Education (Goal Area)

PLS will set goals for nutrition education that are designed to promote student wellness and align with evidence-based strategies.

- **Integration.** Teachers will integrate nutrition education, where feasible, into subjects such as science, math, language arts, social studies, and electives.
- **Skill-building.** Lessons will emphasize skills such as label reading, meal planning, and making healthy choices at school and at home, consistent with USDA meal and Smart Snacks standards.

#### 8) Nutrition Promotion (Goal Area)

- **Meal Appeal.** School nutrition services will complete the **Meal Appeal Self-Assessment** at least once per year and implement identified techniques to improve the meal environment at each school (e.g., creative naming, attractive service lines, improved signage). (Resource: Wisconsin Team Nutrition Meal Appeal Self-Assessment.)
- **Positive Environment.** PLS will promote healthy options through taste tests, student feedback, and marketing of compliant foods/beverages.

#### 9) Physical Activity (Goal Area)

- **Daily Activity.** Children and adolescents should participate in 60 minutes of physical activity daily. PLS will provide standards-based physical education using an age-appropriate, sequential curriculum and will provide opportunities for physical activity beyond PE (e.g., recess, classroom movement breaks).

#### 10) Other School-Based Strategies for Wellness (Goal Area)

- **Family & Community Engagement.** PLS will offer family-focused wellness events annually (e.g., health fairs, nutrition/physical activity open houses, 3-On3 basketball tournament).
- **Staff Wellness.** PLS will explore voluntary staff wellness initiatives (e.g., step challenges, Holiday Freeze Challenge) to model healthy behaviors for students.

#### 11) Triennial Assessment

- **Frequency & Content.** PLS will evaluate compliance with this LWP **at least once every three years**. The assessment will include: (a) the extent to which schools are in compliance; (b) how this policy compares to a model policy; and (c) progress made in attaining goals. Results will be used to update the policy and will be made publicly available.

#### 12) Public Notification & Updates

- **Annual Communication.** PLS will inform families and the public about the content and implementation of this policy via the school website, handbooks, and School Leadership Team meetings. Updates and assessment results will be posted within 30 days of approval or completion.

#### 13) Compliance With Federal Civil Rights Requirements — USDA Nondiscrimination Statement (Full Text)

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, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027)

found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](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](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.

#### Implementation Details & Local Procedures

- **Recordkeeping.** The Wellness Lead will maintain documentation including policy copies, committee agendas and minutes, communications, Smart Snacks product verifications, and triennial assessment reports.
- **Training.** Annual training for staff involved in food service, classroom celebrations, fundraising, and marketing will include Smart Snacks, civil rights, and LWP procedures.
- **Fundraisers.** Any food and beverage fundraisers intended for consumption at school during the school day must meet Smart Snacks standards or be scheduled outside the school day.

#### Adoption & Review

- **Adopted by:** Peace Lutheran School Leadership Team, April 6, 2026
- **Next Triennial Assessment:** April 2029