

Local Wellness Policy Progress Report

School Name: Trinity Catholic School

Wellness Policy Contact: Jennifer Busarow, Principal

Date Completed: May 8, 2025

This tool is to document progress in meeting the goals written in the district’s wellness policy at each school building. Document steps that have or will be taken to accomplish each goal. In the “Contact Person” column identify the individual who can report on the goals’ progress. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of those goals. Add more lines for goals as needed.

Wellness plan Implementation, Monitoring, Accountability, and Community Engagement

Action Step	Indicators of Success	People to Involve	Timeline
<p>A school wellness committee will be established. Meets once annually to evaluate the effectiveness of the Wellness Plan and to set goals for the upcoming school year.</p> <p>School Wellness Policy oversees the following tasks:</p> <ul style="list-style-type: none"> - Tri-Annual Review of Wellness Policy - Distribution of the Wellness Policy - Implementation of the Wellness Policy - Required Monitoring and Record Keeping for the Wellness Policy 	<ul style="list-style-type: none"> -Annual Meeting -Review of Wellness Policy -Sets goals for upcoming school year -Annual Distribution of Healthy Snack material to parents -Nutrition Promotion 	<p>School Principal Lead Teacher Teachers PE Teacher Head Cook Booster Board Member HL Finance Member Parents Nurse Students</p>	<p>Currently meets in the Spring</p>

Nutrition Education and Promotion Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goals and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Nutrition education is offered at each grade level as part of a sequential, comprehensive, standards-based program	Classroom Teachers/ PE Teacher	x			Nutrition education is part of the health, science and guidance curriculum at	Explore additional lessons and activities that incorporate nutrition education into math,

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goals and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
designed to provide students with the knowledge and skills necessary to promote and protect their health.					each grade level. We are a Team Nutrition member.	reading, social studies, and PE.
2. Nutrition and Fitness - Words on Wellness Newsletter is sent home monthly.	Office Manager	X			Words on Wellness information is sent out to staff and parents via email monthly during the year to educate parents and students.	Encourage the students to try the recipe and fitness activity at home with their parents.
3. The nutrition department promotes fruit and vegetables by posting posters in the cafeteria	Nutrition Services Director	X			Posters are displayed in the cafeteria and rotated regularly. We are a 5-2-1-0 member.	Rotate and purchase new posters occasionally to vary the message. Create a bulletin board at school about fitness and/or nutrition.
4. Try It Days	Nutrition Services Director	X			Try It Days occur monthly. New foods are incorporated regularly.	Foods to add to Try It rotation include: dill pickle spears, yellow beans, snap peas, meat loaf, fish fillets

Physical Activity Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. The school will provide physical education that is for all students in grades TK – 6 th grade by a certified teacher.	School Principal	X			Gym availability limits physical education class at Trinity.	Have PE class outside as much as possible.

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
2. Trinity will offer at least 30 minutes of recess daily.	School Principal	X			We offer recess after lunch daily. Younger elementary students participate in a second recess.	
3. Trinity will provide the integration of physical activity into the classroom setting.	Classroom Teacher		X		Some classroom teachers offer brain breaks during the school day. They are teacher led or use the website – www.gonoodle.com	All classroom teachers will offer a brain break at least once a week.

Other School Based Activities Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Due to no access to a gym we teach healthy lifestyles with other ways to get physical activity	PE Teacher	X			We have introduced students to swimming and bowling. We also have done a Drug Free Run/Walk activity, Walk to School Day, and Field Day. We also have Hanna from the nature center introduce archery, orienteering, fishing, and snowshoeing. Students experience canoeing and kayaking at Lake Meyer. Volunteers have taught Pickleball. The school also has an annual 5K.	Encourage participation in the annual Turkey Trot.
2. To promote student wellness we permit students to bring and carry water bottles filled with water throughout the day	Classroom Teachers	X			Bottle filling water fountains are available on the upper and lower level.	

Standards and Nutrition Guidelines for All Foods and Beverages *Sold* to Students During the School Day (e.g. vending, school stores, etc.)

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goals and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. N/A						
2.						

Standards for All Foods and Beverages *Provided* (not sold) to Students During the School Day (e.g. class parties, foods given as reward, etc.)

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Trinity will provide encouragement of healthy snacks.	Classroom Teachers		X		List of healthy snacks are posted on our webpage in our parent/student handbook.	Classroom snacks rules and guidelines will be distributed to the families of our students. These will be included in the Parent/Student/Guardian Handbooks.
2. Trinity will provide encouragement of healthy food items to be served for celebrations	Classroom Teachers		X		List of healthy snacks are posted on our webpage in our parent/student handbook.	Reminders of healthy food items will be sent home a couple times a year. These will be included in the Parent/Student/Guardian Handbooks.

Polices for Food and Beverage Marketing

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Fundraising activities are monitored and passed by the principal before our Booster Club proceeds with fundraising.	Booster Board leader	X			Staff has been informed of the requirement that all foods meet the state nutrition guidelines.	The principal needs to follow up with the board on a regular basis to check that these goals are being meet.
2.						

This institution is an equal opportunity provider.