Trinity Catholic School
Wellness Policy

TRINITY CATHOLIC SCHOOL WELLNESS POLICY

Wellness Policy – Archdiocesan Board of Education Policy #6145

Trinity Catholic School strives to educate the whole person in mind, body and soul. In educating students about the body, the school strives to develop a profound reverence for the great gift of life, their own lives and the lives of others, along with readiness to spend themselves in serving all that preserves and enhances life.

The Trinity Catholic School Board, which governs the school, strives to maintain a learning and working environment that promotes and protects children's health, well-being and ability to learn by supporting healthy eating and physical activity.

Trinity Catholic School supports and promotes proper dietary habits contributing to students' health status and academic performance. Foods available on school grounds and at school sponsored activities during the instructional day should meet or exceed Trinity Catholic school nutrition standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

Trinity Catholic School has developed the following Administrative guidelines for implementation and monitoring of the district's Wellness Policy. The school has utilized a local wellness policy committee composed of representatives of school personnel with input from the students and community. The local wellness policy committee has developed a plan to implement these administrative guidelines to monitor the effectiveness of the policy. The principal has been designated as the person responsible for reporting the committee's review of the policy and guidelines to the school board.

The committee members include:

Traci Miller ~ Classroom Teacher
Bonnie Malven ~ Food Service
Rebecca Rausch ~ Parent/Nurse
Jared Schmitt ~ student
Canton Hackman ~ student
Fr. Radloff ~ Board Member
Linda Luzum ~ Secretary
~ PE/Health Instructor
Jessica Schmitt ~ Parents
Kayla Hackman ~ Parent
Jenni Busarow ~ Principal

Specific Wellness Goals

- Nutrition Education and Promotion
- Physical Activity
- Nutrition Guidelines for all Foods Available on Campus
- Other School-based Wellness Activities
- Review and Assessment of Policy Implementation
- Documentation, Reporting, and Evaluation

Nutrition Education and Promotion

Trinity Catholic School will provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program.
- Is 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 'special' subjects.
- Includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits and school gardens.
- 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 physical activity;
- Includes training for teachers and other staff.

Physical Activity

Physical Education: Trinity Catholic will provide physical education that:

- is at least 60 minutes a week for elementary students
- is for all students in grades K – 6 for the entire school year
- is taught by a certified physical education instructor
- includes students with physical and educational disabilities, students with special health-care needs may be provided adaptive to their needs
- engages students in moderate to vigorous activity during at least 50 percent of physical education class time.

Daily Recess: The school should provide recess for students that:

- is at least 30 minutes a day
- is preferably outdoors; indoor recess may be held at the discretion of the principal under certain circumstances.
- verbally encourages moderate to vigorous physical activity and provides space and equipment
- discourages extended periods of inactivity (i.e. periods of two or more hours)

When activities, such as mandatory school wide-testing, make it necessary for students to remain indoors for long periods of time, students will be given periodic breaks during which they are encouraged to stand and/or participate in a stretching routine.

Integrating Physical Activity into Classroom Settings

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, Trinity will:

- offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities.
- discourage sedentary activities, such as watching television, playing computer games, etc.

- provide opportunities for physical activity to be incorporated into other subject lessons
- encourage classroom teachers to provide short physical activity breaks between lessons or classes

Nutrition Guidelines for all Foods Available on Campus

The nutrition guidelines for all foods available with the objective of promoting student health and reducing childhood obesity at Trinity Catholic:

School Meals

Meals served through the National School Lunch Program will:

- be appealing and attractive to students;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state and federal law;
- include a variety of fruits and vegetables and menu choices.
- Serve low-fat (1%) and fat-free milk; nutritionally equivalent non-dairy alternatives (as defined by the USDA). Milk is dispensed through the bulk milk machine.
- Ensure that half of the served grains are whole grain

Trinity Catholic School should:

- engage students and parents, through taste-tests of new entrees and surveys, in selecting foods offered through the meal programs to identify new, healthful and appealing food choices.
- share information about the nutritional content of meals with parents and students. (This information could be made available on menus, a website, on cafeteria menu boards, placards or other point-of purchase materials.)

Free and Reduced-Priced Meals Program:

Trinity Catholic School will continue to make every effort in eliminating any social stigma attached to, and in preventing the overt identification of, students who are eligible for free and reduced-priced meals. Toward this end, Trinity Catholic School will:

- provide continuing professional development for all nutrition professionals;
- provide staff development programs that include appropriate certification and/or training programs;
- utilize an identification system and a practical payment system
- promote the availability of meals to all students

Meal Times and Scheduling:

Trinity Catholic School will:

- allow adequate time for students to receive and consume meals and provide a pleasant dining environment;
- schedule meal periods at appropriate times, e.g. lunch periods scheduled between 11 a.m. and 1 p.m.;
- not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- provide students access to hand washing or hand sanitizing before they eat meals or snacks.

- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g. orthodontia or high tooth decay risk)

Qualifications of Food Service Staff
Qualified nutrition professionals will administer the meal programs. As part of the Trinity Catholic Schools' responsibility to operate a food service program, the school will:

- seek and hire managers and cafeteria workers according to their level of responsibility.
- Provide the USDA established-continuing education hours and training for all food service employees.

Sharing of Foods
Trinity Catholic School discourages students from sharing their foods or beverages with one another during meal or snack time, given concerns about allergies and other restrictions on some children's diets.

Foods Sold Outside the Meal
Trinity Catholic School does not have any vending machines nor is there any sale of food during the school day.

Fundraising Activities
To support children's health and school nutrition-education efforts, school fundraising activities will be recommended to include foods that meet the above nutrition and portion size standards for foods and beverages sold individually. The school encourages fundraising activities that promote physical activity.

Snacks
Snacks served during the school day will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. The staff will assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's ages and other considerations. Trinity will disseminate a list of healthful snack items to teachers and parents.

Rewards
Trinity Catholic School will avoid the use of foods and beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior and will not withhold food or beverages as a punishment.

Celebrations
Trinity Catholic School will evaluate their celebration practices that involve food during the school day. Parents and teachers will be provided with a list of healthy party ideas.

School-Sponsored Events/Concession Stand
Trinity Catholic School does not have any school-sponsored events where food and beverages would be sold.

Food Safety

- All foods made available on campus adhere to food safety and security guidelines.
- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- https://www.fns.usda.gov/fs/foodsafeschools/act

Food Service Continuous Improvement

The Trinity Catholic School Food Service Department values serving tasty, well-prepared food. To this end, they will:

- engage students in selecting food offered through the meal program in order to identify new, healthful and appealing food choices. Parent feedback is welcome; and
- share information about the where foods are grown as well as the nutritional content of meals with parents and students as age-appropriate.

Other School-based Wellness Activities

The school, with coordination assistance from the wellness committee works to design and promote student wellness opportunities into classroom routines, projects and school-wide activities. An example of this is integrating additional physical activity into the classroom setting by:

- Discouraging long periods of sedentary activities, such as watching television, playing computer games, etc.
- Recommending classroom teachers to integrate short physical activity breaks (brain breaks) between lessons or classes, as appropriate.
- Permit students to bring and carry water bottles filled with water throughout the day.

Communication with Parents

Trinity Catholic School will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will:

- Offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on the school website and provide nutrient analyses of school menus.
- Encourage parents to pack healthy lunches and snacks and refrain from including beverages and food that do not meet the established nutrition standards for individual foods and beverages.
- Provide parents a list of foods that meet the school district's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities.
- Provide opportunities for parents to share their healthy food practices with others in the school community.
- Provide information about physical education and other school-based activity opportunities before, during and after the school day.
- Support parents' efforts to provide their children with opportunities to be physically active outside of school.
- Include sharing information about physical activity and physical education through a web site, newsletter, other take-home materials, special events or physical education homework.

Staff Wellness
Trinity Catholic School values the health and well-being of every staff member and encourages activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

The school will:

- Establish and maintain a staff wellness committee composed of staff members.
- Develop and promote a plan to promote staff health and wellness developed by the staff wellness committee.
- Base the plan on input solicited from employees and outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among employees.

Review and Assessment of Policy Implementation

Trinity Catholic School will provide compliance with the nutrition, physical activity and wellness components by having the Wellness Committee:

- Review and ensure compliance with the policies listed in this plan;
- Make recommendations each year in regard to staying in compliance and improving the school wellness climate; and
- Coordinates communication about school wellness happenings and changes to the staff, parents and other stakeholders.

Documentation, Reporting, and Evaluation

Documentation
Documentation of implementation of the school wellness policy is maintained for 10 years. This documentation will be examined by the State agency during their triennial administrative review. Documentations maintained include, but are not limited to: copy of current wellness policy, documentation on how the policy and assessments are made available to the public, the most recent assessment of implementation of the policy (School Wellness Building Progress reports), and documentation of efforts to review and update the wellness policy, including who was involved and how stakeholders were made aware of their ability to participate. Documentation of the current wellness committee member list, meeting announcements, committee invites, and notes are also kept.

Monitoring
The principal will ensure compliance with established school nutrition and physical activity wellness policies.

- The principal will ensure compliance with those policies in the school and report on the school's progress to the Board of Education.
- The food service director/head cook will ensure compliance with nutrition policies within food service areas and will report and communicate goals and needs to the principal, as well as to the wellness committee.

Triennial Assessments
The school wellness policy and practices are subject to a triennial assessment by the state to assess for compliance with the wellness policy requirements every three years. Trinity Catholic School will report on the most recent USDA School Meals Initiative (SMI), review findings and any resulting changes. If Trinity Catholic School has not received a SMI review from the

state agency within the past five years, Trinity Catholic School will request from the state agency that a SMI review be scheduled as soon as possible.

School Wellness Building Progress Reports
In efforts to continually improve school improvement and make progress on identified goals, the school will complete a school wellness building progress report annually. Information from this review is shared with the Board of Education, administration, staff and public. The information collected in this report, with input from students, staff and public, is used to develop future goals and programming and will be viewable on the school website.

Reviewed and Revised: Trinity Catholic School SIAC–May 7, 2026
Approved: Trinity Catholic School Board – May 14, 2026