

## Wellness Policy

1. Purpose and Goals
    - a. The Holy Trinity Elementary School System (herein addressed as the school system) desires to promote healthy students and healthy living by supporting good nutrition, nutrition education, and regular physical activity. The school system strives to promote student healthy and reduce childhood obesity. The school system will achieve the goals of this policy by:
      - i. Involving parents, students, board members, administrators, teachers, health professionals, and other interested members of the community in the development, monitoring, and review of this policy.
      - ii. Developing goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness.
      - iii. Providing nutrition guidelines for all foods available during the school day.
  2. Nutrition Education Goals
    - a. Nutrition education will be integrated into core academic subject areas to complement the existing health curriculum.
    - b. Nutrition education and training activities will be provided for teachers and other school staff.
      - a. Attempt to facilitate health/exercise and nutrition field trips when possible.
      - b. School staff is encouraged to model healthy eating behaviors.
    - c. The school's food service program should be coordinated with the nutrition instruction if practicable. The school cafeteria provides an opportunity for students to apply the skills that they have learned in the classroom, so there should be coordination between the cafeteria staff and teachers.
  3. Nutrition Promotion
    - a. The school will implement evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques.
    - b. The school will ensure 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.
    - c. The cafeteria shall display posters or other communications that promote healthy nutrition- choices (e.g., display food pyramid).
    - d. Teachers will incorporate events that promote nutrition within their classroom (Health fairs, field trips, guest speakers)
  4. Physical Activity Goals
    - a. Educators will incorporate physical activity in classes as appropriate.
    - b. Elementary students will be provided with recess on a daily basis.
    - c. Elementary students will be provided with an average of 75 minutes of physical education class per week.
1. Other School-based Activities Promoting Student Wellness
    - a. Dining Environment
      - i. The school system will provide a clean, safe, enjoyable meal environment for students.
      - ii. The school system will provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.
      - iii. The school system will have drinking fountains or other accommodations available so that students can get water at meals and throughout the day.
      - iv. The school system will continue to have 100% student participation in the school meal program.
    - b. Mealtimes
      - i. The school system will continue to ensure an adequate time for students to eat meals and socialize with friends.
      - ii. Lunch should be scheduled as near to the middle of the school day as possible.
  2. Nutrition Guidelines for Food Sold on School Campus
    - a. The goal of the school system is to provide students with foods that promote student health and reduce childhood obesity. In order to best accomplish this goal, the school system shall offer food programs that, at a minimum, satisfy the nutritional requirements established by local, state and federal statutes and regulations such as the USDA's National School Lunch Program and the Dietary Guidelines for Americans.
    - b. The school system food program shall operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and all applicable laws and regulations of the State of Nebraska.
    - c. The school system encourages the consumption of nutrient dense foods such as whole grains, fresh fruits, vegetables, and low-fat dairy products.

- d. Foods of “minimal nutritional value” as defined by 7 CFR 210.11(2) should not be served in Holy Trinity Cafeteria, where reimbursable meals are served, sold or eaten. These foods include carbonated beverages, water ices, chewing gum, hard candies, jellies and gums, marshmallow candies, fondant, licorice, spun candy and candy-coated popcorn.
- e. School Parties
  - i. Recommend parents to consider bringing snacks that contain less sugar, less salt, less fat.
  - ii. Suggest fruit and vegetables
  - iii. Popcorn
- f. School menus should be prepared with input from students, parents and school system personnel.
- g. School personnel shall periodically review menus to ensure that they meet USDA guidelines.
- h. The school system will share information about the nutritional content of meals with parents and students upon request.

3. Monitoring and Policy Review

- a. The principal and the pastor shall be responsible for ensuring compliance with this policy. School food service staff will ensure compliance with nutrition policies within the school food service areas and will report on this matter to the principal and the pastor.
- b. Measuring the implementation of the plan will be conducted on an annual basis by reviewing each goal and determining if there is evidence of the goals being accomplished. This information will be updated each year. The local school wellness policy content and implementation plan will be included in the Holy Trinity Handbook that all parents and public have the ability to access through our Holy Trinity website and Holy Trinity parent information packets.

4. Triennial Assessment

At least once every three years, the following is measured and will be made available to the public:

- a. the extent to which Holy Trinity complies with the school wellness policy;
- b. the extent to which the school wellness policy compares to model local school wellness policies;
- c. the progress made in attaining the goals of the school wellness policy