

Blessed Trinity Catholic School Wellness Policy



Purpose

The purpose of this policy is to assure a school environment that promotes and protects students' health, well being, and ability to learn by supporting healthy eating and physical activity.

General Statements

Blessed Trinity School:

- A. Recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
- B. Believes that the school environment should promote and protect students' health, well being, and ability to learn by encouraging healthy eating and physical activity.
- C. Encourages the involvement of students, parents, employees and other interested persons in implementing, monitoring, and reviewing its nutrition and physical activity policies.
- D. Believes that children need access to healthy foods and opportunities to be physically active in order to grow, learn and thrive.
- E. Provides all students with opportunities, support and encouragement to be physically active on a regular basis.
- F. Provides students access to affordable, nutritious, and appealing foods that meet the health and nutrition needs of students. (Students will be provided adequate time to eat in a clean, safe and pleasant setting.)

Guidelines

- A. Foods and Beverages: Students' lifelong eating habits are influenced by the types of food and beverages available to them. Schools have a responsibility to help students establish and maintain lifelong healthy eating patterns.
 - a. Foods and beverages made available to students during the school day will be consistent with the current USDA Dietary Guidelines for Americans.
 - b. Foods and beverages sold through the breakfast and hot lunch program are provided from CKC Good Foods. The meals all meet or exceed the Minnesota Free Schools Meal Program in compliance with the National School Lunch Program guidelines as laid out by federal USDA policy under the Healthy Hunger Free Kids Act. This includes offering

whole grains, lean proteins, low fat dairy, fruits and 100% juice, and vegetables across a variety of sub categories each week.

- c. School personnel will work to ensure that student access to foods and beverages meet or exceed all federal, state and local laws and guidelines, including but not limited to fiber-rich fruits and vegetables, whole grain-rich products, and minimized use of fats, sodium and sugar.
- d. Blessed Trinity Catholic School will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- e. Blessed Trinity Catholic School will make every effort to provide students with sufficient time to eat and will schedule meal periods at appropriate times during the school day.
- f. Blessed Trinity Catholic School will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- g. Blessed Trinity Catholic School will encourage school sponsored events and programs outside of the school day to be supportive of the Wellness Policy and guidelines.
- h. Beverage and food vending machines are not available at Blessed Trinity Catholic School during the school day.

B. School Nutrition Program/Personnel

- a. Blessed Trinity Catholic School will provide a healthy and safe school meal program that complies with all federal, state, and local statutes and regulations.
- b. The Blessed Trinity Catholic School principal will see to it that nutrition guidelines and procedures for the selection of foods and beverages are consistent with current USDA Dietary Guidelines for Americans.
- c. All Personnel engaged in school meals will meet the professional standards and training expectations to administer the meal program

C. Nutrition Education and Promotion The primary goal of nutrition education is to positively influence students' eating behaviors.

- a. Blessed Trinity Catholic School will ensure that students in K through grade 8 receive nutrition education that provides the knowledge they need to adopt healthy lifestyles. Nutrition education should include instruction that helps students learn about the importance of various food groups; caloric sugar and fat intake; healthy cooking methods; recognition of the role media play in marketing and advertising foods and beverages; and the relationship of a balanced diet and regular exercise to a healthy lifestyle.
- b. Blessed Trinity Catholic School will encourage all students to make age appropriate, healthy selections of foods and beverages.
- c. Blessed Trinity Catholic School discourages the use of food or beverages as reward or punishment for academic performance or good behavior.

- d. Blessed Trinity Catholic School will provide educational information and encourage healthy eating and physical activity for families. Family members should be engaged as a critical part of the team responsible for teaching children about health and nutrition.
- e. Nutrition concepts are reinforced by all school personnel.

D. Physical Activity: The primary goal for a school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities; maintain physical fitness; regularly participate in physical activity; and understand the short and long term benefits of a physically active lifestyle.

- a. Students in preschool through grade 8 will receive scheduled, developmentally appropriate physical education.
- b. Physical education classes are designed to guide interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle. It includes providing information, fostering a positive atmosphere, encouraging self-discipline, developing motor skills, and promoting activities that can be carried over the course of students' lives.
- c. All teachers are encouraged to incorporate opportunities for physical activity into classes and content including short physical breaks during the class day
- d. Staff use reasonable judgement before changing physical activity requirements as a consequence, either adding or withholding specific activities only when necessary and developmentally appropriate
- e. Students are encouraged to participate in physical activities outside of the school day.

E. Mental Health

- a. Blessed Trinity provides access to school counseling services within the school day through the City Connects Coordinator and additional counseling programs
- b. Students receive classroom instruction focused on developing social and emotional skills to promote well-being

F. Curriculum and Promoting a Healthy Lifestyle

- a. Blessed Trinity provides learning opportunities to promote lifelong habits of healthy eating, physical activity, and positive mental health
- a. Classroom lessons on healthy habits are integrated into instruction at all grade levels particularly in religion and science courses
- b. Students receive regular social-emotional learning instruction through planned lessons including mental health, relationship skills, and communication skills

G. Communication with Parents

- a. It is important that students receive consistent messages throughout school, home, community and media regarding good nutrition and healthy lifestyles.

- b. Blessed Trinity Catholic School recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well being. Blessed Trinity Catholic School will support this role and provide educational materials that will assist families in making healthy choices related to nutrition and physical activity.
- c. Blessed Trinity Catholic School will support parents' efforts to provide a healthy diet and daily physical activity for their children.
- d. Blessed Trinity Catholic School will encourage parents to pack healthy lunches, snacks, treats and beverages.
- e. Blessed Trinity Catholic School will provide information about physical education and other physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school.
- f. Blessed Trinity Catholic School will make its handbook, which includes the wellness policy, available on the website for parent review.

H. Implementation and Monitoring

- a. The wellness policy will be implemented and annually reviewed.
- b. The principal of Blessed Trinity Catholic School will ensure compliance with the wellness policy and will provide a report of its compliance to parish leadership as requested.

This institution is an equal opportunity provider.