

Assessment of Implementation of Local School Wellness Policy

Setting Nutrition Education Goals

Promote increased awareness to the children, school staff and parents about the importance of physical activity, improved nutrition and the effects of both on their health.

- *Our students are encouraged to stay physically active through recess time, physical education class and after school activities.*
- *Our classroom curriculum includes health lessons that ensure students learn about nutrition and all aspects of a healthy life.*
- *At the beginning of each year we communicate with all of our parents regarding the Offer Verses Serve. Each child must take three out of five items that are offered. They must take at least on fruit or vegetable. We encourage all children to try all foods. Our lunch program staff ensure that all students are have a healthy meal.*
- *Our lunchroom director is present at Registration Day to visit with all parents and answer any questions they may have.*
- *We utilized informational posters in our lunchroom area, including Offer VS Serve, My Plate, Meeting the Meal Pattern Requirements, Vegetables, How to Wash Hands, Hepatitis-What You Should Know, Basics at a Glance, Build a Health Lunch, Take at Least Three Food Groups, PEAS, And Justice for All.*
- *Lunchroom servers guide students to make healthy food choices.*
- *Parents are welcome to visit the lunchroom and volunteer during lunch. This allows for parents to learn and participate in our healthy lunch program.*
- *Foods and beverages served in our school lunch program meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.*

Setting Physical Activity Goals

All pupils in Grades K-1 shall participate in the physical education program once a week. Kindergarten classes have 5 recesses a week. Grade 1 has 15 recesses a week.

Kindergarten – 105 minutes a week Grade 1 – 255 minutes a week.

All pupils in grades 2-8 will participate in the physical education program twice a week.

Grade 2 – P.E. 70 minutes, 14 recesses = 190 minutes

Grade 3 – P.E. 70 minutes, 15 recesses = 205 minutes

Grade 4 – P.E. 90 minutes, 13 recesses = 175 minutes

Grade 5 – P.E. 90 minutes, 10 recesses = 130 minutes

Grade 6 – P.E. 90 minutes, 10 recesses = 130 minutes

Grade 7 – P.E. 90 minutes, 11 recesses = 145 minutes

Grade 8 – P.E. 90 minutes, 8 recesses = 100 minutes

- *In addition to the above, all students in preschool participate in 30 minutes of P.E. weekly and have recess. Children in daycare participate in physical activity daily.*
- *Trinity has met this physical activity goal and all students have participated in the required physical education program. Our physical education curriculum is comprehensive including indoor and outdoor games and activities.*
- *We incorporate activities for lifelong health into our physical education curriculum.*
 - *In addition physical education class at school, our students in grades 5 – 8 learn to downhill sk.*
 - *Our students participate in service activities within the community.*

- *Our students in Grade 8 learn cross country skiing, snowshoeing and outdoor winter survival techniques.*

Nutrition Standards for All Foods and Beverages

Trinity will influence the development of healthful life-long eating behavior in students by making the healthy choice the easy choice. It will achieve this by ensuring that nutrient-rich foods and beverages consistent with the Dietary Guidelines for Americans and USDA's Choose My Plate (choosemyplate.gov) are readily accessible on school campus.

- *Our lunch program provides students with access to a lunch at a cost of \$3.50 per lunch and .40 for milk. Lunches are nutritious and appealing, and meet the health and nutrition needs of students. Trinity serves a variety of ethnic and cultural diverse foods. A monthly lunch menu is provided to each family as well as available to all families on Sycamore. The kitchen and lunchroom are thoroughly cleaned before and after use each day. Students are given 25 minutes to eat lunch and if needed a child can take extra time.*
- *We have increased our participation in the federal school meals free and reduced lunch program in 2023/2024, school year by uploading our student's names and dates of birth into Direct Certification. By using Direct Certification matches we have certified 25 additional students for free/reduced lunch. Additionally we have made available to all school families the online free and reduced application through the Montana OPI website. In addition we have ensured that each family received a paper copy of the free and reduced meal application at the beginning of the school year and make information about free and reduced lunch available on our school website.*
- *Our nutrition manager is a certified food handler as documented by Serve Safe training.*
- *Our school nutrition staff participate in ongoing training, both at conference and utilizing OPI resources, such as Webinar Wednesday and printed material available on the OPI website.*
- *School meals are planned in accordance to the USDA's nutrition standards and are consistent with the Dietary Guidelines for Americans and USDA's Choose My Plate (choosemyplate.gov)*
- *Trinity promotes drinking water by improving access to free, safe drinking water in varied locations of the school, including in the cafeteria and through education and encouragement by staff.*
- *Our lunchroom staff receive professional development and a training log has recently been created and will be maintained.*

Other School Based Wellness Activities

All the students in Grades K-8 will participate in the President's Challenge. Each pupil will be tested to reach the minimum requirements for the National Fitness Award and The President's Physical Fitness Award.

The opportunity to participate in athletics will be offered to all students in grades 5 through 8. Girl's athletics include cross country, volleyball, and basketball. Boy's athletics include cross country and basketball.

Trinity hosts the "Bobcat Dash" twice a year. This is a one mile run held afterschool at a local park. All students in preschool through grade 8 participate.

Trinity has met this goal in each of the past three years and prior. Trinity encourages all students to remain physically active by continually providing opportunities for physical activities.

Governance and Evaluation

An assessment of the implementation of the school wellness policy implementation will be completed once every three years and the results will be communicated to the public. A wellness committee will be formed to review, update, and assess the implementation of the wellness policy.

As this policy has only been updated within the last month, this basic assessment is done. We plan on evaluating the implementation of this wellness policy as required (every three years) in the future. Our plan is to make the findings public by posting them on our web-site.

We currently engage students, parents, teachers, food service professionals and other interested community members in our school-wide nutrition and physical activity policies and procedures. We are in the process of creating a formal wellness committee. This committee will continually evaluate our policy and compliance