

Trinity Lutheran School
STUDENT WELLNESS POLICY
March 2022

Supersedes Policy: July 2006, June 2010, January 2015, April 2017

Belief Statement

The mission of Trinity Lutheran School (TLS) is to help develop well-rounded, lifetime Christian disciples. As a part of this mission TLS desires to provide a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle and recognizes the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn. Moreover, TLS desires to promote health and wellness, good nutrition, and regular physical activity through modeling, experiences, and education.

Intent

The purpose of this policy is to help create a school environment that promotes and supports student health and wellness, helps to reduce childhood obesity, and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004 and Healthy Hunger-Free Kids Act of 2010. Included are goals for nutrition education, physical activity, and other school-based activities designed to promote student wellness; nutrition guidelines for all foods available during the school day; a plan for measuring implementation including designating one or more persons charged with operational responsibility; and involving parents, students, school food service provides, the school board, school administrators, and the public in developing this policy.

Wellness Policy Leadership

The school principal shall be charged with primary oversight of Trinity's Wellness Policy and ongoing assessment and review. The principal shall be aided by the assistant principal and/or upper grades P.E/Health teacher. The School Council, representing Trinity's stakeholders, shall be responsible for finalizing policies within this Wellness Policy.

TLS will involve the public in implementing, continued development, and measurement of implementation of the wellness policy via the current governance system (school council). Members of the school community, including school parents, parish nurses, and/or teachers, are also welcome to submit feedback on our Wellness Policy as it is communicated to our community via our school website.

Goals for Nutrition Education

- TLS will include nutrition education as part of the Health and Physical Education curriculum. This includes reinforcing lifelong balance, linking caloric intake and exercising as well as the importance of leading a physically active lifestyle.
- Aspects of Trinity's classroom curriculum will also include nutritional education. This will focus on healthy food intake, balanced diet, evaluating nutritional information (food labels, advertising), and importance of physical activity.

- TLS will also work with the Parent Teacher League and Parish Nursing group to help educate parents in providing a healthy diet and physical activity for their children.

Goals for Nutrition Promotion

- TLS will make lunch menus available through the newsletter and via Fast Direct links.
- TLS will provide educational nutrition resources to parents/guardians through handouts, school newsletters, and school activities (health fair).
- TLS will not advertise foods of minimal nutritional value (that do not meet Smart Snack standards), including brands and illustrations, during the school day. This includes no advertising on educational materials, equipment, and school publications.
- TLS will schedule mealtimes so there is minimum disruption by recess or other special programs or events.
- Post-Covid, TLS will resume the opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.
- TLS will not promote the use of vending machines on school grounds.
- The staff of TLS will be discouraged from using food/beverages as a reward for classroom behavior/work and is encouraged to consider non-food alternatives (classroom supplies, extra recess time, etc.) as rewards.
- The school staff is encouraged model healthy behaviors for students, including healthy eating and physical activity.

Goals for Physical Activity

- Students in preschool through eighth grade shall participate in regularly scheduled formal and informal physical activity programs. Reasonable accommodations shall be made for students with disabilities and/or other limitations. Exemptions from physical education class shall only be granted due to documented medical condition.
- TLS will provide a daily, supervised recess period for students.
- Students will be provided opportunities for physical activities through a range of school programs such as intramurals, interscholastic athletics, physical activity clubs, brain breaks, summer camps, or other like activities.
- The Physical Education curriculum is ‘teacher friendly’ and allows for proper activities that support movement for all students and focuses on cardiovascular exercises, organized games, informal cardio activities, and self-assessment.
- TLS will provide 2-3 session per week of physical education instruction totaling 90-100 minutes per week.
- Teachers involved in physical education are licensed teachers and are provided with opportunities for professional development in Physical Education.
- Post-Covid, TLS will resume the use of heart rate monitors in Physical Education class to encourage aerobic activity and class goals.
- TLS will not allow students to waiver out of physical education requirements by substituting P.E. with other activities.

- TLS will provide for at least 30 minutes of daily recess for students in elementary school and at least 15 minutes of daily recess for middle school.
- TLS will allow and encourage walking and bicycling to school and has provided cleared walking paths and bike racks.
- TLS will provide an indoor physical activity break/recess in the classroom or gym in the case that outdoor recess is not possible, due to inclement weather.
- Post Covid, TLS will resume promotion/schedule National Walk/Ride to School Day.

Goals for Other School-Based Activities Designed to Promote Student Wellness

Consistent School Activities and Environment – Healthy Eating

- School meals will be served in clean, safe, and pleasant settings with adequate time (at least 20 minutes of seat time) provided for students to eat. Appropriate supervision shall be provided in the cafeteria.
- All food service personnel shall have adequate pre-service training and participate in activities or programs that provide strategies for providing tasty, appealing, and healthy school meals; nutrition education strategies including coordination of classroom and cafeteria activities; and effective promotional techniques to encourage healthy eating habits.
- Students, parents, school staff, and community members bringing foods and beverages to school for parties/celebrations/meetings shall be encouraged to provide healthful options.
See Attachment A.
- TLS will take efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System (MyPyramid) such as fruits, vegetables, low-fat dairy foods, and whole grain products.
- All foods and beverages provided by the school shall comply with federal, state, and local food safety and sanitation regulations.
- TLS students will have access to free drinking water during the school day including the option of having student water bottles at desk and water bottle fill stations installed within the school.

Consistent School Activities and Environment – Physical Activity

- TLS will attempt to limit extended periods of inactivity. When activities such as mandatory testing make it necessary for students to be inactive for long periods of time, it is recommended that students be given periodic breaks during which they will be encouraged to stand and be moderately active. This includes use of brain breaks and body movement through Go Noodle and other such resources.
- Physical activity facilities and equipment on school grounds shall be safe.
- TLS will work to create a safe and supportive environment for students walking or biking to school.

Food or Physical Activity as a Reward or Punishment

- School personnel shall not withhold food or beverages from students as punishment.
- The staff is discouraged from assigning physical activity as a form of student discipline.

Nutrition Guidelines for All Foods and Beverages Available on School Campus During the School Day

- TLS will offer a variety of age-appropriate, appealing food and beverage choices and employ food preparation, purchasing, and meal planning practices consistent with current Dietary Guideline for Americans.
- TLS will also control food sales that compete with the school's non-profit food service in compliance with the Child Nutrition Act.
- TLS prohibits foods and beverages sold individually during the school day (apart from the reimbursable school meal). This includes:
 - Food and beverage choices in vending machines, snack bars, and school stores.
 - Food and beverages sold as part of school-sponsored fundraising activities.
- Every effort shall be made to provide nutritious and appealing foods and beverages, such as fruits, vegetables, low-fat dairy foods, and whole grain products.
- TLS will provide nutrition information to parents upon request.
- Students will be permitted to leave the cafeteria during meals to obtain water from the nearby drinking fountains/refill their personal water bottles.
- TLS will not advertise foods of minimal nutritional value (that do not meet [Smart Snack standards](#), click for link), including brands and illustrations, during the school day (Midnight to 30 minutes after school day ends).

Guidelines for Reimbursable School Meals

- School meals served shall be consistent with the recommendations of the Dietary Guidelines for Americans and/or shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program/ USDA nutrition standards.
- TLS will operate under USDA regulations for all of its school food programs.
- The cafeterias are cashless—all students, regardless of the type of payment they make for school meals, or the foods being purchased (meal or a la carte) are given a coded ticket to use.
- Applications for free/reduced priced meals are sent home to all families at the beginning of the school year. The application is also available in the school office or electronically.
- Competitive foods are not sold during the school day (Midnight to 30 minutes after school day ends). If this were to change, TLS would use the USDA Smart Snack standards for guidance on eligible foods ([click here to see Smart Snack Standards](#))
- USDA National School Lunch Program and School Breakfast Program standards are described in full in the kitchen area.
- Trinity will serve students a type of reimbursable meal, regardless of whether the student lunch account is in the deficit. This meal may be different from the scheduled menu meal but will contain all needed USDA nutrition standards to be considered a reimbursable meal.

Procedure for Requests for Exempted Fundraising Days

- Requests for exempted fundraising events/days will be made in writing to the principal at least 7 days prior to the desired event/day. The principal will review the request taking into consideration length of desired event/days and previous number of exempted events/days in same month and school year. Exempted fundraising days will not exceed 4 for the school year.

Reporting and Assessment

- TLS will conduct an assessment of the Wellness Policy every three years. The results of this assessment and policy updates will be communicated via the TLS website and or newsletter.
- Assessment records will be included within this document.

April, 2017 Assessment:

- Trinity's wellness policy was assessed using the WellSAT Version 2 Assessment Tool, April, 2017
 - Assessment scores of 50 are considered average.
 - Trinity scored above average on all areas.
 - Nutrition Education 67
 - Standards of USDA Child Nutrition Programs and Meals 93
 - Nutrition Standards of Competitive Food and Beverages 67
 - Physical Education and Activities 95
 - Wellness Promotion and Marketing 53
 - Implementation, Evaluation, Communication 91
- Overall Score 78

March, 2022 Assessment:

WellSAT 3.0 Score



See Accompanying Document for Triannual Assessment

Overall District Policy Score

Total Comprehensiveness Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	District Score 94
Total Strength Add the strength scores for each of the six sections above and divide this number by 6.	District Score 56



Section 1. Nutrition Education




Rating

NE1	 Includes goals for nutrition education that are designed to promote student wellness.	2
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2
NE3	All elementary school students receive sequential and comprehensive nutrition education.	1
NE4	All middle school students receive sequential and comprehensive nutrition education.	1
NE6	Nutrition education is integrated into other subjects beyond health education	2
NE7	Links nutrition education with the school food environment.	1
NE8	 Nutrition education addresses agriculture and the food system.	1
Subtotal for Section 1	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 7 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 7 (the number of items in this section). Multiply by 100.	43

Section 2. Standards for USDA Child Nutrition Programs and School Meals



Rating

SM1	 Assures compliance with USDA nutrition standards for reimbursable school meals.	2
SM3	 District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	2
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	2
SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	2
SM6	Specifies strategies to increase participation in school meal programs.	1
SM7	Addresses the amount of "seat time" students have to eat school meals.	2

SM8	 Free drinking water is available during meals.	2
SM9	 Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	1
SM10	 Addresses purchasing local foods for the school meals program.	0
Subtotal for Section 2	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 9 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	89
	Strength Score: Count the number of items rated as "2" and divide this number by 9 (the number of items in this section). Multiply by 100.	67

Section 3. Nutrition Standards for Competitive and Other Foods and Beverages

Rating

NS1	 Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.	2
NS2	USDA Smart Snack standards are easily accessed in the policy.	2
NS7	Exemptions for infrequent school-sponsored fundraisers.	2
NS9	 Regulates food and beverages served at class parties and other school celebrations in elementary schools.	1
NS10	Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.	1
NS12	Addresses food not being used as a reward.	1
NS13	Addresses availability of free drinking water throughout the school day.	2
Subtotal for Section 3	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 7 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 7 (the number of items in this section). Multiply by 100.	57



Section 4. Physical Education and Physical Activity

Rating

PEPA1	✗ There is a written physical education curriculum for grades K-12.	2
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	2
PEPA3	Physical education promotes a physically active lifestyle.	2
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	2
PEPA5	Addresses time per week of physical education instruction for all middle school students.	2
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	1
PEPA8	Addresses providing physical education training for physical education teachers.	1
PEPA9	Addresses physical education exemption requirements for all students.	2
PEPA10	Addresses physical education substitution for all students.	2
PEPA11	✗ Addresses family and community engagement in physical activity opportunities at all schools.	1
PEPA12	✗ Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	1
PEPA13	Addresses recess for all elementary school students.	2
PEPA14	✗ Addresses physical activity breaks during school.	2
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	1
Subtotal for Section 4	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 14 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 14 (the number of items in this section). Multiply by 100.	64







Section 5. Wellness Promotion and Marketing

Rating

WPM1	Encourages staff to model healthy eating and physical activity behaviors.	1
WPM2	 Addresses strategies to support employee wellness.	0
WPM3	Addresses using physical activity as a reward.	1
WPM4	Addresses physical activity not being used as a punishment.	1
WPM5	Addresses physical activity not being withheld as a punishment.	0
WPM6	Specifies marketing to promote healthy food and beverage choices.	1
WPM7	 Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	2
WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	2
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	2
WPM10	Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers).	2
WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, and announcements on the public announcement (PA) system).	2
WPM12	Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education).	0
Subtotal for Section 5	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 12 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	75
	Strength Score: Count the number of items rated as "2" and divide this number by 12 (the number of items in this section). Multiply by 100.	42

Section 6. Implementation, Evaluation & Communication

Rating

IEC1	Addresses the establishment of an ongoing district wellness committee.	2
IEC2	 Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.	1
IEC3	 Identifies the officials responsible for the implementation and compliance of the local wellness policy.	2
IEC4	 Addresses making the wellness policy available to the public.	2
IEC5	 Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2
IEC6	 Triennial assessment results will be made available to the public and will include:	2
IEC7	 Addresses a plan for updating policy based on results of the triennial assessment.	1
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	1
Subtotal for Section 6	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 8 (the number of items in this section). Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 8 (the number of items in this section). Multiply by 100.	63

Overall District Policy Score

Total Comprehensiveness Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	District Score 94
Total Strength Add the strength scores for each of the six sections above and divide this number by 6.	District Score 56

Attachment A

Healthful Food and Beverage Options for School Functions*

At any school function (parties, celebrations, meetings, etc.) healthful food options should be made available to promote student, staff, and community wellness. Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans are listed below.

- Raw vegetable stick/slices with low-fat dressing or yogurt dip
 - Fresh fruit wedges – cantaloupe, honey dew, watermelon, pineapple, oranges, etc.
 - Sliced fruit – nectarines, peaches, kiwi, star fruit, plus, pears, mangos, apples, etc.
 - Fruit salad
 - Cereal and low-fat milk
 - 100% fruit or vegetable juice
 - Frozen fruit pops with fruit juice or fruit as the first ingredient
 - Dried fruits – raisins, cranberries, apples, apricots
 - Single serving applesauce or canned fruit in juice
 - Peanut butter with apple wedges or celery sticks
 - Fruit smoothies made with fat-free or low-fat milk
 - Trail mix (dried fruit and nuts)
 - Dry roasted peanuts, tree nuts, and soy nuts (not coconut or palm nuts)
 - Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
 - Party mix (variety of cereals, nuts, pretzels, etc.)
 - Pretzels or reduced fact crackers
 - Baked chips with salsa or low-fat dip (Ranch, onion, bean, etc.)
 - Low-fat muffins (small or mini), granola bars and cookies (graham crackers, fig bars)
 - Mini-bagels with whipped light or fat-free cream cheese
 - Pasta salad
 - Bread sticks with marinara
 - Fat-free or low-fat flavored yogurt & fruit parfaits
 - Fat-free or low-fat pudding cups
 - Fat-free or low-fat milk and milk products (string cheese, single-serving cottage cheese, cheese cubes)
 - Flavored soy milk fortified with calcium
 - Pure ice cold water
- *This list is not all-inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices.*

Local Wellness Policy Triennial Assessment

Sponsors participating in the National School Lunch Program and/or School Breakfast Program are required to have a Local Wellness Policy. At a minimum, the Local Wellness Policy must be assessed once every three years; this is referred to as the Triennial Assessment. Triennial assessments must determine, for each participating site under a sponsor’s jurisdiction, 1) compliance with the wellness policy, 2) progress made in attaining the goals of the wellness policy, and 3) how the wellness policy compares to model wellness policies.

Sponsor Name: Trinity Lutheran School

Site Name: Trinity Lutheran School, Bloomington, IL

Date Completed: March 25, 2022

Completed by: Shawn Hoffmann

Part I: Content Checklist

Below is a list of items that must be addressed in Local Wellness Policies, based on U.S. Department of Agriculture (USDA) and state guidance. Check the box for each item included in your Local Wellness Policy. For any box that is not checked, consider taking steps to add the item(s) to the policy in the future. For more information, see [ISBE's Local Wellness Policy Content Checklist](#).

- | | | |
|--|--|---|
| <input checked="" type="checkbox"/> Goals for Nutrition Education | <input checked="" type="checkbox"/> Nutrition Standards for School Meals | <input checked="" type="checkbox"/> Wellness Leadership |
| <input checked="" type="checkbox"/> Goals for Nutrition Promotion | <input checked="" type="checkbox"/> Nutrition Standards for Competitive Foods | <input checked="" type="checkbox"/> Public Involvement |
| <input checked="" type="checkbox"/> Goals for Physical Activity | <input checked="" type="checkbox"/> Standards for All Foods/Beverages Provided, but Not Sold | <input checked="" type="checkbox"/> Triennial Assessments |
| <input checked="" type="checkbox"/> Goals for Other School-Based Wellness Activities | <input checked="" type="checkbox"/> Food & Beverage Marketing | <input checked="" type="checkbox"/> Reporting |
| <input type="checkbox"/> Unused Food Sharing Plan | | |

Part II: Goal Assessment

Input the goals of your Local Wellness Policy into the table below for the corresponding areas: Nutrition Education, Nutrition Promotion, Physical Activity, and Other School-Based Wellness Activities. Indicate if the school is meeting, partially meeting, or not meeting each goal listed. Include any next steps in attaining the goal(s), if applicable. Table rows may be added for additional goals.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Education				
TLS will include nutrition education as part of the Health and Physical Education curriculum. This includes reinforcing lifelong balance, linking caloric intake and exercising as well as the importance of leading a physically active lifestyle.		X		Create a plan for having this consistently implemented across all grade levels in a sequential approach.
Aspects of Trinity's classroom curriculum will also include nutritional education. This will focus on healthy food intake, balanced diet, evaluating nutritional information (food labels, advertising), and importance of physical activity.		X		Create a plan for having this consistently implemented across all grade levels in a sequential approach.
TLS will also work with the Parent Teacher League and Parish Nursing group to help educate parents in providing a healthy diet and physical activity for their children.		X		Resume some of the Pre-COVID activities such as health fairs and nutrition nights. Develop written resources to share.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Nutrition Promotion				
TLS will make lunch menus available through the newsletter and via Fast Direct links.	X			
TLS will provide educational nutrition resources to parents/guardians through handouts, school newsletters, and school activities (health fair).		X		Resume some of the Pre-COVID activities such as health fairs and nutrition nights. Develop written resources to share.

TLS will not advertise foods of minimal nutritional value (that do not meet Smart Snack standards), including brands and illustrations, during the school day. This includes no advertising on educational materials, equipment, and school publications.	X			
TLS will schedule mealtimes so there is minimum disruption by recess or other special programs or events.	X			
Post-Covid, TLS will resume the opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.		X		Plan for parents to resume opportunity to dine with students and model healthy eating habits in a safe fashion.
TLS will not promote the use of vending machines on school grounds.	X			
The staff of TLS will be discouraged from using food/beverages as a reward for classroom behavior/work and is encouraged to consider non-food alternatives (classroom supplies, extra recess time, etc.) as rewards.		X		Revisit this topic with staff during teacher development days and discuss best alternatives to food rewards.
The school staff is encouraged model healthy behaviors for students, including healthy eating and physical activity.		X		Develop formalized plans for how staff can encourage and model healthy habits for students.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Physical Activity				
Students in preschool through eighth grade shall participate in regularly scheduled formal and informal physical activity programs. Reasonable accommodations shall be made for students with disabilities and/or other limitations. Exemptions from physical education class shall only be granted due to documented medical condition.	X			

TLS will provide a daily, supervised recess period for students.	X			
Students will be provided opportunities for physical activities through a range of school programs such as intramurals, interscholastic athletics, physical activity clubs, brain breaks, summer camps, or other like activities.	X			
TLS will provide 2-3 session per week of physical education instruction totaling 90-100 minutes per week.	X			
Teachers involved in physical education are licensed teachers and are provided with opportunities for professional development in Physical Education.		X		While all teachers are licensed, plan a formalized approach for PD that fits Teacher Growth Model for PE.
TLS will not allow students to waiver out of physical education requirements by substituting P.E. with other activities.	X			
TLS will provide for at least 30 minutes of daily recess for students in elementary school and at least 15 minutes of daily recess for middle school.	X			
TLS will allow and encourage walking and bicycling to school and has provided cleared walking paths and bike racks.	X			
TLS will provide an indoor physical activity break/recess in the classroom or gym in the case that outdoor recess is not possible, due to inclement weather.	X			
Post Covid, TLS will resume promotion/schedule National Walk/Ride to School Day.		X		Plan to resume Walk/Ride to School for 22-23.
Post-Covid, TLS will resume the use of heart rate monitors in Physical Education class to encourage aerobic activity and class goals.		X		Plan and budget appropriate needs for resuming use of heart rate monitors for PE.

Goals	Meeting	Partially Meeting	Not Meeting	Next Steps (If Applicable)
Other School-Based Wellness Activities				
School meals will be served in clean, safe, and pleasant settings with adequate time (at least 20 minutes of seat time) provided for students to eat. Appropriate supervision shall be provided in the cafeteria.	X			
All food service personnel shall have adequate pre-service training and participate in activities or programs that provide strategies for providing tasty, appealing, and healthy school meals; nutrition education strategies including coordination of classroom and cafeteria activities; and effective promotional techniques to encourage healthy eating habits.		X		Develop a plan and time line to ensure all cooks continue with professional development.
Students, parents, school staff, and community members bringing foods and beverages to school for parties/celebrations/meetings shall be encouraged to provide healthful options.		X		While this has been encouraged in the past a new plan needs to be developed and shared with school families.
TLS will take efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System (MyPyramid) such as fruits, vegetables, low-fat dairy foods and whole grain products.	X			
All foods and beverages provided by the school shall comply with federal, state, and local food safety and sanitation regulations.	X			
TLS students will have access to free drinking water during the school day including the option of having student water bottles at desk and water bottle fill stations installed within the school.	X			
Physical activity facilities and equipment on school grounds shall be safe.	X			
TLS will work to create a safe and supportive environment for students walking or biking to school.	X			

School personnel shall not withhold food or beverages from students as punishment.	X			
The staff is discouraged from assigning physical activity as a form of student discipline.		X		Trinity has used walking at recess as a replacement for sitting out 5 minutes due to discipline. We will

Part III: Model Policy Comparison

Indicate the Model Wellness Policy used for comparison against your Local Wellness Policy. Provide a narrative for each prompt below based on the findings.

- [Alliance for a Healthier Generation's Model Wellness Policy](#)
- [Rudd Center's WellSAT 3.0](#)
- Other: _____

1. What strengths does your current Local Wellness Policy possess?

Trinity’s goals and policies for physical education and physical activity are a strength of the Wellness Policy. Trinity supported recess and physical activity for all ages prior to the state of Illinois encouraging this need. Likewise, Trinity utilizes a PE curriculum that is teacher friendly and encourages aerobic activity. The WellSAT scores show this area to have a comprehensiveness score of 100 and a strength score of 64.

Another strength of the Wellness Policy is Trinity’s policy of not allowing any competitive foods, vending machines, or soda machines to be utilized during the school day. Moreover, Trinity has removed all vending machines and soda machines from our campus.

2. What improvements could be made to your Local Wellness Policy?

- a. Trinity needs to develop a more formalized approach to teaching a sequential nutrition curriculum across all grade levels. Our goals and policies in this area need further development.

- b. Trinity does not currently have an Unused Food Sharing Plan. This concept needs to be researched and implemented in an appropriate fashion for a school our size.
 - c. Trinity's Wellness Plan needs a more detailed approach in providing ongoing professional development for kitchen staff.
3. List any next steps that can be taken to make the changes discussed above.
- a. Nutrition Education should be added to Trinity's Curriculum Review process, specially looking at standards that can easily be added at each grade level.
 - b. Trinity will look to neighboring schools and/or USDA personnel for more information on ow to develop an Unused Food Sharing Plan. Once researched Trinity will work to develop a plan that takes into account our school size and amount of unused food.
 - c. Trinity will research best methods for attaining professional development for kitchen staff as well as seek support on this topic from USDA personnel.