



HOLY TRINITY CATHOLIC SCHOOL

FORMING SAINTS AND SCHOLARS

Holy Trinity Catholic School Wellness Policy

Recognizing that the care of the whole person depends greatly on the physical wellness of an individual, Holy Trinity Catholic School is committed to teaching students about making healthy choices. We feel providing nutritious school meals, promoting physical activity, and adopting a curriculum that promotes healthy choices and lifestyles can best accomplish this. We recognize the benefit of incorporating our students, parents, and community members in promoting the well-being of our students. To keep our community informed and updated, our policy will be made available on our website and will be distributed at the start of the school year.

A. Physical Education

1. A physical education curriculum is part of every grade level's quarterly, semester, and final grade using Diocesan approved standards.
2. The students will be regularly assessed on developmentally appropriate skills and activities.
3. Physical activity should continue outside of the school day.
4. Inter-parochial sports will be promoted through the school and physical education program.

B. Physical Activity

1. Daily recess will be required for all students (weather permitting). Academy students will use the east playground and primary students will use the south playground.
2. Families will be encouraged to provide and support physical activities outside of the school day through regular communications, school sponsored events, parish sponsored events, and through the physical education program.
3. Additional programming will be added to supplement the physical education program including but not limited to guest speakers and school-wide fitness competitions.
4. A wellness program will be distributed to the school's faculty and staff.

C. Nutrition Education

1. Nutrition and sleep education will be part of other subject areas including our regular health education curriculum.



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2. Students will be educated on making healthy choices in the lunch room with respect to fruit, vegetables, and whole grain foods.
3. Nutrition education will reinforce balanced dietary habits, regular exercise, good sleep patterns and healthy life choices.
4. Faculty and staff delivering nutrition education will continue to participate in professional development activities.

D. School Activities

1. Holy Trinity will provide regular, uninterrupted meal times with minimal wait times for food service, clean facilities, and healthy food choices.
2. Students are discouraged from sharing food and educated about the dangers of food allergies.
3. Free and reduced lunch program packets will be sent to families three times a year.
4. This policy will be added as an appendix in the school handbook and distributed to families, and a link will be provided on the school's website.
5. If families choose to bring food or beverages into the classroom during the school day for celebrations or incentives they will be encouraged to choose individually wrapped, healthy options and must be in compliance with known allergies of the students involved.

E. Food Service Guidelines

1. The sale of foods and beverages that do not meet the USDA Dietary Guidelines and Smart Snacks in School Nutrition Standards is prohibited during the school day.
2. At this time the school does not provide breakfast but offers the opportunity for Academy students to purchase a snack and milk.
3. Food service personnel, both paid and volunteer, will receive training in food service procedure and operations.

F. Wellness Committee

1. Membership on the Holy Trinity Catholic School Wellness Committee is open to members who represent the following groups: parents, faculty members, school council members, health professionals, and school administration. This committee



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will review the policy annually and make recommendations to the school for amending the policy. Committee Leadership will be headed by administration or chosen committee members.

2. Potential stakeholders will be made aware of the committee review a month prior to the meeting.

Revised 10/2022