

## Trinity Basin Preparatory

### Wellness Policy

**Purpose:** Trinity Basin Preparatory is committed to providing an environment that enhances learning, the development of life-long wellness practices and wellness initiatives for students. TBP will follow nutrition guidelines that advance student health and reduce childhood obesity. The general wellness of all students shall be promoted through nutrition education, physical activity, and other school-based activities.

**Policy Intent:** TBP's Wellness Committee, consisting of employees, parents, and students, will develop nutrition guidelines and wellness goals for TBP's students. The Wellness Committee will develop a Wellness Plan that establishes wellness goals and objectives and provides action steps and methods for measuring implementation of each goal.

#### **Statement of Policy:**

##### Wellness Committee

The Wellness Committee, on behalf of TBP, shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law. In the development, implementation, and review of these guidelines and goals, the Wellness Committee shall be comprised of at least five people from the following stakeholder groups: parents, teachers, school health professionals, members of the Board, and school administrators. A Student Wellness Council will also be formed to provide input for the wellness plan. The Wellness Committee may also gather input from other interested parents, staff, and members of the public.

##### Wellness Plan

The Wellness Committee shall develop a wellness plan to implement TBP's nutrition guidelines and wellness goals. The wellness plan shall, at a minimum, address:

1. Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;
2. Objectives, benchmarks, and activities for implementing the wellness goals;
3. Methods for measuring implementation of the wellness goals; and
4. The manner of communicating to the public applicable information about TBP's wellness policy and plan.

The Wellness Committee shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary.

### Nutrition Guidelines

TBP shall ensure that nutrition guidelines for reimbursable school meals and all other foods and beverages sold, otherwise made available, or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when TBP allows an exemption for fundraising activities as authorized by state and federal rules.

### Nutrition Education

TBP will implement a coordinated school health program with a nutrition education component. TBP's nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the district.

TBP establishes the following goals for nutrition promotion:

1. TBP's food service staff, teachers, and other TBP personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.
2. TBP shall share education nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.
3. TBP shall ensure that food and beverage advertisements accessible to students during the school day contain only products that meet the federal guidelines for meals and competitive foods.

In addition, TBP establishes the following goals for nutrition education:

1. TBP shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. TBP shall make nutrition education a priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.
3. TBP shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

### Physical Activity

TBP will implement a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades.

TBP establishes the following goals for physical activity:

1. TBP shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.
2. TBP shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.
3. TBP shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.
4. TBP shall make appropriate training and other activities available to employees in order to promote enjoyable, lifelong physical activity for employees and students.
5. TBP shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
6. TBP shall encourage students, parents, staff, and community members to use the school's facilities that are available outside of the school day.

#### School-Based Activities

TBP establishes the following goals to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities:

1. TBP shall allow sufficient time for students to eat meals in lunchroom facilities that are clean, safe, and comfortable.
2. TBP shall promote wellness for students and their families at suitable campus activities.
3. TBP shall promote wellness activities and involvement at suitable district and campus activities.

#### Evaluation

TBP shall comply with federal requirements for evaluation of this policy and the wellness plan, as well as TBP's and each campus's level of compliance with this policy and the plan.

At the conclusion of each school year, the Wellness Committee shall assess and prepare a report of each campus's progress toward meeting the goals listed in this policy and in the wellness plan, including a summary of each campus's major activities and events tied to the wellness program and the extent to which the wellness policy and plan compare with any state or federally designated model wellness policies.

#### Public Notification

TBP shall inform and update the public about the content and implementation of the wellness policy, including posting on its website a copy of the wellness policy and the wellness plan, as well as a copy of the annual report.

## Records Retention

TBP shall retain all records associated with the wellness policy, in accordance with law and TBP's records management program.

### **Revision History:**

<u>Effective Date</u>	<u>Version</u>	<u>Modification</u>
5/16/16	1	New document