

TRINITY CHARTER SCHOOLS BOARD POLICY MANUAL
POLICY GROUP 3 – STUDENTS
WELLNESS POLICY

Sec. 1. WELLNESS

Trinity Charter Schools (“Trinity”) shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students by implementing measurable goals to promote sound nutrition and student health and through nutrition education, physical activity, and other school-based activities.

Sec. 2. DEVELOPMENT OF LOCAL WELLNESS PLAN

The Superintendent or designee shall appoint a school wellness council (“SWC”) to review and consider evidence-based strategies and techniques and to develop nutrition guidelines and wellness goals as required by law. In developing, implementing, and reviewing the guidelines and goals of the local wellness plan, the SWC will allow participation by parents; students; representatives of Trinity’s food service provider; Trinity’s physical education teachers (if any), campus and/or district-level administrators, school health professionals; Board members; and community members.

The SWC shall develop a wellness plan to implement Trinity’s nutrition guidelines and goals. The local wellness plan must address, at a minimum

1. Strategies for soliciting involvement by and input from individuals interested in the wellness plan and policy;
2. Activities, benchmarks, and objectives for implementing wellness goals;
3. Methods for measuring implementation of wellness goals;
4. Trinity’s standards for foods and beverages provided (but not sold) to students during the school day and while on campus; and
5. Methods for communicating to the public information about Trinity’s local wellness plan.

The SWC will review and revise the wellness plan on a regular basis, and recommend revisions to the plan when necessary.

Sec. 3. NUTRITION GUIDELINES

The district operates under USDA regulations for the National School Lunch and/or Breakfast Programs. Trinity's nutrition guidelines for reimbursable school meals, as well as other foods and beverages provided to students during the school day, are crafted to promote student health and reduce childhood obesity. These guidelines are at least as stringent as federal regulations and guidance, except when Trinity permits exemptions for approved fundraising activities.

Trinity will also establish standards for all foods and beverages provided to students during the school day; these standards are to be incorporated into the school wellness plan. Moreover, the district will encourage non-food alternatives as rewards. For example, extra recess may be provided when time allows. Students receive a daily lunch period of no less than 30 minutes, ensuring that after obtaining their food, they have at least 20 minutes to eat. Free water is provided in the cafeteria during meal times and throughout the day. Additionally, schools are encouraged to

offer locally grown produce.

Sec. 4. WELLNESS GOALS

a) Nutrition Education

Trinity shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition. This program will encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental nutrition and food programs offered by Trinity.

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

1. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. Nutrition education will be a Trinity-wide priority and will be integrated into other areas of the curriculum, as appropriate.
3. Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
4. Food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.
5. Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.

b) Physical Activity

Trinity shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall require all students to complete an average of one hundred instructional minutes per week of physical education or the amount of physical activity for all grades required by the Texas Education Code or Commissioner Rule. Unless otherwise exempted, all students will be required to engage in the District's physical education program. Trinity discourages students from substituting other school or community activities for physical education class time or credit in place of required physical education. Physical education should be taught by a certified teacher and all staff involved in physical education should be provided with opportunities for professional development.

In addition, Trinity establishes the following goals for physical activity:

1. Trinity will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.
2. Physical education classes will regularly emphasize moderate to vigorous activity.
3. Trinity will encourage teachers to integrate physical activity into the academic curriculum where appropriate.
4. Teachers are encouraged to provide students with physical activity breaks.

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5. Trinity will encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.

c) Other School-Based Activities

Trinity establishes the following goals for creating an environment conducive to healthy nutrition and physical activity and to promote a consistent wellness message to the school community:

1. Trinity shall allow sufficient time for students to eat meals in facilities that are clean, comfortable, and safe.
2. Trinity shall promote employee wellness activities and involvement at suitable school activities.
3. Teachers are discouraged from assigning physical activity as student punishment.
4. Teachers are encouraged to find alternatives to withholding recess or other physical activities as a punishment.

Sec. 5. IMPLEMENTATION

The Superintendent or designee shall oversee the implementation of this policy and the development of the local wellness plan and appropriate administrative procedures related to this wellness policy.

Sec. 6. EVALUATION

Trinity shall comply with federal requirements for evaluating this policy and the wellness plan. Generally, Trinity’s compliance with the local wellness plan shall be assessed at least once every three years. The Superintendent or designee shall conduct the assessment, which will consider:

1. The extent to which each school is in compliance with the local school wellness policy;
2. The extent to which the local school wellness policy aligns with model local school wellness policies; and
3. A description of the progress made toward attaining the goals described in the local wellness plan.

Sec. 7. PUBLIC NOTIFICATION

Trinity must annually inform and update the public about the content and implementation of this wellness policy, and make the policy and any updates, along with the local wellness plan and program assessments, available to the public.

Sec. 8. RECORDS RETENTION

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Trinity shall retain all the required records associated with the wellness policy as required by law¹ and Trinity’s record management program.

42 U.S.C. 1758b, 7 C.F.R Part 210.

¹ Trinity may refer to the Texas Department of Agriculture, Food and Nutrition Division’s “Administrator’s Reference Manual (ARM)” for the School Nutrition Program” for guidance on record retention requirements.
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CASA GRACIA NON-DISCRIMINATION STATEMENT:

Casa Gracia dba Trinity Charter School is responsible for ensuring that all persons having equal access to the school nutrition program. The CE, sub-distribution agency, and distribution site cannot discriminate in employment or program participation based on the following classes:

- Race
- Color
- National Origin
- Sex
- Age
- Disability

Trinity Charter School must strictly adhere to and enforce the provisions of Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973, and the Americans with Disabilities Act (ADA).

The additional protected classes included in the nondiscrimination statement and complaint-filing procedures below apply to other USDA programs and employment activities.