

TRINITY



COMMUNITY SERVICES

VITAL CHRIST'S GOSPEL SERVICES, FAMILY FELLOWSHIP AND FUN ACTIVITIES

CHILDCARE & PRESCHOOL

K-12 SCHOOL

STUDENT MENTORING & TUTORING

TRINITY CHRISTIAN SCHOOL LOCAL WELLNESS POLICY

June 14, 2021

It is the policy of the board to promote student wellness by providing assurance that school meals meet the nutrition guidelines or surpass the minimum federal school meal standards and to include regular physical activity as part of the total learning environment. To accomplish these goals, Trinity Christian School will implement and continue the following to help promote this important endeavor:

- School Nutrition programs will comply with applicable Federal, state, and local requirements and will be accessible to all students.
- Nutrition education will be provided and promoted.
- Foods and beverages made available at the school during the school day will be consistent with the current Dietary Guidelines for Americans, meal patterns and nutrition standards of the USDA.
- Food and beverages made available at the school will adhere to food safety and food defense security guidelines.
- The school environment will be safe, comfortable, and allow adequate time for eating meals.
- Food will not be used as a reward or punishment.
- The school will encourage all students to participate in school meal programs and protect the identity of students who eat free or reduced price meals.
- School-based activities will be consistent with this policy.
- Physical activity will be included outside of formal physical education.

TRIENNIAL PROGRESS ASSESSMENTS

At least once every three years, Trinity Christian School will evaluate compliance with wellness policy to assess the implementation of the policy and include:

- The extent to which Trinity Christian School is in compliance with the wellness policy;
- The extent to which Trinity Christian School's wellness policy compares to the model wellness policy; and
- A description of the progress made in attaining the goals of Trinity Christian School's wellness policy

The position/person responsible for managing the triennial assessment and contact information is the School Nutrition Services Director; Nutrition Coordinator or other designee of all who can be contacted at 3727 Rosehill Rd, Fayetteville NC 28311 and by telephone at 910-488-6779.

Trinity Christian School will actively notify household/families of the availability of the triennial progress report.

COMMUNITY INVOLVEMENT, OUTREACH AND COMMUNICATIONS

Trinity Christian School is committed to being responsive to community input, which begins with awareness of the wellness policy. Trinity Christian School will actively communicate ways in which representatives of Trinity Christian School and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for the school. Trinity Christian School will use electronic mechanisms, such as email or displaying notices on the school's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. Trinity Christian School will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the school are communicating important school information with parents.

STANDARDS FOR FOOD AND BEVERAGES PROVIDED

Trinity Christian School is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. All foods sold on school campuses during the school day (defined as the period from midnight through 30 minutes after the dismissal bell rings) in competition with the National School Lunch or School Breakfast Programs ("competitive foods") must comply with the meet federal Smart snacks Standards. Trinity Christian School does not participate in selling competitive foods or beverages during a school day. None the less Trinity Christian School has two vending beverage machines located in the cafeteria and they are not available for purchasing until 30 minutes after a school day.

POLICY FOR FOOD AND BEVERAGE MARKETING

Trinity Christian School is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behavior throughout the school day while minimizing commercial distractions. The school strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertise on school property that contains messages inconsistent with the health information the school is imparting through nutrition education and health promotion efforts. It is the intent of the school to protect and promote student's health by not permitting food and beverage marketing and to stay consistent with the school's wellness policy. Food and beverage marketing on school campuses during the school day must meet federal and state standards. In accordance with these standards, only foods and beverages that meet the Smart snack standards may be marketed or advertised on school campuses during the school day. To comply with this requirement, existing supplies, materials, or equipment that depict noncompliant products or logos will be replaced or removed in accordance with normal lifecycles or as otherwise would occur in the normal course of business.

GOALS FOR NUTRITION PROMOTION AND EDUCATION

- Classroom teachers will integrate nutrition promotion and education into the curriculum where appropriate.
- Nutrition promotion and education will be provided by the school's food service provider (Preferred Meals) by sharing information via menus, and website materials.
- Nutrition promotion and education will involve sharing information with families and the community to positively impact the school's students and the health of the community.
- Students will be encouraged to start every day with a healthy breakfast.
- Plan field trips or invite guest speakers geared towards healthier eating and living choices.
- Provide input to kitchen manager regarding student and parental feedback of menus and food items.
- Encourage Parent Lunches so parents can see and experience first-hand what and how their child's nutritional needs are being met.
- Only unflavored 1% or non-fat milk or non-fat flavored milk shall be available to all students.
- Water will be available to students in the cafeteria during breakfast and lunch times.

GOALS FOR PHYSICAL ACTIVITY

- Physical activity will be integrated into the curriculum by classroom teachers, where deemed appropriate. Students may be provided a daily recess period.
- The school will consider planning recess prior to lunch as research has shown that physical activity prior to lunch can increase nutrient intake and reduce food waste.
- The school will provide a physical and social environment that encourages safe and enjoyable physical activity.

GOALS FOR OTHER SCHOOL BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

- After-school programs, if offered and appropriate, will encourage physical activity and healthy habit formation.
- Support for student health will be demonstrated by helping to enroll eligible students in Medicaid and other state children's health insurance programs.
- Healthy food will be considered when planning school-based activities such as school events, fundraisers, field trips, and classroom snacks or treats.
- There will be ongoing professional training for foods service and physical education staff.
- The school will provide a clean and safe meal environment for students and ensure an adequate time for students to eat their meals.
- Establish meal times consistent with federal regulations. All students will be provided adequate time to eat meals at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.

NUTRITION GUIDELINES FOR FOODS AVAILABLE AT SCHOOL DURING SCHOOL DAY

- Students will have affordable access to nutritious foods that they need to stay health and learn well.
- The school will encourage the consumption of nutrient dense foods, i.e. fruits and vegetables.
- Vending machines are prohibited from being placed in any classroom where student are provided instructions, unless the classroom also is used to serve student meals.
- Sale of vended soft drinks to student will not be permitted during the school day.
- Classroom snack will feature healthy choices.
- Foods made available will comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Point (HACCP) plans and guidelines will be in place for prevention of food illness.
- Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issue under the Child Nutrition Act, the School Lunch Act, and the Hungry-Free Kids Act of 2010 as they apply to schools.

IMPLEMENTATION, MEASUREMENT, AND EVALUATION

- The school principal shall ensure that this policy is implemented, complied with, and annually evaluate and reported on no less than annually to the school's board of directors as required under applicable law.
- The school will form a wellness committee that will review and provide input on school menus and review this policy not less than annually, assisting the principal in reporting to the school's board of directors. The wellness committee members will include individuals from the following groups: school administrators, food service employees, school board member, and a parent.
- Brief the school administration of all planned activities and ideas for informational purposes and approval as needed.

WELLNESS COMMITTEE MEMBERS:

Elementary Principal
Office Manager
Kitchen Cook
Parent/Teacher/Coach

Operations Director
Child Nutrition Administrator
Student Representative