

Trinity Basin Preparatory

Wellness Policy

Purpose: Trinity Basin Preparatory (TBP) is committed to providing an environment that supports student learning, academic success, and the development of lifelong wellness practices. TBP recognizes that student wellness includes physical, mental, emotional, and social well-being.

TBP will promote healthy lifestyles through nutrition education, physical activity, healthy eating initiatives, and other school-based wellness activities that encourage students to develop healthy habits both inside and outside of the classroom. TBP will follow nutrition guidelines and wellness practices that support student health and reduce childhood obesity while fostering safe, supportive, and health-conscious learning environments.

Policy Intent: Trinity Basin Preparatory's School Health Advisory Council (SHAC), consisting of employees, parents, and students, will develop nutrition guidelines, wellness goals, and a Wellness Plan that establishes objectives, action steps, and methods for measuring implementation and progress toward improving student wellness throughout the district.

Statement of Policy:

School Health Advisory Council

The Superintendent or designee shall appoint School Health Advisory Council (SHAC) 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 SHAC will allow participation by parents; students; representatives of Trinity Basin's food service provider; Trinity Basin physical education teachers, campus and/or district-level administrators, and school health professionals; Board members; and community members.

Wellness Plan

The SHAC shall develop and maintain 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, activities, and timelines for implementing the wellness goals;
3. Methods for monitoring implementation and measuring progress towards wellness goals;

4. Standards for foods and beverages provided (but not sold) to students during the school day and while on campus;
5. Methods for communicating applicable information about TBP's Wellness Policy and Wellness Plan to students, staff, families, and the community.

The SHAC shall meet at least 4 times throughout the school year to review wellness initiatives, assess progress toward wellness goals, and recommend updates to the Wellness Policy and Wellness Plan as needed. During these meetings, the School Health Advisory Council 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, provided, or marketed to students during the school day are designed to promote student health and support healthy eating habits.

Reimbursable school meals and other foods and beverages sold to students during the school day shall meet or exceed USDA nutrition standards and applicable federal and state regulations, including Smart Snacks guidelines.

TBP shall encourage access to nutritious food and beverage options that support student wellness, healthy growth and development, hydration, and healthy lifestyle choices throughout the school day.

Any fundraising exemptions involving foods or beverages during the school day shall comply with applicable state and federal rules.

Juan Lopez, Director of Nutrition Services, will be responsible for implementing the Nutrition Guidelines as stated in this section.

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 student wellness.

3. TBP shall ensure that food and beverage advertisements accessible to students during the school day contain only products that meet the federal nutrition guidelines for meals and other foods sold during the school day.

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 opportunities so that teachers and staff responsible for the nutrition education are adequately prepared to effectively deliver the program.

Juan Lopez, Director of Nutrition Services, will be responsible for implementing the goals for nutrition promotion and Tiara Brown, Director of CTE, P-Tech, and Electives, shall be responsible for nutrition education goals as stated in this section.

Meal Access & Dining Environment

TBP recognizes that access to adequate meal time and positive dining environments play an important role in supporting student wellness, healthy eating behaviors, and academic readiness.

1. TBP shall provide students with adequate seated meal time in clean, safe, and comfortable lunchroom environments. Students shall be provided a minimum of 15 minutes to consume breakfast and a minimum of 25–30 minutes to consume lunch after receiving their meal.

Meal schedules should account for serving line wait times, transitions, and the additional assistance younger students may require opening food items, organizing trays, or navigating the cafeteria environment.

TBP recognizes that proper nutrition, digestion, and healthy eating behaviors require students to have adequate time to eat without feeling rushed. Sufficient meal time supports healthy eating behaviors, proper chewing and digestion, student hydration, reduced food waste, and the body's ability to recognize fullness cues, which contributes to overall student wellness and academic readiness.

2. Students shall not lose meal time due to disciplinary practices, unfinished classroom assignments, excessive transitions, or scheduling inefficiencies. Meals shall not be withheld as punishment, and students should be encouraged to eat in an environment that promotes healthy eating habits, social interaction, and student well-being.

Principals/Assistant Principals at each TBP campus will be responsible for implementing this Meal Access & Dining Environment Section. Juan Lopez, Director of Nutrition, will track students that participate in the breakfast and lunch programs.

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:

TBP shall provide an environment that fosters safe, enjoyable, and developmentally appropriate physical activities for all students, including those who are not participating in physical education classes or competitive sports. Physical activity opportunities may include, but are not limited to, physical education classes, recess, movement breaks, classroom activities, walking programs, intramural activities, and organized sports.

1. TBP shall provide appropriate staff development and encourage teachers to incorporate age-appropriate movement and physical activity into classroom instruction and daily learning activities where appropriate.
2. TBP shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.
3. TBP shall make appropriate training and other activities available to employees in order to promote enjoyable, lifelong physical activity for employees and students.
4. TBP shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
5. TBP shall encourage students, parents, staff, and community members to use the school's facilities that are available outside of the school day.
6. Physical activity, recess, or movement-based opportunities shall not be withheld as punishment except when necessary to ensure student or staff safety.

The Physical Activity and Fitness Planning subcommittee will be responsible for this Physical Activity section. Participation of events involving physical activity with students, staff and parents will be tracked through event occurrence and attendance.

School-Based Activities

TBP establishes the following goals to create an environment conducive to healthy 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 will provide access to free drinking water during meals and encourage healthy hydration habits throughout the school day.

3. TBP will avoid stigmatizing students who are unable to pay for school meals.
4. TBP shall promote wellness opportunities, resources, and education for students and their families through appropriate campus activities and events.
5. TBP shall promote wellness activities and encourage participation in wellness initiatives at the district and campus activities.

Principals/Assistant Principals at each TBP campus will be responsible for this School-Based Activities Section. Participation in wellness opportunities and resources will be tracked through event occurrence and attendance.

Evaluation

TBP shall comply with federal requirements for evaluation of the Wellness Policy and Wellness Plan, including district and campus progress toward achieving established wellness goals and objectives.

At the conclusion of each school year, the School Health Advisory Council 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.

At least once every three years, TBP shall conduct a triennial assessment to evaluate each campus's progress toward implementing the Wellness Policy and achieving wellness goals. The results of the assessment shall be shared with the school community. The School Health Advisory Council will make adjustments to the Wellness Policy based on the most current state and federal requirements as well as the results of the triennial assessment.

Public Notification

TBP shall inform and update students, families, staff, and the public about the content and implementation of the Wellness Policy, including posting on its website a copy of the Wellness Policy, the Wellness Plan, annual reports, triennial assessment results, and other applicable wellness information.

Records Retention

TBP shall retain all records associated with the Wellness Policy, in accordance with applicable law and TBP's records management program.