

Holy Trinity Catholic School Wellness Plan

The creation of Holy Trinity's Wellness Plan follows the Plan-Do-Study-Act implementation model:	PLAN After reviewing nutrition education and promotion data in our school, state, and nation, what is most in need of improvement?	DO Name the actions in our school environment and classrooms we should take to achieve our goal(s)? Identify who will be taking the actions decided upon?	STUDY Name the data point(s) or success indicators that will be collected for each action. Name the person who will be responsible for collecting the data.	ACT As a committee study the data results. Did the actions achieve the goal(s) set? If yes, determine new goals. If no, what adjustments need to be made in the actions and/or data indicators?
--	--	---	---	---

GOAL AREA: Nutrition Education and Promotion					
Goal:	Actions	Who?	Data Point	Who will collect the data?	Evaluation (Fully in Place, Partially in Place, or Not in Place) and Evidence
To promote nutrition education with the objective of improving students' health and reducing childhood obesity.	Make the lunchroom an environment visually rich in nutritional information	Nutrition Services Staff	Evidence of visual educational materials	Nutrition Services	Fully in Place: Posters present (MyPlate, Fruits/Veggies), menu posted multiple places, visual plate at counter
	Food and nutrition education will be embedded into the K-8 classroom instruction	Classroom teachers	Health Matrix	Administrator	Fully in Place: CASA Health Matrix to be submitted Dec 15
	Meet nutrition requirements established by the local, state, and federal laws including a variety of fruits, vegetables, and menu choices	Nutrition Services	Compliance documents	Nutrition Services Director	Fully in Place: Meal Patterns document (ie. dark green vegetables, red/yellow/orange vegetables, legume, 8-10 meat/meat alternatives, etc.)

GOAL AREA: Physical Activity					
Goal:	Actions	Who?	Data Point	Who will collect the data?	Evaluation (Fully in Place, Partially in Place, or Not in Place) and Evidence
Increase overall health and wellness through regular physical activity and exercise	Physical Education class and recess are provided for all students at a regularly scheduled period of time	Administrator	Master schedule	Administrator	Fully in Place: PE weekly in master schedule for all students PS4-8
	Engage students in moderate to vigorous physical activity at least 75% of the Physical Education class period	Physical Education teacher	Lesson plans	Physical Education teacher	Fully in Place: Lessons structured for 1 minute walk/job, stations, and main activity hitting target of 75% vigorous activity
	Monthly student and staff health challenges	Physical Education teacher	Monthly activities and drawings	Physical Education teacher	Partially in Place: Monthly student challenges with reward developed for each monthly and available to students. Next steps are to post publicly and consider staff component

GOAL AREA: Other School-Based Activities That Promote Student Wellness					
Goal:	Actions	Who?	Data Point	Who will collect the data?	Evaluation (Fully in Place, Partially in Place, or Not in Place) and Evidence
Incorporate healthy habits into community-wide/group activities	Walking club	Physical Education teacher	Club attendance	Physical Education teacher	Not in Place: Considering for spring 2019
	Walk-a-thon	PTO	Event held and attendance numbers	PTO and Administration	Fully in Place: Event held Oct 20, 2018. Walk map available
	School and parish intramural sports	Athletic Director	Number of students	Athletic Director	Fully in Place: School/parish athletics program in session.

			participating in athletics		Team rosters and schedules available
	Birthday celebrations will be SmartSnack compliant if including food	Teacher, parent, Nutrition Services Director	All birthday treats served are SmartSnack compliant	Nutrition Services Director	Fully in Place: Evidenced in handbook and nutrition services log

Plan written April 12, 2018

Committee Members in Attendance:

- Anne Franklin, Principal
- Donna Reeder, Nutrition Services Director
- Chris Nash, Physical Education Teacher
- Jessie Smith, School Nurse
- Chris Nigg, Parent
- Melissa Garton, Parent
- Jolene Edgington, Parent

Plan evaluated November 12, 2018

Committee Members in Attendance:

- Anne Franklin, Principal
- Donna Reeder, Nutrition Services Director
- Chris Nash, Physical Education Teacher
- Katie Vasquez, School Nurse
- Melissa Garton, Parent
- Jolene Edgington, Parent