

Trinity Catholic School

Wellness Policy Evaluation

2315 N. Cedar St.

Spokane, WA 99205

Original 2011-2012 Most recent update: 2017-2018

*****NOTE: the most recent evaluation will be shown at the end of each section.**

TRINITY CATHOLIC SCHOOL PHILOSOPHY: Trinity Catholic School and Educare Center is an educational community which supports the teaching mission of the Catholic Church in the education of children. The teachings of Jesus Christ are an integral part of our solid academic foundation. With parents being the primary educators, students, parents, teachers, and staff work together to create an environment where individuals are respected, have the opportunity to achieve, accept responsibility, interact peacefully, discover the wonder of the universe and grow in the practice of their faith.

TRINITY CATHOLIC SCHOOL MISSION: Rooted in our Catholic Faith and enriched by our diverse community, Trinity Catholic School fosters spiritual development, academic excellence, responsibility to self, and service to others.

Statement of Responsibility

Trinity Catholic School desires to assist students in developing skills that promote healthy habits regarding eating and physical activity. Therefore, wellness education will be addressed through a variety of means including nutrition education, nutrition standards, physical activity opportunities, and other age-appropriate and site-specific health activities.

Nutrition and Health Education

EVALUATION: Nutrition and health education continues to be offered to students in all grades by utilizing the WSU Student Nurses, the Gonzaga University Physical Education department, school curriculum, and in conversations with students before, during, and after lunch in the cafeteria and classrooms. Parents receive ongoing nutrition and health education in the weekly bulletin, parent nights, and on the school website. Administration is exploring an evening education program to assist families in preparing healthy meals at home. The variety of ways and methods of communicating health and nutrition education are successful. See documentation.

Physical Activity

EVALUATION: Physical activity continues to be a strong requirement of all students during the school day. Recess during rain, snow, and cold is still offered even though the weather is uncomfortable. The only exception is when the weather is extreme and safety is a concern. Continuing to model and encourage proper dress for the weather is a challenge, and we make parents aware of the importance of proper clothing for outside play. A new pilot program of before school activity has been implemented twice a year to encourage activity, nutrition, and values. The program is called *Sports Outreach Initiative* and is offered at no cost to our students by Gonzaga University staff and students for designated grades. Health and Fitness classes continue for the upper grades utilizing *The U-District Foundation*. Primary students will have an extra weekly health and fitness opportunity with a volunteer who is an instructor at Gonzaga University.

School Meals

EVALUATION: Teachers and staff continue to work with the administration on strategies for keeping the cafeteria and lunch room environments pleasant, cheerful, supervised, and comfortable. Combinations of classes are divided up to accommodate the growing number of students, allowing for students closer in age to have their meals together. This creates a more enriching mealtime experience and is smoother to manage.

Other Nutritional Information

EVALUATION: The administration continues to be proactive in helping students and staff achieve a healthy lifestyle. The *Fit for Bloomsday* training is one way to encourage students to be healthy, and to make good decisions about their health. This is a yearly event and also helps parents to be involved with the nutrition and health of their child. The staff uses the stairs and is encouraged to be active with students. Drinking water is encouraged and modeled throughout the school.

Evaluation Statement

The Wellness Committee will be responsible for the implementation of the Wellness Policy. Information about health and physical fitness. Any suggestions from parents, staff, or community members may be presented in writing to the administration in August for discussion and potential changes. Any changes made will be presented to the School Advisory Council in September for approval. Upon request, the results of the most recent assessment will be available to view. Contact the school office.