

## **Triton School Corporation Wellness Plan for Physical Activity and Nutrition**

The Triton School Corporation supports the health and well-being of its youth by promoting good eating habits and physical activity. In accordance with federal law, it is the policy of the Triton School Corporation to provide youth with access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by the facility meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture. A Coordinated Wellness Committee has been formed to maintain and oversee these activities. The Triton School Corporation Wellness Plan shall be made available to youth and families by means of program handbooks, parent intake packets, and the corporation website.

### **I. WELLNESS COMMITTEE**

The Triton School Corporation, in accordance with state and federal law, will engage administrators, school board member(s), parents, health care professionals, physical education teachers, food service professionals, and students in developing, implementing, monitoring and reviewing the Triton Corporation Wellness Plan on Physical Activity and Nutrition. The Wellness Committee shall meet annually to review nutrition and physical activity plans and policies, and to develop an action plan for the coming year as necessary. The Committee shall meet as needed during the school year to discuss implementation activities and address barriers and challenges.

### **II. NUTRITION EDUCATION**

Nutrition education will be included in the health curriculum and will include lessons from the Choose My Plate 10 Tips Nutrition Education Series provided by the USDA, along with other supportive materials. Currently nutrition education is incorporated at all grade levels K-12 with programs such as Professor Popcorn. All nutrition curriculum is standards-based, sequential, and comprehensive in scope.

#### **The GOALS for 2017-2018 will be:**

- Make nutrition education interactive and teach youth skills to adopt healthy eating behaviors.
- The legally required Food Service Code of Conduct will be adopted.
- Nutrition education training opportunities will be made available to teachers and staff.
- The information at the “Smart Snacks” link below will be used to educate and promote nutrition at Triton:  
<https://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>

### **III. NUTRITION PROMOTION**

Triton School Corporation aims to teach, encourage, and support healthy eating by students. Triton School Corporation engages in nutrition promotion each school year. Triton has established nutrition guidelines for foods and beverages sold on the school campus during the school day.

Triton School Corporation has also set nutritional guidelines for foods and beverages not sold but made available on the school campus during the school day. "Healthy" choices are preferred. Any foods brought in for distribution to students should not be homemade but purchased commercially, wrapped, and with labels intact that indicate the ingredients in the food items. This enables the staff to ensure students are not given items to which they may be allergic to the ingredients.

Triton School Corporation only permits marketing on the school campus during the school day of those foods and beverages that meet the competitive food/ beverage requirements (Smart Snacks... <https://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>)

Smart Snacks: <https://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>

The Project Produce program was very successful at getting students to try new fruits and vegetables at Triton Elementary School during the 2016-2017 school year. Triton Jr-Sr. High School staff tried different ideas to get the students to eat breakfast and lunch at school, but did not have much success. They also tried a "Grab & Go" breakfast program, but did not have much success with getting additional students to eat at school.

**The GOALS for 2017-2018 are:**

- Consider the use of students in the "Culinary Arts" program in teaching nutrition at the elementary level.
- Fundraisers selling food items that do not meet the federal nutrition standards are limited to two such fundraisers per school building per year.
- Marketing that promotes student health will be permitted in school buildings and on school grounds.
- Nutrition promotions will include lessons that cover topics such as how to read and use food labels, choosing healthy options, and portion control.
- Work with snack /drink machine vendors to encourage healthy advertising/ promotions to students.

**IV. PHYSICAL ACTIVITY**

The Triton School Corporation supports the health and well-being of youth by promoting physical activity. All students enrolled at Triton are offered a scheduled recreation (recess) period daily. Students (K-12) also can participate in a structured physical education class taught by licensed teachers. In addition, student participants are provided opportunities to participate in recreational activities within the community (i.e., local parks, baseball fields, track, etc.) as well as, physical activity while engaging in community service (i.e., landscaping, picking up trash, cleaning, etc.). Interscholastic sports programs are available in grades 5-12. A new addition since 2016 is the wellness room at the high school which offers treadmills, etc. for student, staff, and community use. Before and after school hours were made available for the community to use this exercise facility. Sufficient space is provided for youth to engage in various types of physical activities. Teachers at Triton Elementary School incorporated "brain breaks" into the day to allow students to work off bursts of energy in the classroom. They also held a schoolwide field day to promote outdoor group activity for wellness. All physical education teachers incorporated technology into their

classroom fitness programs and saw it motivate individual students to improve. The elementary school also held their first successful activity-based fundraiser with their “walkathon”.

**GOALS for 2017-2018 are:**

- Continue to incorporate technology to assess physical fitness and progress towards individual student fitness goals at both schools.
- Encourage whole staff outings for physical activity.
- Continue to encourage “brain breaks” in the classroom.
- Continue to promote limited amounts of TV viewing for students and staff.
- Develop a plan for community wellness activities on the school grounds.
- The physical education program shall be provided adequate space and equipment to ensure quality physical education classes for students.

**V. Other School-Based Activities**

The school board supports the health and well-being of Triton students, community, and staff by creating and promoting policy and environmental supports to provide physical activity and healthy eating opportunities.

**GOAL for 2017-2018**

- Work to promote activity based fundraisers as much as possible.
- Research and explore both local and federal funding for the “Safe Routes to School” program. More sidewalks are needed for walking to school to be safe for students.
- Investigate the possibility of a universal screener for students’ social/emotional well-being.

**VI. MEAL CONTENT**

1. Meals served through the National School Lunch and Breakfast Programs will:
  - a. Be appealing and appetizing to children;
  - b. Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs;
  - c. Contain 0% trans fats;
  - d. Less than 10% of total calories from saturated fats;
  - e. Offer a variety of fruits and vegetables.
  - f. Use 100% percent of whole grains for all grains served;
  - g. Offer low-fat and non-fat milk;
  - h. Offer only 100% fruit juices.
  - i. Make potable (drinking) water readily available.
2. Menus will be reviewed and approved by a licensed dietician.
3. Special dietary needs of students will be considered when planning meals, according to the document *Accommodating Children with Special Dietary Needs in the School Nutrition Programs*.
4. The guidelines to participate in the free/reduced meal program and the standards for this program are followed according to the information at the following link:

<http://www.doe.in.gov/news/indiana-department-education-announces-guidelines-free-and-reduced-price-school-meals-and>

5. The guidelines for the federally subsidized meal program can be found at:  
Meal Requirements: <https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>

**GOALS for 2017-2018:**

- Continue to work with dietician to plan meals that meet ongoing changes in federal requirements.
- Continue to pursue the addition of healthy alternatives at the concession stands.
- Begin to research a “Farm-to-table” program with local food co-ops/ farmers.
- Drinking water will be readily available at all mealtimes.

**VII. MEALTIME SCHEDULE AND LOCATION**

Triton School Corporation provides adequate time for students to eat meals at school. The cafeterias provide a clean and pleasant, well-kept setting for student and staff meals. Students are provided convenient access to hand-washing and sanitizing stations during mealtimes. A serious attempt was made at Triton Elementary School to have recess before lunch to see if that led to students eating more food at lunch. Due to staffing and schedule limitations, this was not successful.

**GOALS for 2017-2018:**

- Schools will research programs to promote use of the USDA School Breakfast Program by all students.
- The Schools will research the possibility and availability of the After School Meal Program as provided by the “Healthy, Hunger-Free Kids Act of 2010.

**VIII. STAFF WELLNESS**

The Triton School Corporation supports the health and well-being of staff by promoting physical activity. Staff members are encouraged to participate in daily recreational activities. Staff members are also provided opportunities to access the facility gymnasium and equipment, when not in use by the youth, during lunch breaks and before/after school. In addition, both schools provide free counseling to all staff members at school and in private settings throughout the year. An attempt was made to have reduced rates for staff to participate in local fitness centers, but there was not enough interest from the staff.

**GOALS for 2017-2018**

- Transition to healthier food and beverage choices in the vending machines over a two year period.
- Develop master facility plan with locations for outdoor community-wide activities.

**IX. EVALUATION**

The Wellness Committee will meet annually, at minimum, or more often as needed to evaluate the implementation and impact of the Wellness Plan on Physical Activity and

Nutrition. Goal attainment will be evaluated and goals will be revised and updated or newly created. Policy language will be assessed each year and revised as needed.

Each school principal is responsible for monitoring this plan in his/her school. Principals report directly to the Superintendent. The Superintendent is responsible for calling the committee to meet for any concerns or changes.

The plan will be assessed for effectiveness of obtaining goals each year and the results shared with the board and the public at a school board meeting and posted on the website for the community/stakeholders.

**GOALS for the 2017-2018 school year:**

- Review the results of the WELLSAT evaluation measure.
- Include student surveys for assessment of individual goals.
- Include technology based assessments of physical fitness in the evaluation of the wellness plan effectiveness.
- The school wellness plan and the WELLSAT evaluation results will be posted on the school website.

**Wellness Committee - plan updated, reviewed and approved: March 2017**

Superintendent: Don Burrows Date: 3/20/17  
School Board Member: absent - out of town Date: —  
High School Administrator: [Signature] Date: 3/20/17  
Elementary Administrator: [Signature] Date: 3-20-17  
Dietician: Haylyn MacKellup Date: 3/20/17  
Elementary PE Teacher: Mr. Carpenter - Sick - to share out. <sup>Gave Jeremy info</sup> Date: —  
Secondary PE Teacher: Ronald M Brown Date: 3/20/17  
School Nurse: Mari Al Jewanah Date: 3/20/17  
High School Food Service: Jami McIntyre Date: 3-20-17  
Elementary School Food Service: absent - ill Date: 3-20-17  
THS Student Ashley Ann Date: 3-20-17  
THS Student Melissa Mullet Date: 3-20-17  
TSC Parent [Signature] Date: 3-20-17  
TSC Parent Tina K. Bulles Date: 3-20-17  
County Wellness Official Sandra L. Reed Date: 3-20-17  
OCC health & wellness supervisor medstat Jabittle McDonald 3-20-17

**Addendum/ Changes to Wellness Plan**

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