



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, school health 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 every three years to review nutrition and physical activity plans and policies, and to develop an action plan for the coming years 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 2023-2026 will be:

- Make nutrition education interactive and teach youth skills to adopt healthy eating behaviors and supplement intake. (Classroom Health Units, Health Fair, Athletic Trainer, Weights Instructor/Personal Trainer, Zero Hour)
- The legally required Food Service Code of Conduct will be adopted.
- Nutrition education training opportunities will be made available to teachers and staff. (Health Fair, Health, Civil Rights Training).
- Distribute Nutrition Nuggets/Fitness Gram for sent out K-6
- Distribute Staff Monthly Health Tip – Monthly Awareness Tip/Health Education Flyers
- Provide Nutrition Education in 7-12 grade Health Classes provided by Staff and Coaches.
- Continue My Plate Health Fair Provided by Lutheran Health Network
- 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>)

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. Since 2020 Triton Jr.-Sr. High School staff tried serving Grab & Go breakfast from the performing arts entrance with more success than previous attempts in the cafeteria which is further away from the main morning entrance points.

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

The GOALS for 2023-2026 are:

- 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.
- Provide the opportunity for Culinary Arts Class through CTE
- Incorporation Triton Elementary Walk-A-Thon (Wellness Fundraiser)
- Incentivize Triton Staff Wellness Challenge leading to 5K (January-Spring Break)
- Distribute Nutrition Nuggets (Students) LHN Monthly Health Tips (Staff)
- Nutrition promotions will include lessons that cover topics such as how to read and use food labels, choosing healthy options, portion control and announcing menu over the morning announcements.



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 the “walkathon”.

The GOALS for 2023-2026 are:

- Continue to incorporate technology to assess physical fitness and progress towards individual student fitness goals at both schools (Teambuildr, Life Long Fitness, Data Tracking)
- Encourage whole staff outings for physical activity (Fitness Challenge, Bowling, Fitness after School, and lifelong fitness focus- mobility, proper workouts).
- Continue to encourage “brain/shake breaks” in the classroom.
- Incorporation Wellness Awareness Challenge in weekly news note
- Develop a plan for community wellness activities on the school grounds.
- Utilize Triton Activities Center for student and community fitness opportunities. (Youth Groups, Pickle ball, Basketball, Camps, Girls on Run, 5th Quarter, Open Gym)

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.

The GOALS for 2023-2026:

- Work to promote activity based fundraisers as much as possible.
- Incorporate Mental Health/Character Development Training (Second Step, Character Strong, TBRI, C3, Kids HOPE USA, Four County, Elementary Counselor, Events Committee, SLC’s)



- Recognition for an active lifestyle (PE Students of the Month)
- Incorporate Teacher Workouts (Dodgeball, Bowling, Weights, Cardio, 5K Challenge)
- Incorporation Crossing Guards to encourage walking to school.

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 80% of all grains offered are whole grain-rich;
 - 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>

Triton School Corporation is committed to continuous improvement:

- Triton School Corporation is committed to continue to work with dietician to plan meals that meet ongoing changes in federal requirements
- Incorporate Health tips in the Triton Elementary Newsnote and KLHN Monthly Health tips via social media
- Drinking water will be readily available at all mealtimes.
- Will continue to try to provide healthy alternatives at corporation concession stands.

VII. MEALTIME SCHEDULE AND LOCATION

Triton School Corporation provides adequate time for students to eat meals at school. The cafeterias provide a clean, 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.

Triton School Corporation is committed to continuous improvement:

- Schools will research programs to promote school breakfast/breakfast carts/breakfast after the bell.
- Monitor Student mealtimes, time on task eating, incorporate quiet time

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.

The GOALS for 2023-2026 school year:

- Incorporate Staff Fitness opportunities that may include but are not limited to: Staff Fitness Challenges, Before/After School Fitness Center Activities, Dodge Ball Friday, and Monday Morning Walks.
- Look into grant opportunities for Project Produce

IX. EVALUATION

The Wellness Committee will meet every three years, 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.

Triton School Corporation is committed to continuous improvement:

- Review the results of the updated IDOE Evaluation Checklist.
- Include technology based assessments of physical fitness in the evaluation of the wellness plan effectiveness. (Teambuildr, Daily Data Logs, Student Fitness Tracking Program)
- The Triton School Corporation Wellness Plan and the IDOE Evaluation Checklist results will be posted on the school website.



Wellness Committee – plan updated, reviewed and approved: September 2023

Superintendent: _____ Date: _____

School Board Member: _____ Date: _____

High School Administrator: _____ Date: _____

Athletic Director: _____ Date: _____

Elementary Administrator: _____ Date: _____

Dietician: _____ Date: _____

Elementary PE Teacher: _____ Date: _____

Secondary PE Teacher: _____ Date: _____

School Nurse: _____ Date: _____

High School Food Service: _____ Date: _____

Elementary School Food Service: _____ Date: _____

THS Student _____ Date: _____

THS Student _____ Date: _____

TSC Parent _____ Date: _____

TSC Parent _____ Date: _____

County Wellness Official _____ Date: _____

OCC Health & Wellness Supervisor- Med-Stat _____ Date: _____



Addendum/ Changes to Wellness Plan

Date: _____ Initials: _____

Date: _____ Initials: _____

Date: _____ Initials: _____