

Holy Family School
Wellness Policy
2019-2020

Holy Family School has developed a local wellness committee comprised of representative of administration, parents, students, and faculty. The Holy Family Wellness committee has developed a plan to implement and measure the wellness policy and monitor the effectiveness of the policy. The committee will report annually to the Holy Family School Board.

Specific Wellness Goals:

- Nutrition Education and Promotion
- Nutrition Guidelines for all Foods Available on Campus
- Physical Activity
- Implementation and Evaluation

Nutrition Education and Promotion

Holy Family School will provide nutrition education and engage in nutrition promotion that is incorporated not only in physical education classes but also in classroom instruction. Holy Family School will promote fresh fruits, vegetables, and whole-grain products. The Fresh Fruit and Vegetable Program delivers a wide variety of fresh produce to students in grades Pre-K through 5.

General Guidelines for all Foods Available on Campus

Food Safety:

All foods made available on school-grounds will follow food safety and security guidelines and comply with the state sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are continually implemented to prevent food illness in schools. For the safety and security of the food and facility, access to the food service operation are limited to food service staff and authorized personnel.

Sharing Food:

Holy Family School discourages students from sharing their food or beverages with each other during meal or snack times given to the concerns of communicable diseases, allergies, and some dietary restrictions.

School Meals:

School meals served through the National School Breakfast and Lunch Program will meet or exceed nutrition requirements established by local, state, and federal levels. Over 80-percent of Holy Family School students qualify for free or reduced breakfast and lunches per year.

Fundraisers:

Any type of fundraiser that is selling food during the school day must be Smart Snack compliant. A list of compliant snacks is updated yearly.

Rewards:

Holy Family School promotes non-food forms of reward. If food rewards are used for academic or good behavior, the food will comply with the USDA Smart Snack standards.

Celebrations:

Foods used for celebrations should make a positive contribution to children's diets and health. Classrooms need to be conscious of food allergies.

Physical Activity

Physical Education:

Holy Family School will provide wellness education that includes all students with or without disabilities. Physical education is taught by a Certified Physical Education teacher. Pre-K has a total of 60-minutes of physical education per week. Kindergarten through Eighth Grade has a total of 90-minutes of physical education per week.

Physical Activity Outside of P.E. Class:

Students are encouraged to be physical active both in and outside of the classroom. Teachers are encouraged to provide short physical breaks like stretching and walking. Outdoor recess for Pre-K through Eight Grade takes place daily. Extracurricular activities are held after school for middle school students including basketball, track, and soccer.

Implementation and Evaluation

Communication with Parents:

Holy Family School encourages parents to provide and allow for physical activities at home. Newsletters and pamphlets are sent home with students to promote healthy eating and physical activity.

Nutrition related links:

Holy Family School participates in the Fresh Fruit and Vegetable Program (FFVP). HFS applies for this grant annually. A wide variety of fresh fruits and vegetables are delivered to Pre-K through Fifth Grade each school day.

Holy Family School partners with the Food Bank of Iowa yearly. Holy Family participates in a program known as Backpack Buddies. Approximately 35 students receive a bag of healthy food items every Friday. This is to ensure that students have food through out the weekend.

Wellness Policy Evaluation:

After approval by the School Board, the Wellness Policy will be implemented throughout Holy Family School. Assessments will be repeated every three years to help review policy compliance and determine areas in need of improvement.