

HOLY FAMILY SCHOOL WELLNESS POLICY

REVISED: 2021-2022

I. PURPOSE

The purpose of this policy is to assure a school environment that promotes and protects student's health, well-being, and ability to learn by supporting healthy eating and physical activity.

II. GENERAL STATEMENT OF POLICY

- A. Holy Family School Board recognizes that nutrition and physical education are essential components of the educational process.
- B. Holy Family School should promote and protect student's health, well-being and ability to learn by encouraging healthy eating and physical activity.
- C. Holy Family School encourages the involvement of parents, students, teachers, staff and other interested persons in implementing and reviewing school nutrition and physical activity policies.
- D. All students in Pre-K thru 8th grade will have support and encouragement to be physically active on a regular basis.
- E. Holy Family students will have access to a variety of nutritious foods that meet their health and nutritional needs.
- F. Holy family will provide clean and safe setting for dining and assure an adequate time for students to eat.

- G. Holy Family will accommodate the religious, ethic and cultural diversity and special dietary needs of students during meal planning.

III. NUTRITION EDUCATION

- A. Pre-K thru 8th grade students receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- B. Holy Family School's education curriculum standards and guidelines include both nutrition and physical education.
- C. Staff who provide nutrition education have appropriate training.
- D. Holy Family School encourages students, parents, teachers, food service professionals and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

IV. SCHOOL MEALS

- A. Holy Family School provides a clean, safe enjoyable meal environment to students and staff.
- B. Holy Family School will provide students access to hand washing or hand sanitizing before meals and snacks.
- C. Holy Family School provides drinking fountains, hydration stations and access to water throughout the day. Any food sold during the school day must meet The Smart Snacks in school published by USDA. The school day as defined by the

USDA, is anytime before the first bell until 30 minutes after the last bell.

- D. Holy Family School encourages all students to participate in the hot lunches served and protects the identity of students who may qualify for free and reduced lunches.
- E. Lunch will be served from 11:00 a.m. until 12:30 p.m.
- F. Holy Family School will provide healthy breakfast and lunch meals that comply with all federal, state and local regulations.
- G. Holy Family School will designate a person who is responsible for the schools food service program.
- H. Holy Family will offer a variety of fruits and vegetables, from the blue/purple, green, white, yellow/orange and red fruit and vegetable groups on the monthly menus.
- I. Holy Family will serve only skim milk that is offered in two flavors. Holy Family will serve special need students the correct product when requested by the student, parent, guardian and doctor. A physician must fill out special request forms.
- J. Holy Family will serve whole grain bread/chip items
- K. Holy Family will serve portion sizes that meet the Breakfast and Lunch Program requirements.
- L. As part of Holy Family School's responsibility to operate a food service program, the school will provide continuing

professional development for all food service personnel in the school.

V. PHYSICAL ACTIVITY EDUCATION

- A. Students are given opportunities for the physical activity during the school day through P.E. classes. Pre-K (30 minutes) twice a week and K-8th (45 minutes) twice a week. Daily recess is 20 minutes per day.
- B. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior.
- C. Physical Education and Health Education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle. Students will be taught the importance of physical activities. They will be encouraged to exercise and stray away from watching too much television and video games.
- D. Holy Family will not deny students participation in recess or other activities as a form of discipline or for classroom makeup time.

VI. OTHER SCHOOL BASED ACTIVITIES

- A. Holy Family recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being. Holy Family will support parent's effort to provide a healthy diet and daily activity for their children.

- B. Holy Family will provide information about physical education and other school-based physical activity opportunities.
- C. Holy Family will support parents' efforts to provide their children with other opportunities to be physically active outside of school.
- D. Holy Family encourages parents, teachers, staff, and community members to serve as role models in practicing healthy lifestyles at home and in school.

VII. STAFF WELLNESS

Holy Family School staff members serve as role models for the students and are the key to successful implementation of students wellness program. Therefore, the school should offer staff wellness programs as well as general wellness resources and opportunities. This may include workshops and presentations on health promotion, stress management, education and resources that will enhance morale, encourage healthy lifestyles, prevents injury, reduce chronic diseases and foster role modeling.

VIII. ACCOUNTABILITY

- A. Holy Family School service staff will ensure compliance Within the school's food service areas and will report to The food service program director or the principal.
- B. The food service program will provide annual report to the principal setting forth the nutritional guidelines and procedures for selection of all foods made available.

- C. The Principal will ensure compliance with the Wellness Policy and will provide an annual report of the school district's compliance with the policy to the school board.

IX. IMPLEMENTATION AND EVALUATION

- A. After approval by the school board, the wellness policy will be implemented throughout the school.
- B. Holy Family Wellness Committee will consist of teachers, food service personnel, student council member and parents. The committee will meet in the fall of each school year to review the policy and procedures of our wellness plan and to discuss what physical activities might be implemented over the school year.
- C. Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, Holy Family School will review the nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements.