

Local Wellness Policy Progress Report

School Name: Holy Family School

Wellness Policy Contact: Sheri Most

Date Completed: March 2022

This tool is to document progress in meeting the goals written in the district’s wellness policy at each school building. Document steps that have or will be taken to accomplish each goal. In the “Contact Person” column identify the individual who can report on the goals’ progress. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of those goals. Add more lines for goals as needed.

Nutrition Education and Promotion Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. <i>Nutrition education provided in the lunchroom serving line</i>	Sheri Most	X			Posters of healthy portion sizes of fruits, vegetables and healthy food options	Nutrition related events planned around healthy menu items
2. Outward communication to families on the National Lunch Program	Sheri Most		X		Wellness policy posted on HFS website	Newsletters provided to families and the importance of regular exercise and healthy eating habits
3. Nutrition education offered to students						

Physical Activity Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Physical Education class engages students to vigorous activity during PE class time	Jill Dopheide	X			Analyzing class time to ensure students are getting physical activity	Ongoing
2. Integrate physical activity in the classrooms		X			Teachers to provide students with ideas	Ongoing

Indoor recess ideas					Teachers to give students exercises for indoor recess	
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Other School Based Activities Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1.Encourage students to bring a water bottle from home and or use drinking fountains through out the day to stay hydrated	Sheri Most Jill Dopheide	X			Encourage students to bring water bottles from home	Provide students with education on the importance of staying hydrated
2. Field Day that promotes physical activity and well-being	Jill Dopheide	X			All students are expected to participate on Field day every Spring	

Standards and Nutrition Guidelines for All Foods and Beverages *Sold* to Students During the School Day (e.g. vending, school stores, etc.)

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1.Utilize snack list that is smart snack approved	Sheri Most	X			School based celebrations staff/parents will be required to provide snack/drinks from the list of acceptable party treats	List will be provided to parents during HFS drop in day in July
2. Begin implementation of no snacks as rewards			X		Through implementation, we have phased out the use of food as a reward	Train new staff as they are on board with this implementation

Standards for All Foods and Beverages *Provided* (not sold) to Students During the School Day (e.g. class parties, foods given as reward, etc.

	Contact	Fully in	Partially	Not in	List steps that have been	List next steps that will be taken to
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District Wellness Policy Goals	Person	Place	in Place	Place	taken to implement goal and list challenges of implementation.	fully implement and/or expand on goal.
1.No food or snack that is not Smart Snack approved cannot be sold from before school to 30 minutes after the last bell	Principal	X			Stopping all bake sales and selling of non -approved foods	Brainstorm ideas for other ways to fundraise
2.						

Polices for Food and Beverage Marketing

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1.Wellness snack list provided to the families before beginning of new school year	Principal	X			Encouragement of healthy snacking	Increase communication to families through HFS Website
2.						

This institution is an equal opportunity provider.

Holy Family Wellness Action Plan

Adopted: March 2022

Wellness Plan Implementation, Monitoring, Accountability, and Community Engagement.

Action Step	Indicators of success	People to involve	Timeline
<p>A School Wellness Committee (SWC) will be established. Meets at least once annually to evaluate the effectiveness of the Wellness Plan and to set goals for the upcoming school year.</p> <p><u>SWC oversees the following tasks:</u></p> <ul style="list-style-type: none"> • Tri-Annual Review of Wellness Policy • Distribution of the Wellness Policy • Implementation of the Wellness Policy. • Required Monitoring and Record Keeping for the Wellness Policy. 	<ul style="list-style-type: none"> • Annual Meeting • Review of Wellness Policy • Sets goals for upcoming school year. • Annual Distribution of Healthy Snack material to parents. • Nutrition Promotion 	<p>School Principal</p> <p>Teacher</p> <p>Hot Lunch Staff</p> <p>Parent</p> <p>Student</p>	<p>Fall and Spring</p>

Goal 1: Establish nutrition guidelines for all foods available at Holy Family School

Action Step	Indicators of success	People to involve	Timeline
<p>Meals served through the National School Lunch program will:</p> <ul style="list-style-type: none"> • Meet at a minimum nutritional requirements established by state and federal laws. • Offer a variety of fruits and vegetables. • Serve only low-fat (1%) and fat free milk and nutritionally equivalent non-dairy alternatives. • Ensure that half of the grains in meal planning are whole grain. 	<ul style="list-style-type: none"> • Food Service Director will plan and record menus in compliance with USDA recommendations. 	<p>Food Service Director</p> <p>Department of Education Consultants</p>	<ul style="list-style-type: none"> • Done • Done • Done • Done

<p>All foods and beverages sold individually outside the reimbursable hot lunch program during the school day will meet nutrition standards as required by state or federal law.</p> <p>Parents will be encouraged to send health snack items for regular and birthday snacks.</p>	<ul style="list-style-type: none"> • HFS will not sell foods and/or beverages outside the reimbursable hot lunch program during the school day. 	<p>School Principal</p> <p>Teachers</p> <p>Parents</p>	<ul style="list-style-type: none"> • Done <p>Annually</p>
<p>All foods made available at HFS adhere to food safety and security guidelines.</p>	<ul style="list-style-type: none"> • All food service providers will receive HACCP training • All food service workers will participate in ongoing professional development. 	<p>Food Service Director</p> <p>Cafeteria Workers</p>	<p>Ongoing</p> <p>Evaluated Annually</p>

Goal 2: Nutrition Education and Promotion

Action Step	Indicators of success	People to involve	Timeline
<p>Promote fruit,vegetables,whole grain products, fat free or low skim dairy products.</p>	<ul style="list-style-type: none"> • Elementary classroom teachers integrate nutrition into science, health, and P.E. curriculum • Teachers encourage healthy eating. 	<p>School Principal</p> <p>Teachers</p> <p>PE Teachers</p>	<p>Ongoing</p>

Action Step	Indicators of success	People to involve	Timeline
	<ul style="list-style-type: none"> Teachers encourage physical activity. 		
<p>Increase student, parental, and staff awareness of the importance of healthy eating and physical activity in their child's overall wellness.</p> <p>Holy Family will offer at least 20 minutes of recess on all days during the school year. Outdoor recess will be offered when weather is feasible for outdoor play.</p>	<ul style="list-style-type: none"> Add a wellness link to the LIS webpage referring students, staff, and parents to current health, nutrition and wellness websites. Healthy weight and management information is provided to students in PE and Health classes Parent information may be obtained through the health, nutrition and wellness websites. 	<p>School Principal PE Teachers</p>	

Goal 3: Physical Activity

Action Step	Indicators of success	People to involve	Timeline
	<ul style="list-style-type: none"> Holy Family requirement with students receiving between 90-120 minutes of P.E. time per week. 	<p>School Principal PE Teachers</p>	<p>Ongoing</p> <p>Evaluated: Annually</p>

Action Step	Indicators of success	People to involve	Timeline

Goal 4: Promote Wellness In Other School-Based Activities

Action Step	Indicators of success	People to involve	Timeline
Holy Family will support Parents efforts to provide a healthy diet and daily physical activities.	<ul style="list-style-type: none"> • Website Links to promote healthy diet and daily physical activities. • Encouraging parents to pack healthy lunches. 	School Wellness Committee School Principal Teachers	Ongoing Evaluated: Annually
Increase opportunities for students to have physical activity during the school day beyond P.E. classes.	<ul style="list-style-type: none"> • Integrate physical activity into classroom lessons. • Encourage teachers to provide short physical breaks between lessons or classes. • Encourage self-management skills to maintain a physically active lifestyle and reduce sedentary 	School Principal Teachers	Ongoing Evaluated: Annually
Increase the number of healthy food		School Principal	Ongoing

Action Step	Indicators of success	People to involve	Timeline
and beverage selection at after-school activities.	Discuss annually healthy snacks And drinks sold at school events		Evaluated: Annually
Promote staff wellness by encouraging healthy eating, physical activity, and other elements of a healthy lifestyle.	<ul style="list-style-type: none"> • As a faculty, brainstorm ideas where we can collectively support one another in meeting this goal. 	School Principal Teachers/Staff	Ongoing Evaluated: Annually