

Holy Family School
Wellness Policy
2022-2023

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.

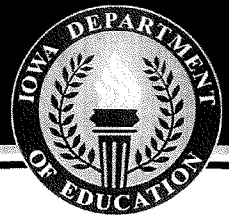
Holy Family School partners with the Food Bank of Iowa yearly. Holy Family participates in a program known as Backpack Buddies. Approximately 35 students receive a bag of healthy food items every Friday. This is to ensure that students have food through out the weekend.

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.

Wellness policy reviewed 02/2023

Assessment February 03/2023



Background Information

A local school wellness policy is a written document that guides a local education agency's (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn. The wellness policy requirement was strengthened by the Healthy, Hunger-Free Kids (HHKA) Act of 2010. An assessment of the school wellness policy must be conducted a minimum of once every three years; however, LEAs may assess the policy more frequently. The first assessment is to be completed by June 30, 2020.

Triennial Recordkeeping

This assessment resource is offered as a way to summarize the information gathered during the assessment. It contains the three required components:

- 1) Compliance with the wellness policy
- 2) How the wellness policy compares to model wellness policies
- 3) Progress made in attaining the goals of the wellness policy

LEAs can document the assessment in other formats as long as the three required components are included. Keep a copy of the most recent triennial assessment, school building progress reports and additional supporting documentation on file. These will be needed during a School Nutrition Program administrative review.

Triennial Assessment Summary

The following sections are included in this resource as a tool to document compliance:

- Section 1: General Information and Wellness Committee
- Section 2: Compliance with the Wellness Policy
- Section 3: Comparison to Model School Wellness Policies
- Section 4: Progress Towards Goals

Public Updates

HHKA requires that LEAs make the following available to the public. This can include posting the information on the school website or information on how the public can request copies.

- The wellness policy, including any updates to and about the wellness policy, on an annual basis, and
- The Triennial assessment, which needs to include documentation of progress towards meeting the goals of the policy.

Resources

- [Iowa Sample Wellness Policy](#): developed by Iowa Association of School Boards and Iowa Department of Education can be utilized as a guide when updating policies.

Local Wellness Policy: Triennial Assessment



Section 1: General Information and Wellness Committee

LEA (Local Education Agency) Name	Holy Family School
Date Triennial Assessment was Completed	3/9/2023
Date of Last Wellness Policy Review	
Website address for the policy, updates, and assessment results and/or information on how the public can access copies	1265 East 9 th Street Des Moines Iowa Holy Family Website
How often does the school wellness committee meet? Date of last meeting?	2 to 3 times annually

Designated School Wellness Leader

LEAs must designate at least one school official responsible for determining the extent to which each school under their jurisdiction is in compliance with the wellness policy.

Name	Job Title	Email
Sheri Most	Hot lunch manager	sstevenmost@aol.com

School Wellness Committee Members

Name	Job Title/Volunteer	Email
Sheri Most	Hot Lunch manager	smost@hfsdm.org
Marty Flaherty	Principal	mpflaherty@hfsdm.org
Jill Dopheide	Physical Ed Teacher	jdopheide@hfsdm.org



Section 2: Compliance with the Wellness Policy

At a minimum, local wellness policies are required to include (verify all the following are included in the school wellness policy by checking the boxes below):

Specific goals for:

- Nutrition promotion and education,
- Physical activity, and
- Other school based activities that promote student wellness.

- Standards and nutrition guidelines for all foods and beverages sold to students before, during and 30 minutes after the school day.
- Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or incentives).
- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- Description of public involvement, public updates, policy leadership, and evaluation plan.

Another form of documentation for Section 2 is the [School Wellness Policy Checklist](#).

Section 3: Comparison to Model School Wellness Policies

The [Alliance for a Healthier Generation Model Policy](#) is to be used as a best practice guide.

Compare local wellness policy language with the model policy and identify areas where the language is comparable to the model policy and potential areas that can be strengthened.

Areas with Similar Language	Potential Areas to Strengthen Language
Promote fruits, vegetables, wg products and low fat or skim milk dairy products	

Optional Resource:

- [WellsAT 3.0](#): Online quantitative tool that determines where revisions are needed to strengthen the language in school wellness policies and provides sample language.

Section 4: Progress Towards Goals

- Use the [School Wellness Policy Progress Report](#) to document compliance and progress towards each goal at the school building level. The report can include information for each building or include progress for all buildings (please clearly identify buildings and associated progress).