

# HOLY CROSS SCHOOL

# WELLNESS POLICY

# Holy Cross Wellness Policy

## TABLE OF CONTENTS

1. Purpose
2. General Statement of Policy
3. Guidelines
4. Implementation and Monitoring
5. Committee Members

## Wellness

[Sec. 204 Local Wellness Policy: Not later than the 1<sup>st</sup> day of the school year beginning after June 30, 2006, all school districts that receive funding from the federal school lunch program are required by the Child Nutrition and WIC Reauthorization Act of 2004 (“the Act”) to have a Wellness Policy that includes nutrition guidelines, goals for nutrition education, physical activity to promote student wellness, and other school-based activities that are designed to promote wellness. The Act requires the involvement of parents, students, representatives of the school food authority, the school board, school administrators, and the public in the development of the wellness policy. The Act also requires a plan for measuring implementation of the policy and the designation of at least one person charged with operational responsibility for ensuring the school district is in compliance with the policy. The Act provides for technical assistance and information from the Secretary of Agriculture to aid state and local educational agencies and school food authorities in establishing healthy school nutrition environments, reducing childhood obesity, and preventing diet-related chronic diseases.]

### I. Purpose

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

### II. General Statement of Policy

Holy Cross School is committed to providing a healthy school environment because:

- a. The school board recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
- b. The school environment should promote and protect students’ health, well being, and ability to learn by encouraging healthy eating and physical education
- c. The school encourages the involvement of students, parents, teachers, food and nutrition services staff, school board, school administrators, and other interested persons (such as Public Health Specialists) in implementing, monitoring, and reviewing school district nutrition and

physical activity policies. A Wellness Committee shall be formed to plan, implement and improve the school district's nutrition and physical activity in the school environment.

- d. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive and to achieve academic success.
- e. All students in PreK – 6<sup>th</sup> will have opportunities, support, and encouragement to be physically active on a regular basis.
- f. Qualified food and nutrition services personnel will provide students with access to a variety of affordable, nutritious needs of students; try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings.

### III. Guidelines

#### a. Foods and Beverages Served/Sold During the School Day

[The Act requires that school districts have nutrition guidelines, selected by the school district, for all foods available on the school campus during the school day with the objective of promoting student health and reducing student obesity.]

1. Food & beverages offered over the course of a school week will be nutrient dense, including whole grain products and fiber rich fruits & vegetables to provide students a variety of choices to maintain a balance diet.

b. Foods and beverages available during the school day minimize the use of trans and saturated fats, sodium and sugars as defined by the Dietary Guidelines for Americans.

c. The Food & Nutrition Services Department will approve and provide all food and beverage sales to students in elementary schools. Given young Children's limited nutrition skills, food in elementary schools will be sold as balanced meals. Food and beverages will not be sold individually to students, except low-fat milk, fruits, and non-fried vegetables.

Beverages: Allowed – Water without added caloric sweeteners, fruit and vegetables juices and fruit based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners, unflavored or flavored low-fat

or fat free fluid milk. Not Allowed – Carbonated beverages, sports drinks, iced teas, fruit based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners, beverage containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

Foods: Foods and beverages available during the school day will minimize the use of trans and saturated fats, sodium and sugar as defined by the Dietary Guidelines of Americans.

Portion Size: Food and beverages will be offered in modest portion sizes age-appropriate.

1. Food and nutrition services personnel will take every measure to ensure that students access to foods and beverages meet or exceed all federal, state and guidelines.
2. Food and nutrition services personal shall adhere to all federal, state and local food safety and security guidelines.
3. The school will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible to free and reduced price school meals.

[Note: The Act requires that the school district's wellness policy provide an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Act (42 U.S.C. 1771 et seq.) and sections (9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a), as those regulations and guidance apply to schools.]

4. The school will provide students access to hand washing and hand sanitizing before them eat meals or snacks.
5. The school will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day. Holy Cross School:
  - a. Will provide students with at least 20 minutes after sitting down for lunch;

- b. Should schedule meal periods at appropriate times i.e., lunch should be scheduled between 11:30 and 12:00 and
  - c. Dining areas are attractive and have enough space for seating all students.
6. School sites should discourage students from sharing their foods or beverages with one another during meals or snack times, given concerns about allergies and other restrictions on some children's diets.
  7. The school will strive to encourage that all children not having breakfast at school should have breakfast at home prior to their arrival at school, in order to meet their nutritional needs and enhance their ability to learn.
  8. Snacks: Snacks served during the school day will make a positive contribution to the children's diet and health.
  9. Field Trips: When planning a field trip that will occur during the scheduled lunch periods the classroom teacher will, to the extent possible, collaborate with the Food & Nutrition Services to provide the students the option of receiving a meal from school; being mindful of the number of students on free/reduced priced meals who may not be able to provide a lunch from home.
  10. Celebrations: Classroom celebrations should encourage healthy choices and portion control.
  11. School Sponsored Events (such as, but not limited to, athletic events, dances, or performances): Concessions sales can be a great opportunity to provide and promote healthy choices. Concession sales can be profitable and contribute to the health and well being of students. Research shows that students will buy and consume healthy foods and beverages when the options are tasty, accessible and affordable. To the extent possible, healthy choices will be made available.
  12. Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of the school. Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with standards established for the school environment.

#### B. School Food and Nutrition Program/Personnel

1. The school will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.

2. The Director of Food and Nutrition Services shall be responsible for the school's meal programs, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages served in the cafeterias during the school day to ensure food and beverage choices are consistent with USDA Dietary Guidelines of Americans.

3. Food and Nutrition Services programs will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. Food and Nutrition Services will ensure that all student have affordable access to the varied and nutritious foods they need.

4. The school shall designate an appropriate person, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available on campus outside of the School Meals Programs to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.

5. As part of the school's responsibility to operate a food and nutrition service program, the school will provide continuing professional development for all food and nutrition service personnel in schools. Staff development programs will include appropriate certification and or training programs for the Director, Head Cooks, and Food and Nutrition Services Staff, according to their level of responsibility.

#### C. Nutrition Education and Promotion

[Note: The Act requires that wellness policies include goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the school district determines is appropriate.]

1. The school will encourage and support healthy eating by students and engage in nutrition promotion that is:
  - a. Offered as part of a sequential, comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;

- b. Integrated into other areas of the curriculum such as math, science, language arts, social sciences, and elective subjects, where appropriate; and
  - c. Enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips.
2. The staff is responsible for nutrition education
  3. The Director of Food & Nutrition Services or a Registered Dietician (R.D.) will provide nutrition education to the classroom and will be available to review nutrition education information, upon request.
  4. The school cafeteria will serve as a “learning laboratory” to allow students to apply nutritious skills taught in the classroom. The promotion of healthy foods, including fruits, vegetables, whole grains, and low fat dairy products will be encouraged.
  5. The school will provide information to families that encourage them to teach children about health, nutrition and the importance of daily physical activity.
  6. Farm to School: As part of the Child Nutrition and WIC Reauthorization Act of 2004, Farm to School Programs will connect schools with local farms. The school district, to the extent possible, will buy and feature farm fresh foods; incorporate nutrition education curriculum; and provide students experiential learning opportunities.

#### D. Physical Activity

1. Physical Education (P.E.) PreK-6<sup>th</sup>. All students with disabilities, special health care needs, and in alternative educational settings, will receive regular physical education (or its equivalent of 90 minutes/week students) for the entire school year. The physical education curriculum should be coordinated with the health education curriculum. Physical education course will be in the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge. Student involvement in other activities involving physical activity (i.e. interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.



2. Integrating Physical Activity into Classroom Setting: For students to receive the nationally recommended amount of daily physical activity (i.e. at least 30 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond PE (Physical Education) education class. Toward that end:

- Classroom health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television.
- Opportunities for physical activity will be incorporated into other subject lessons (such as science, math and social studies), where appropriate; and
- Classroom teachers will provide short physical activity breaks between lessons or classes as appropriate.

3. Daily Recess: All elementary school students will have at least 30 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Schools will discourage extended periods ( i.e. periods of two or more hours) of inactivity.

4. Physical Activity Opportunities Before and After School: The school will offer extracurricular physical activity programs and inter scholastic sports program. Schools will offer a range of activities that meet the needs, interests and abilities of all students, including boys, girls, students with disabilities, and students with special health care needs.

After school childcare and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

5. Physical Activity and Punishment: Teachers and other school and community personnel will not use physical activity (i.e. running laps, pushups) as punishment.

#### E. Communication with Parents

1. The school recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children’s health and well being.

2. The school will provide information about physical education and other school-based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school.

#### F. Food Safety / Food Security

1. All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HAACP) plans and guidelines are implemented to prevent food illnesses in school.

2. For the safety of the food and facility, access to the Food and Nutrition Services operations are limited to Food and Nutrition Staff and authorized personnel.

#### IV. Implementation and Monitoring

[Note: The Act requires that the wellness policy establish a plan for measuring implementation of the policy, including designation of at least one or more persons within the school district or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the requirements of the wellness policy.]

- A. The CDC's School Health Index will be used to assess nutrition and physical activity needs of students. Assessments will be repeated every three years to help review policy compliance, assess and determine areas in need of improvement.
- B. To satisfy the requirements of the Child Nutrition and WIC Reauthorization Act of 2004, the Wellness Committee will monitor and evaluate the school district's implementation of the Wellness Policy. Once the policy is approved, the Wellness Committee will meet once or twice a year to review and update the policy
- C. After approval by the school board, the Wellness Policy will be implemented throughout the school district.

Legal References: 42 U.S.C. 1751 et seq. (Richard B. Russell National School Lunch Act)

42 U.S.C. 1771 et seq. (Child Nutrition Act of 1966)  
P.L. 108-265 (2004) 204 (Local Wellness Policy)  
7 U.S.C. 5341 (Establishment of Dietary Guidelines)  
7 C.F.R. 210.10 (School Lunch Program Regulations)  
7 C.F.R. 220.8 (School Breakfast Program Regulations)

Local Resources: Minnesota Department of Education,  
[www.education.state.mn.us](http://www.education.state.mn.us)

MN Dept. of Health: [www.health.state.mn.us](http://www.health.state.mn.us)

County Health Departments:

Action for Healthy Kids Minnesota, [www.actionforhealthykids.org](http://www.actionforhealthykids.org) and  
[www.actionforhealthykids.org/filelib/toolsforteam/recom/MN-Healthy%20for%20kids%20kids%208-2004.pdf](http://www.actionforhealthykids.org/filelib/toolsforteam/recom/MN-Healthy%20for%20kids%20kids%208-2004.pdf)

Additional References and Associations involved:

- American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)
- American Association of School Administrators (AASA)
- Council of Chief State School Officers (CCSSO)
- National Association of Elementary School Principals (NAESP)
- National Association of Secondary School Principals (NASSP)
- National Association of State Boards of Education (NASBE)
- National PTA
- National School Boards Association (NSBA)
- School Nutrition Association (SNA)
- Centers for Disease Control & Prevention (CDC)
- National Food Service Management Institute (NFSMI) – Eating at School Summary
- United States Department of Agriculture (USDA)
- United States Department of Health and Human Services

## COMMITTEE MEMBERS – 2015

Melissa Johnson – Principal/Lead Teacher

Cindy Voigt – Head Cook/Food Service Director

Barry Belknap – School Board President

Sara Heurung – School Board Member

Becky Leaders – School Board Member

Jeana Meyer – School Board Member

Michele Haud – School Board Member