

Holy Rosary Catholic School

Wellness

1. PURPOSE

The purpose of this policy is to assure a school environment that enhances student attendance and academic performance by supporting healthy eating and physical activity. The policy promotes and encourages students to adopt lifelong healthy behaviors that can promote and protect students' health and wellbeing as well as reduce the risk of chronic disease. We hope all students will be nurtured toward spiritual growth and will respect their bodies as temples to do God's work.

2. NUTRITION EDUCATION AND WELLNESS PROMOTION

Holy Rosary School will provide nutrition education as a part of a standards-based, sequential curriculum, encourage and support healthy eating by students, and engage in nutrition promotion that (is):

- A. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health in preschool – 8th grade.
- B. part of health education classes as well as classroom instruction in subjects such as math, science, language arts, and social science, where appropriate.
- C. strives toward integrating nutrition into a coordinated school health approach.
- D. discusses our school wellness policy at parent meetings in the fall and posts the school wellness policy on our website.
- E. displays healthy eating information in the cafeteria. The school will not display or advertise unhealthy foods or soft drinks.
- F. Encouraged by teachers, staff, and food service personnel through participation in worksite wellness, opportunities and role modeling of healthy behaviors.

3. USDA SCHOOL MEAL PROGRAM

School Meals are:

- a. The main source of nutrition during the school day.
- b. Affordable, nutritious, appealing, and served in a safe, clean, and enjoyable setting.
- c. Served in an environment that encourages healthy eating and food habits.
- d. In compliance with or exceeding the most updated safety standards and US Department of Agriculture (USDA) school lunch guidelines.
- e. Is encouraged to offer nutrient-rich fresh fruit and/or vegetables, whole grains, and other minimally processed foods daily.
- f. Incorporates local foods into school meals and promotes Farm to School activities in the cafeteria and classroom.
- g. Serve only low fat and fat free milk and offer nutritionally equivalent non-dairy alternative, when requested by students and/or parent/guardian. Flavored milk is fat free only.

- h. Ensure that at least half of the served grains are whole grain. Provide whole grain bread products daily as recommended by the Federal Government.
- i. Use serving sizes that meet minimum and don't exceed maximum USDA requirements. Continue to eliminate deep -fried foods.
- j. Strive to replace high fat with lower fat items, as appropriate.
- k. The information related to their nutrient content will continue to be shared with our students, parents and staff through postings in the cafeteria.
- l. We will ensure that professional development in food and nutrition is roped for the food service director and employees.
- m. Cafeteria supervision shall be provided and rules for safe behavior shall be consistently enforced.
- n. Students have access to handwashing before they eat meals.
- o. Provides access to clean, free drinking water for students during the day.
- p. Staff will discourage students from sharing food and beverages with one another during meal or snack times given concerns about allergies and restrictions on students' diets.
- q. Parents are encouraged to call ahead and eat school lunch with their child instead of bringing outside foods.
- r. Cold lunches brought from home are encouraged to meet Guidelines for Nutritious lunches.

Competitive Foods

Food and beverages sold/served during the school day outside of reimbursable school meals are known as Competitive Foods. Competitive Food Nutrition Standards are developed considering the standard that school meals are intended to be the main source of nutrition for students during the school day. Therefore, any other food or beverages consumed supplements that meal and must be:

- A contribution to, rather than detracting, from the nutrition of the student
 - Age-appropriate in serving size and within USDA caloric guidelines
 - Infrequent consumption
- a. Holy Rosary School and parish prohibit vending machines on the campus.
 - b. Holy Rosary School will only sell the following ala carte items:
 1. Reimbursable meal
 2. 8 oz low fat/non-fat milk
 3. 100% juice (35% of total calories from fat and sugars, and no trans fats).
 - c. Holy Rosary School will encourage snacks at celebrations/parties that feature healthy choices.
 - d. School staff will use an array of choices as incentives/rewards for academic performance or good behavior.
 - e. Milk served or sold during the school day will be limited to 2%, 1%, and non-fat/skim.
 - f. Juice sold or served to students outside the school meals will be limited to 4 oz. or less.
 - g. The consumption of water will be encouraged throughout the day with water fountains on each school floor.
 - h. Anytime food is served at a school function, we encourage having healthy food options available.
 - i. Fundraising: Non-food fundraising is recommended.

Physical Education and Physical Activity

The primary goal for Holy Rosary School's physical activity components are:

- To provide opportunities for every student to develop the knowledge and skills for specific physical activities,
- To maintain physical fitness in a safe, adequate environment,
- To ensure students' regular participation in physical activity,
- To teach students the short and long-term benefits of a physically active and healthy lifestyle, and
- To enhance academic performance

Accordingly, the following guidelines for physical education and physical activity at Holy Rosary School are established:

- a. Physical education shall be standards-based, using national or state developed standards, such as the National Association for Sport and Physical Education (NASPE) guidelines. We will follow the state law requiring instruction in Physical Education.
 1. All students will receive daily physical education (or is equivalent of 125 minutes per week for students for the entire school year).
 2. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.
 3. The physical education curriculum is written for every grade. It is sequential and provides an opportunity for students to learn and practice. Students will be assessed on content, developmentally appropriate motor skills, social skills, responsible behavior, physical fitness, and benefits of physical activity.
 4. Holy Rosary School will provide adequate gym space and equipment for all classes. Class size is limited to ensure adequate supervision and all safety standards will be adhered to, minimizing risk of injuries.
 5. Holy Rosary School will not use physical activity as punishment nor withhold physical education as punishment.
- b. Physical Activity
 1. Daily recess
 - a. All Holy Rosary students will have a least a 20-minute supervised recess break daily, preferably outdoors (weather permitting:) after lunch.
 2. Integrating Physical Activity into the Classroom: to receive the recommended amount of a least 60 minutes of physical activity per day and for students to fully embrace physical activity as a personal behavior, other school opportunities are:
 - a. Classroom health education will reinforce the knowledge and self-management skills needed to maintain a physically active lifestyle and reduce sedentary activities such as watching TV and video games.
 - b. Opportunities for physical activity may be incorporated into other subject lessons, where appropriate.
 - c. Classroom teachers will provide short physical activity breaks between lessons, classes and/or MAP testing.
 3. Daily Physical Activity Opportunities Before and After School
 - a. Holy Rosary School strives to offer physical activity programs in conjunction with the Public Schools and Community Education.

- b. The school gym is open on Fridays from 7:30 until 7:59 a.m. for unstructured, supervised physical activities.
- c. Safe bicycling and walking to and from school are promoted and encouraged. A bike rack is on campus.
- d. Holy Rosary's Parish encourages physical activity throughout the parish and school by having activities in the gym such as youth basketball, volleyball, games and more.

Staff Wellness and Health Promotion

The Wellness Committee will have a staff representative that identifies and disseminates wellness resources and performs other functions that support staff wellness. Strategies are implemented to support staff in actively promoting and modeling healthy eating and physical activity behaviors. When feasible, Holy Rosary School will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school. Snacks provided for staff should be healthy snacks.

Implementing and Monitoring

- a. Holy Rosary School engages students, parents, staff, PE and other teachers, food staff, School Advisory Council, administrators and the public in developing, implementing, annual monitoring, periodic review, and revising of Wellness Policy through its wellness committee that meets regularly.
- b. After annual approval by the Holy Rosary School Advisory Council, the wellness policy will be implemented throughout the school through appropriate, available communication tools.
- c. The principal shall execute administrative procedures that ensure the implementation of and compliance with the wellness policy. Holy Rosary School will develop and implement a communication plan that includes a training to ensure understanding of the rationale for the wellness policy and its implementation plan.
- d. Holy Rosary School food service manager will ensure compliance with the school's food and nutrition program and report to the Principal.

Triennial Progress Assessments

At least once every three years, Holy Rosary School will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- a. The extent to which Holy Rosary School is in compliance with the wellness policy;
- b. The extent to which Holy Rosary School's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- c. A description of the progress made in attaining the goals of Holy Rosary School's wellness policy.

Holy Rosary will notify households/families of the availability of the triennial progress report.