

Holy Rosary Catholic School

School Wellness Policies

PURPOSE

The purpose of this policy is to ensure 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.

Education: 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.

1. SCHOOL HEALTH COUNCIL

Holy Rosary School will create, strengthen, or work within existing school health council to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council also will serve as resources to school sites for implementing those policies

2. NUTRITIONAL QUALITY OF FOOD AND BEVERAGES SOLD/SERVED ON CAMPUS

A. SCHOOL MEAL PROGRAM

School Meals are:

- a. The main source of nutrition is during the school day.
- b. 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. Designed to encourage students through surveys and taste tests of new entrees
 - h. Serve only low fat and fat free milk. No flavored milk will be made available. Nutritionally equivalent non-dairy alternatives will be offered when requested in writing by parent/guardian, with a signed Special Diet Statement, by a licensed physician, physician assistant, or advanced practice registered nurse such as a certified nurse practitioner.
 - i. Ensure that at least half of the served grains are whole grain. Provide whole grain bread products daily as recommended by the Federal Government.
 - j. Use serving sizes that meet minimum and don't exceed maximum USDA requirements.
 - k. Strive to replace high fat with lower fat items, as appropriate.
 - l. The daily menu, meeting USDA requirements, will be posted daily in the cafeteria and shared with students, parents and staff.
 - m. Monthly menus sent home detailing breakfast and lunch offerings
 - n. Cafeteria supervision shall be provided and rules for safe behavior shall be consistently enforced.
 - o. Students have access to handwashing before they eat meals.
 - p. Provides access to clean, free drinking water for students during the day.
 - q. Staff will discourage students from sharing their food or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.
 - r. Parents are encouraged to call ahead and eat school lunch with their child.
 - s. Parents/guardians are highly discouraged from bringing outside food, such as fast-food meals, into the cafeteria.
 - t. Cold lunches brought from home are encouraged to meet Guidelines for Nutritious lunches.
- B. **Breakfast.** To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:
- Schools will, to the extent possible, operate the School Breakfast Program.
 - Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
 - Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.
- C. **Afterschool Program** HRS offers an after-school program that meets Minnesota State and National School Lunch Program standards and requirements and is reimbursed through the National School Lunch Program
- D. **Free and Reduced-priced Meals.** Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals⁵. Toward this end, schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use non-traditional methods for serving school meals, such as "grab-and-go"
- E. **Mealtimes and Scheduling**
- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
 - should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.

- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
 - will provide students with access to hand washing or hand sanitizing before they eat meals or snacks.
- F. **Qualifications of School Food Service Staff.** Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.
- G. **Middle/Junior High and High Schools.** In middle/junior high, all foods and beverages sold individually outside the reimbursable school meal programs (including student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

- **Beverages**

- Allowed: water or seltzer water⁷ without added caloric sweeteners; fruit and vegetable 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 and nutritionally equivalent nondairy beverages (to be defined by USDA);
- Not allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

- **Foods**

- A food item sold individually:
 - will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans-fat combined.
 - will have no more than 35% of its *weight* from added sugars,⁸
 - will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.

- **Portion Sizes**

- Limit portion sizes of foods and beverages sold individually to those listed below:
 - One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky.
 - One ounce for cookies.
 - Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items.
 - Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream.
 - Eight ounces for non-frozen yogurt.
 - Twelve fluid ounces for beverages, excluding water.

- H. **Fundraising Activities.** To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods (popcorn) that meet the above nutrition and portion size standards for foods and beverages sold individually. HRS supports fundraising activities that promote physical activity through its annual Bike-a-thon.
- I. **Snacks.** Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.
- J. **Rewards.** Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior,¹⁰ and will not withhold food or beverages (including food served through school meals) as a punishment.
- K. **Celebrations.** Holy Rosary School will encourage snacks at celebrations/parties that feature healthy choices.
- L. **School-sponsored Events (such as, but not limited to, athletic events, dances, or performances).** Foods and beverages offered or sold at school-sponsored events outside the school day will strive to meet the nutritional standards for meals or for foods and beverages sold individually (above).

3. NUTRITION AND PHYSICAL ACTIVITY PROMOTION AND FOOD MARKETING

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 provide/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. School staff will not reward students with candy but will instead use an array of non-food choices as incentives/rewards for academic performance or good behavior.
- d. Milk served or sold during the school day will be limited to low fat/non-fat milk
- e. Juice sold or served to students outside the school meals will be limited to 4 oz. or less.
- f. The consumption of water will be encouraged throughout the day with water fountains on each school floor.

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- H. Part of health education classes as well as classroom instruction in subjects such as math, science, language arts, and social science, where appropriate.
- I. strives toward integrating nutrition into a coordinated school health approach.
- J. Discusses our school wellness policy at parent meetings in the fall, hand out copies of the policies, and posts the school wellness policy on our website.
- K. Displays healthy eating information in the cafeteria. The school will not display or advertise unhealthy foods or soft drinks.
- L. Encouraged by teachers, staff, and food service personnel through participation in worksite wellness, opportunities and role modeling of healthy behaviors.

4. PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION

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:

- e. 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 the equivalent of 150 minutes per week for students in grades PK-5th and 225 minutes in grades 6-8)
 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.
- a. 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
 - a. After-school childcare 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.
 - b. Holy Rosary School strives to offer physical activity programs after school in conjunction with the Public Schools, Community Education, and the Boys and Girls Club.
 - 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 through the annual school marathon/bike-a-thon and basketball free throw contest
 - e. Holy Rosary School is working to implement a friendly annual Staff versus Students sports based event
4. The school will continue to provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such support will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Staff Wellness and Health Promotion

The Wellness Committee will have a staff representative (currently the School Office Manager) 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. The snacks provided for staff should be healthy snacks.

5. MONITORING AND IMPLEMENTATION

- 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.