

Holy Family

Catholic School

Wellness Policy

Committee Members:

Sara Hooley, Principal

Kara Viorel, School Advisory Board Member and Parent

Marty Gonzalez, School Advisory Board Member and Parent

Deb Pierceall, Kitchen Manager

Ken Hess, PE teacher

Holy Family Catholic School Wellness Policy

Purpose and Goal:

Holy Family Catholic School is committed to the optimal development of every student. This school believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, through the school year.

The link between nutrition, physical activity, and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and staff establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits. In addition, students who are physically active through recess, physical activity breaks, physical education, and extra-curricular activities- do better academically.

Holy Family shall adopt and implement a comprehensive plan to encourage healthy eating, physical activity, as well as a healthy mental well-being. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff.

This policy outlines Holy Family's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. This policy establishes goals and procedures to ensure that:

- Students in the school have access to healthy foods throughout the school day
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors
- Students have the opportunities to be physically active during the school day
- The school engages in nutrition and physical activity promotion and other activities that promote student wellness
- All students have the opportunity to gain knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime
- School staff are encouraged to model healthy eating and physical activity as a valuable part of daily life
- The school establishes and maintains a plan for management, implementation, communication and monitoring of the policy and its established goals and objects

This policy applies to all student and staff in Holy Family Catholic School.

Wellness Committee

The school will convene a representative School Wellness Committee to establish goals for and oversee school health and safety policies and programs, including development, implementation, and period review and update of this School Wellness Policy.

The committee will consist of the following individuals: principal, teachers, P.E. teachers, school board members, and cafeteria personnel. Input from parents and students will also be received and reviewed by the committee.

It will be the responsibility of the principal of the school to ensure that Holy Family Catholic School complies with the local wellness policy.

Holy Family Catholic School will promote to parents, families, and the general community the benefits of healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school activities and events that are focused on health. Means of communication to the parents and the general community will be through email messages, school web page, the school handbook, FACTS (school information system) and the school social media pages.

Nutrition Guidelines (School Meals)

Holy Family Catholic School is committed to serving healthy meals to students, with fruits, vegetables, whole grains, and fat free and low fat milk; that are moderate in sodium, low in saturated fat, and that meet the nutrition needs of the students and to improve the diet and health of the students. All school meals served will follow standards that apply to the offer vs serve federal lunch program.

Students will be offered several fruit choices including fresh fruit when available. Low fat white milk and fat free chocolate and strawberry milk will be offered with the school lunch program. Drinking water is also made available where school meals are served during mealtimes. Holy Family Catholic School will meet the state requirement of 100% whole grain rich unless the school requests a waiver for a particular meal.

The school participates in USDA child nutrition programs which include the National School Lunch Program. Reimbursable school meals that meet USDA nutrition standards are offered by the school. The school is committed to offering school meals that:

- Are accessible to all students
- Are appealing and attractive to children
- Are served in a clean and pleasant setting
- Meets or exceeds the current nutrition requirements
- Promotes health food and beverage choices

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal program that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards.

These standards will apply in all locations and through all services where foods and beverages are sold.

The school will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule.

Teachers will monitor the food that are provided to students outside of mealtime at class parties, snacks, etc. These celebrations will take place at times so that they do not interfere with the school meal. Students and parents will be encouraged to provide healthy food choices for these occasions.

Nutrition Education and Promotion

Building nutrition knowledge and skills help children make healthy eating and physical activity choices. Nutrition education is an essential way to support families in making good choices. The school will teach, encourage, and support healthy eating by all students.

- Students will receive consistent nutrition messages throughout the school, classroom, cafeteria, home, community, and media
- Posters illustrating healthy food choices, healthy habits, and nutritional information will be displayed
- Information will be shared, and parents will be encouraged to offer at least one healthy snack options for classroom parties
- Promotion of fruits, vegetables, whole grain products, dairy products and healthy food preparation methods

The cafeteria personnel and school staff will encourage students to experience the taste of healthy foods of which they have not before experienced. School and cafeteria personnel will promote increased participation in school-based lunch programs.

Monthly school lunch menus will be distributed to all students in paper copy form, posted on our web page, shared in the weekly newsletter, and posted on the FACTS (school information system) in order to share and promote the school lunch program. Holy Family Catholic School cafeteria personnel follow the guidelines of our wellness policy when planning the daily school lunch menu.

Physical Activity Policy

Healthy physical activity is essential for students to achieve their full potential and maintain a healthy body. Schools are a good place to influence students' physical activity patterns.

Physical Education (K-8)

All students in grades K-8 within Holy Family will receive the benefits of a quality physical education program aimed to develop motor skills, improve physical fitness, self-discipline, stress reduction, and increased self-confidence by a physical education teacher. Physical education instructional strategies and other practices should meet the diverse needs and interest of all

students and provide the students with opportunities to increase physical activity and acquire the skills and knowledge needed to establish and sustain an active lifestyle. Students will spend at least 50% percent of their physical education class time participating in moderate to vigorous physical activity.

Before, During and or After the School Day

- Holy Family Catholic School encourages additional physical activity such as: daily recess, movement activities in the classroom, music movement, and brain and exercise breaks during the school day. Classroom activities encourage movement, exercise, and coordination during class time.
- Physical activity opportunities shall be offered daily when possible.
- Field trips and other physical activity opportunities are promoted during the year. Catholic Schools Week volleyball games, gym activities, Show Me State Games Torch Run, Eagle and Duck Days, and other trips encourage students and families to take advantage of local parks and outdoor nature activities.
- School supported activities such as CYO sports are available for students in grades 3-8.
- Students in grades 7 and 8 will be allowed to participate with the Hannibal Public School athletic teams as long as they meet the requirements.

Holy Family Catholic School will exceed required physical activity guidelines required by Jefferson City Diocese.

Mental Wellness Policy

Mental wellness is essential for students' emotional, psychological, and social well-being. Mental health is important at every stage of life, beginning with childhood. Schools are a good place to influence students' mental health patterns.

- A representative from **the child center, inc.** in Hannibal will provide age appropriate presentations to the students annually. This prevention education specialist will provide age appropriate information about what social media bullying looks like and how to prevent it.
- A representative from **the child center, inc.** in Hannibal will also provide an optional presentation to the parents annually. This prevention education specialist will provide parents with information about cyber bullying issues that a parent needs to know about for the safety of their children.

Other School Based Activities

The quality of the school nutrition environment depends on the quality of all foods and beverages sold or served at school. Foods that provide little nutrition compete with healthy school meals and send mixed messages to students. This undermines nutrition education efforts and discourages healthy eating.

- School staff shall use food as a reward for student accomplishment sparingly.

- The withholding of food or water as punishment is prohibited. For example, restricting a child’s selection of flavored milk due to misbehavior in the classroom.
- Water bottle filling stations are located within the school and are accessible to students throughout the school day. All students, Pre-k – 8 are allowed to bring a water bottle to school each day to encourage plenty of water consumption. Cups are provided for students who may forget their water bottle.
- Specific break times are scheduled for children in pre-k through 2nd grade and all children are permitted to use the restrooms and water bottle filling stations as needed.
- Students in grades 6-8 are allowed to eat a healthy snack at 10:00 a.m. each day. Healthy snacks are brought from home and information on what constitutes a health snack is discussed.
- School administrators will monitor fundraising to ensure there is no conflict with sound nutrition message.
- School personnel shall practice consistency of nutrition messages throughout the curriculum and environment.

An annual event that has been initiated for fun and fellowship for faculty, staff and families is the “Shamrock Glow/Fun Run”. The school believes this encourages families to come out and exercise together while enjoying a beautiful walk/run in the Sodalis Nature Preserve.

Employee Wellness

Holy Family School highly values the health and wellbeing of every employee. At the direction of and with the support of Holy Family and leadership team, policies and activities are planned and implemented to support the employees’ personal efforts to maintain a healthy lifestyle.

Mental health and wellness resources are available through our benefits package with Christian Brothers. Support Linc through Christian Brothers has health and wellness tips, counseling resources and much more. Information is available by calling 1-888-881-5462 or www.supportlinc.com.

Holy Family School encourages various dimensions of wellness such as healthy eating (a contract benefit allows each staff member a free hot lunch for the day), physical activity, stress management, (advertise to the staff that a 10% YMCA membership discount is available for being a part of Holy Family School), and spiritual engagement (faculty prayer together each Monday & Wednesday from 7:30 – 7:45 a.m. led by designated teachers. Annual teachers retreat is scheduled by the principal and spiritual reading material is offered during the liturgical seasons of the year.)

Assessment

The Holy Family Catholic School Wellness program will be reviewed on a yearly basis by the cafeteria and school personnel, school board, parents, and students. Needed revisions will be made as needed. The results of the review will be made available to all members of the school community.

The local wellness policy will be assessed every three years. The members of the committee will make recommendations for modifications as needed.

The policy will also be posted on the school's website, FACTS communication resource library, and printed copies will be made available to any family who would request one.

All members of the school community, that is: parents, students, teachers, staff, etc. will be informed of any revisions, additions or deletions from the local wellness policy on a yearly basis. Communications will be through the school web page, school handbook, email messages, FACTS communication system, and social media. The general public will have access to the Holy Family School wellness policy through posting on the school web page and social media.