



Holy Cross Catholic School

Wellness Policy

Purpose

The purpose of this policy is to assure a school environment that promotes and protects student and staff wellness including social, spiritual, emotional, intellectual, physical and occupational wellness.

General Statement of Policy

Holy Cross School Board recognizes that nutrition education, physical education and religious education are essential components of the educational process and that good health fosters student attendance and education.

The school environment shall promote and protect student and staff health, well being, and ability to learn by encouraging healthy eating, physical activity, and spiritual growth.

The school encourages the involvement of students, parents, teachers, food service staff, parish priests and other interested persons in implementing, monitoring, and reviewing school nutrition, physical education, and religious education policies.

Children need access to healthy foods, opportunities to be physically active, and spiritual guidance in order to grow, learn and thrive.

All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.

Qualified food service personnel will provide students access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, pleasant settings and adequate time for students to eat.

Guidelines

Foods and Beverages

1. All foods and beverages made available on campus will be consistent with the current USDA Dietary Guidelines for Americans.
2. Food service personnel will take every measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and guidelines.
3. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.
4. Holy Cross School 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 meals.
5. Holy Cross School will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

6. Holy Cross 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.
7. Holy Cross School will discourage tutoring, club or organizational meetings and activities during mealtimes, unless students may eat during such activities.
8. Students will be discouraged from sharing their foods and beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.
9. To the extent possible, snacks served during the school day will be allergy sensitive and make a positive contribution to children's diets and health, and will emphasize serving whole grains, fruits, vegetables and dairy as the primary snack items.

School Food Service Program/ Personnel

1. Holy Cross School will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
2. Holy Cross School shall designate a Nutrition Supervisor to be responsible for the school's food service program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available on campus to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans. The Nutrition Supervisor will also oversee all vending purchases if the machines are to be left on during the school day.
3. As part of the responsibility to operate a food service program, Holy Cross School will provide continuing professional development for all food service personnel pursuant to the Holy Cross wellness policy.

Nutrition Education and Promotion

1. Holy Cross School will 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;
 - B. part of health education classes and in other classes where appropriate;
 - C. enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips.
2. Holy Cross School will encourage all students and staff to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, vending machines, fundraising events, concession stands, and student stores.
3. Holy Cross School will not routinely use, or will limit the use, of foods or beverages as rewards for academic performance or good behavior (unless this is allowed by a student's individual education plan or behavior intervention plan) and will not withhold food or beverage as a disciplinary action.
4. Staff Wellness: Holy Cross School highly values the health and well being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The school staff should act as role models for good nutrition and physical activity behaviors. Holy Cross School will establish and maintain a Wellness Committee to promote staff health and wellness.

Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal choice. Toward that end, health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television.
2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate.
3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Spiritual Education

1. Holy Cross School staff model and teach the benefits of practicing one's faith as an individual and as part of a broader Christian community.
2. Students are encouraged and given opportunities to practice their faith.
3. Christian principles guide classroom management and discipline procedures.

Communications with Parents/ Guardians

1. Holy Cross School recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well being.
2. Holy Cross School will support parents/guardians' efforts to provide a healthy diet, daily physical activity and spiritual guidance for their children.
3. Holy Cross School encourages parents to pack healthy lunches and snacks and refrain from including foods and beverages without nutritional value.
4. Holy Cross School will provide information about physical education and other school based physical activity opportunities and will support parents/ guardians efforts to provide their children with opportunities to be physically active outside of school.
5. The Holy Cross website and school newsletters may be used to communicate to parents and guardians about Holy Cross's Food and Beverage Guidelines, Nutrition Education Guidelines, and Physical Education Guidelines.

Implementation and Monitoring

After approval by the school board, the wellness policy will be implemented at Holy Cross School.

Holy Cross School food service personnel will ensure compliance within the school's food service areas and will report to the Principal or Nutrition Supervisor, as appropriate.

The Holy Cross School Principal will ensure compliance with the wellness policy and will provide an annual report to the school board

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 References:

Minnesota Department of Education, www.education.state.mn.us

Minnesota Department of Health, www.health.state.mn.us

County Health Departments

Action for Healthy Kids Minnesota, www.actionforhealthykids.org

Adopted November 13, 2006