

# Wellness Policy

## Wellness

Holy Family Catholic Schools strive to educate the whole person in mind, body and soul. In educating students about the body, they strive to develop a profound reverence for the great gift of life, their own lives and the lives of others, along with readiness to spend themselves in serving all that preserves and enhances life.

The schools governed by the Holy Family Catholic Schools Board of Education strive to maintain a learning and working environment that promotes and protects children's health, well-being and ability to learn by supporting healthy eating and physical activity.

*Archdiocesan Board of Education Policy #6145*

Holy Family Catholic Schools supports and promotes proper dietary habits contributing to students' health status and academic performance. Foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed Holy Family Catholic Schools nutrition standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

Holy Family Catholic Schools has developed a local wellness committee comprised of representatives of administration, parents, students and leaders in food/exercise authority and employees. The local wellness committee has developed a plan to implement and measure the wellness policy and monitor the effectiveness of the policy. The committee will report annually to the Holy Family School Improvement Advisory Committee regarding the effectiveness of this policy.

### Specific Wellness Goals:

- Nutrition Education and Promotion
- Nutrition Guidelines for all Foods Available on Campus
- Physical Activity
- Implementation and Evaluation

## NUTRITION EDUCATION AND PROMOTION

Holy Family Catholic Schools will provide nutrition education and engage in nutrition promotion that:

- is offered as part of a sequential, comprehensive, standards-based program, which is part not only of physical education classes, but also part of classroom instruction in other subject areas;
- includes promotion of enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits and school gardens;
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and physical activity;
- links with meal programs, other foods and nutrition-related community services.

# NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS

## **General Directives**

### **Food Safety**

All foods made available on campus will follow food safety and security guidelines and comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines will continue to be implemented to prevent food illness in schools. For the safety and security of the food and facility, access to the food service operations should be limited to food service staff and authorized personnel.

### **Sharing of Foods**

Holy Family Catholic Schools discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

### **Food Service Department**

The Holy Family Catholic Schools Food Service Department will

- engage students in selecting food offered through the meal program in order to identify new, healthful and appealing food choices. Parent feedback is welcome;
- share information about the nutritional content of meals with parents and students.

### **Qualification of Food Service Staff**

Qualified nutrition professionals will administer the meal programs. As part of Holy Family Catholic Schools' responsibility to operate a food service program, Holy Family Catholic Schools will:

- provide continuing professional development for all nutrition professionals;
- provide staff development programs that include appropriate certification and/or training programs for managers and cafeteria workers, according to their levels of responsibility.
- provide the USDA established-continuing education hours and training for all food service employees.

## **School Meals**

### **Meals served through the National School Lunch and Breakfast Programs will:**

- be appealing and attractive to students;
- be served in clean and pleasant settings;
- meet nutrition requirements established by local, state and federal law;
- include a variety of fruits and vegetables and menu choices.

### **Breakfast**

To ensure that all students have breakfast either at home or at school in order to meet their nutritional needs and enhance their ability to learn, Holy Family Catholic Schools will:

- to the extent possible, operate the School Breakfast Program;
- notify parents and students of the availability of the School Breakfast Program;
- encourage parents to provide a healthy breakfast for their students through newsletter articles, take-home materials or other means.

### **Free and Reduced-Priced Meals Program**

Holy Family Catholic Schools will continue to make every effort in eliminating any social stigma attached to, and in preventing the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, Holy Family Catholic Schools will:

- utilize electronic identification and payment systems;
- promote the availability of meals to all students.

## **Meal Times and Scheduling**

Each school will:

- allow adequate time for students to receive and consume meals and provide a pleasant dining environment;
- schedule meal periods at appropriate times, e.g., lunch periods scheduled between 11 a.m. and 1 p.m.;
- not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- attempt to schedule lunch periods to follow recess periods (in elementary schools);
- provide students access to hand washing or hand sanitizing before they eat meals or snacks.

## **ala Carte Sales**

In middle and high schools, all food and beverages sold individually outside the reimbursable meal program will meet the following nutrition and portion size standards and be in compliance with the USDA's Smart Snacks in School.

A food item sold individually will:

- Be a whole grain-rich grain product *or*
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food *or*
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable *or*
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber). (On July 1, 2016, foods may not qualify using the 10% DV criteria.)
- Foods must also meet several nutrient requirements:
  - Calorie limits:
    - Snack items: ≤ 200 calories
    - Entrée items: ≤ 350 calories
  - Sodium limits:
    - Snack items: ≤ 230 mg (On July 1, 2016, snack items must contain ≤ 200 mg sodium per item.)
    - Entrée items: ≤ 480 mg
  - Fat limits:
    - Total fat: ≤ 35% of calories
    - Saturated fat: < 10% of calories
    - Trans fat: zero grams
  - Sugar limit:
    - ≤ 35% of weight from total sugars in foods

## **Beverage and Food**

Holy Family Catholic Schools will follow The Smart Snacks in School standards published by the USDA, building on the healthy advancements by ensuring that snack foods and beverages sold to the students in addition to those foods provided through the National School Lunch Program and the School Breakfast Program are also tasty and nutritious. Any food and beverage sold during the school day must meet the nutrition standards. As defined by the USDA, the school day is any time before the first bell until 30 minutes after the last bell.

## **Beverage Nutrition Standards**

- All schools may sell:
  - Plain water (with or without carbonation)
  - Unflavored low fat milk
  - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
  - 100% fruit or vegetable juice
  - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

- Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.
- Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.
  - No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
  - No more than 12-ounce portions of beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

### **Other Requirements**

- **Fundraisers**
  - The sale of food items that meet nutrition requirements at fundraisers is not limited in any way under the standards by the USDA.
  - The USDA standards do not apply during non-school hours, on weekends and at off-campus fundraising events. The school day as defined by the USDA is after midnight the day before the first bell until 30 minutes after the last bell.
  - The Iowa Department of Education did not provide a special exemption for infrequent fundraisers that do not meet the nutrition standards.
- **Accompaniments**
  - Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
  - This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.

### **Food Nutrition Standards**

- **General Standard for Competitive Food must meet all of the proposed competitive food nutrient standards and**
  1. Be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient\* *or*
  2. Have as the first ingredient\* one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.) *or*
  3. Be a combination food that contains at least ¼ cup fruit and/or vegetable *or*
  4. Contain 10% of the Daily Value (DV) of a nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber). Effective July 1, 2016, this criterion is obsolete and may not be used to qualify as a competitive food.
  5. \*If water is the first ingredient, the second ingredient must be one of items 2, 3 or 4 above
- **Exemptions to the Standard**
  - Fresh fruits and vegetables with no added ingredients except water are exempt from all nutrient standards.
  - Canned and frozen fruits with no added ingredients except water or are packed in 100% juice, extra light syrup, or light syrup are exempt from all nutrient standards.
  - Canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable are exempt from all nutrient standards.

- **NSLP/SBP Entrée Items Sold A la Carte.**
  - Any entrée item offered as part of the lunch program or the breakfast program is exempt from all competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program.
- **Sugar-free chewing gum is exempt from all competitive food standards**
- **Grain Items - Acceptable grain items must include 50% or more whole grains by weight, or have whole grains as the first ingredient.**
- **Total Fats**
  - Acceptable food items must have  $\leq 35\%$  calories from total fat as served.
  - Exemptions to the Standard
    - Reduced fat cheese (including part-skim mozzarella) is exempt from the total fat standard.
    - Nuts and seeds and nut/seed butters are exempt from the total fat standard.
    - Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the total fat standard.
    - Seafood with no added fat is exempt from the total fat standard.
    - Combination products are not exempt and must meet all the nutrient standards.
- **Saturated Fats - Acceptable food items must have  $< 10\%$  calories from saturated fat as served.**
  - Reduced fat cheese (including part-skim mozzarella) is exempt from the saturated fat standard.
  - Nuts and seeds and nut/seed butters are exempt from the saturated fat standard.
  - Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the saturated fat standard.
  - Combination products are not exempt and must meet all the nutrient standards.
- **Trans Fats - Zero grams of trans fat as served ( $\leq 0.5$  g per portion).**
- **Sugar - Acceptable food items must have  $\leq 35\%$  of weight from total sugar as served.**
  - Dried whole fruits or vegetables, dried whole fruit or vegetable pieces and dehydrated fruits or vegetables with no added nutritive sweeteners are exempt from the sugar standard.
  - Dried whole fruits or pieces with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, tart cherries or blueberries) are exempt from the sugar standard.
  - Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the sugar standard.
- **Sodium**
  - Snack items and side dishes sold a la carte:  $\leq 230$  mg sodium per item as served.
  - Entrée items sold a la carte:  $\leq 480$  mg sodium per item as served, including any added accompaniments.
- **Calories**
  - Snack items and side dishes sold a la carte:  $\leq 200$  calories per item as served, including any added accompaniments.
  - Entrée items sold a la carte:  $\leq 350$  calories per item as served including any added accompaniments
  - Entrée items served as an NSLP or SBP entrée are exempt on the day of or day after service in the program meal.

- **Accompaniments**
  - Use of accompaniments is limited when competitive food is sold to students in school. The accompaniment must be included in the nutrient profile as part of the food item served and meet all proposed standards.
- **Caffeine**
  - Elementary and Middle School: Foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances.
  - High School: Foods and beverages may contain caffeine

## **Special Events**

### **Snacks**

Snacks served during the school day should make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and healthy beverages conforming to this policy. Schools will assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's ages and other considerations. A list of healthful snack items to teachers, after-school program personnel and parents will be distributed by the food services director.

### **Rewards**

Schools are encouraged to offer nonfood forms of rewards. If food or beverage rewards are used for academic performance or good behavior, they should conform to this policy. Schools will not withhold beverages or food (including food served through meals) as a punishment.

### **Celebrations**

Schools will evaluate their celebration practices that involve beverage and food during the school day. The food used in celebration practices should make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and healthy beverages conforming to this policy. A list of healthy celebration ideas is available at all schools.

### **Fundraising**

To support children's health and school nutrition-education efforts, in-school fundraising activities should use foods that meet the above nutrition and portion-size standards for beverages and foods. Holy Family Catholic Schools encourages fundraising activities that promote physical activity.

## **PHYSICAL ACTIVITY**

Wellness education is an important and integral part of the education of students at Holy Family Catholic Schools.

### **Physical Education**

Holy Family Catholic Schools will provide wellness education that:

- includes students with disabilities;
- engages students in moderate to vigorous activity during at least 75 percent of physical education class time;
- meets regularly for the scheduled period of time it will allow at the elementary school level and middle school level;
- is taught by a certified physical education teacher.

### **Physical Activity Opportunities after School**

To provide opportunities for physical activity outside the regular physical education classes, all elementary, middle and high schools are encouraged to:

- offer extracurricular physical activity programs, such as physical activity clubs or intramural

programs (middle and high school);

- offer a range of activities that meet the needs, interests, and abilities of all students, including students with disabilities and students with special health-care needs;
- offer information about community agencies such as the Department of Leisure Services and the Dubuque Community Y to offer a maximum number of physical activity opportunities;
- publicize and promote participation in community events and programs that involve physical activity.

Middle schools and high school students will have the opportunity to participate in interscholastic sports programs.

### **Daily Recess**

Elementary schools will offer recess for students that are preferably outdoors (criteria should be established for when indoor recess occurs). Recess should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Elementary schools will discourage extended periods (i.e. periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools will give students periodic breaks during which they are encouraged to stand and be moderately active.

### **Integrating Physical Activity into Classroom Settings**

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, Holy Family Catholic Schools will:

- offer integrated health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities;
- provide opportunities for physical activity to be incorporated into other subject lessons;
- encourage classroom teachers to provide short physical activity breaks during lessons or classes, as appropriate.

### **Physical Activity and Punishment**

Employees will not use physical activity (e.g., running laps, pushups) or routinely withhold opportunities for physical activity (e.g. recess, physical education) as punishment. Physical activity may be used as an accommodation for students demonstrating a specific need for activity.

## **IMPLEMENTATION AND EVALUATION**

### **Communication with Parents**

Holy Family Catholic Schools will support parents' efforts to provide a healthy diet and daily physical activity for their children. Holy Family Catholic Schools will:

- provide information about physical education and other school-based physical activity opportunities before, during and after the school day;
- support parents' efforts to provide their children with opportunities to be physically active outside of school;
- distribute information about physical education and activity via a web site, newsletter, other take-home materials and special events or physical education homework.

### **Staff Wellness**



Holy Family Catholic Schools values the health and wellbeing of every staff member and encourages activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

### **Monitoring**

The Chief Administrator will ensure compliance with established school district-wide nutrition and physical activity wellness policies.

In each school:

- the principal will ensure compliance with those policies in the school and will report on the school's compliance to the Chief Administrator;
- food service staff, at the school level, will ensure compliance with nutrition policies within food service areas and will report on matter to the Food Service Director, Principal or Chief Administrator.

In Holy Family Catholic Schools:

- Holy Family Catholic Schools will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If Holy Family Catholic Schools has not received a SMI review from the state agency within the past five years, Holy Family Catholic Schools will request from the state agency that a SMI review be scheduled as soon as possible;
- The Chief Administrator will develop a summary report annually on compliance with Holy Family Catholic Schools' established nutrition and physical activity wellness policies, based on input from schools within Holy Family Catholic Schools;
- the report will be provided to the Holy Family School Improvement Advisory Committee and distributed to all school wellness committees, in Holy Family Catholic Schools.

### **Policy Review**

The Chief Administrator will review the nutrition and physical activity policies and practices and the provision of an environment that supports healthy eating and physical activity at the end of the school year. Holy Family Catholic Schools, and individual schools within Holy Family Catholic Schools, will revise the wellness policies and develop work plans to facilitate their implementation.