

Holy Family Catholic Schools Wellness Assessment

As part of School Lunch Program, schools must complete an assessment of their wellness activities at least once every three years. Principals provided the ratings based on the activities in their buildings in the winter of 2019.

<p>1. Nutrition Education is offered as part of a sequential, comprehensive, standards-based program, which is part of not only physical education classes, but also part of classroom instruction in other subject areas. It includes promotion of enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits and school gardens. Nutrition education promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products. This also includes healthy food preparation methods and health-enhancing nutrition practices linked with meal programs, other foods and nutrition-related community services. Nutrition education emphasizes caloric balance between food intake and physical activity.</p>			
School	Rating	Current Implementation	Next Steps
Holy Ghost	Partially in Place	Breakfast in the classroom and afternoon snack.	Expand options
Resurrection	Partially in Place	PE covers some nutritional concepts; we don't have an elementary health curriculum.	Health is no longer covered in Science; we need an elementary health curriculum
St. Anthony/Our Lady	Partially in Place	School snacks are limited to fresh fruit, vegetables, whole grains, and dairy. The importance of these choices are discussed in the classrooms.	Provide materials and resources for the teachers to use in the classroom which will outline these goals more clearly.
St. Columbkille	Partially in Place	With the change in curriculum in 5th grade and implementation of Next Generation Science standards we have to align the previous 5th grade taught nutrition lessons.	Comprehensive look at where the lessons on label reading will be implemented.
Mazzuchelli Catholic	Partially in Place	Taught in 6th grade wellness. Healthy food day 6-8th	
Wahlert Catholic	Partially in Place	Nutritional information is communicated in our PE classes, Culinary Arts courses, Health and in Science classes.	Continued conversation at the PLC level to include information about physical and nutritional health.
<p>2. Holy Family Catholic Schools will provide wellness education which includes students with disabilities. Students are engaged in moderate to vigorous activity during at least 75 percent of physical education class time. Class meets regularly for the elementary and middle school level taught by a certified physical education teacher.</p>			
School	Rating	Current Implementation	Next Steps
Holy Ghost	Fully in Place	PE activities are active and engaging for students.	Continue to monitor PE activities.
Resurrection	Fully in Place		
St. Anthony/Our Lady	Fully in Place	Deliberate PE schedule is set. 25-30-minute daily recess is provided.	Our new Wellness Room will provide more movement opportunities for students.
St. Columbkille	Fully in Place		
Mazzuchelli Catholic	Fully in Place		
Wahlert Catholic	Fully in Place	Over 70% of our students volunteer to take a physical education course. All 9th grade students are required	

		to participate in a semester PE course called Soar into Wahlert.	
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3. 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); 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; 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. Sites are encouraged to publicize and promote participation in community events and programs that involve physical activity.

School	Rating	Current Implementation	Next Steps
Holy Ghost	Not in Place	Continue to promote through newsletter.	
Resurrection	Partially in Place	Soccer is offered after school by Loras. Our on-site facilities are used by after care.	
St. Anthony/Our Lady	Fully in Place	Holy Family website and news pieces provide system activities, as well as community activities.	Our campus walking track is available to all after school hours.
St. Columbkille	Fully in Place		
Mazzuchelli Catholic	Fully in Place		
Wahlert Catholic	Fully in Place	Nearly 90% of our students participate in an extracurricular activity during the course of a school year.	

4. 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.

School	Rating	Current Implementation	Next Steps
Holy Ghost	Fully in Place	Continue to offer recess	Continue to offer recess
Resurrection	Fully in Place	Brain breaks are included in all classrooms, K-5	
St. Anthony/Our Lady	Fully in Place	A 25-30 minute recess time is scheduled for all students. The gym is used for indoor recess. Students take sensory/movement breaks throughout the day.	Wellness Room is available for movement time.
St. Columbkille	Fully in Place		
Mazzuchelli Catholic	N/A		
Wahlert Catholic	N/A		

5. For students to receive the nationally recommended amount of daily physical activity and 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. Opportunities will be provided for physical activity to be incorporated into other subject lessons. Classroom teachers are encouraged to provide short physical activity breaks during lessons or classes, as appropriate.

School	Rating	Current Implementation	Next Steps
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Holy Ghost	Partially in Place		
Resurrection	Fully in Place	Brain breaks are incorporated into the school day in all classrooms.	
St. Anthony/Our Lady	Fully in Place	Sensory/movement breaks are given throughout the day.	Continue this practice.
St. Columbkille	Fully in Place		
Mazzuchelli Catholic	Fully in Place	Shared brain break activities with teachers, switch classes every 45 minutes	
Wahlert Catholic	Partially in Place	Health course and Physical Education have been combined into one year long course at Wahlert.	

6. 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.

School	Rating	Current Implementation	Next Steps
Holy Ghost	Fully in Place	Not part of our PBIS plan	Continue to monitor plan
Resurrection	Fully in Place		
St. Anthony/Our Lady	Fully in Place	Recess is not used as a punishment.	Continue this practice.
St. Columbkille	Fully in Place		
Mazzuchelli Catholic	Fully in Place		
Wahlert Catholic	Fully in Place	We do not punish students using senseless physical activity as the punitive action. However, students may be asked to sweep, mop, shovel, or pick up trash on the campus as a give back opportunity.	

7. 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. For the safety and security of the food and the facility access to food service operations should be limited to food service staff and authorized personnel.

School	Rating	Current Implementation	Next Steps
Holy Ghost	Fully in Place	All food offered in the child nutrition programs follow food safety and security guidelines. HACCP is fully in place Kitchen is accessed by parish organizations. School foodservice inspected twice a school year by City Health Inspectors."	Before beginning food-prep make sure that kitchen surfaces are cleaned up and sanitized.
Resurrection	Fully in Place	All food offered in the child nutrition programs follow food safety and security guidelines. HACCP is fully in place. Food service is a bus drop off location for children.	Before beginning food-prep make sure that kitchen surfaces are cleaned up and sanitized.

		Kitchen is accessed by day care, and parish organizations. School foodservice inspected twice a school year by City Health Inspectors.	
St. Anthony/Our Lady	Fully in Place	All food offered in the child nutrition programs follow food safety and security guidelines. HACCP is fully in place. Kitchen is accessed by many parish organizations. School foodservice inspected twice a school year by City Health Inspectors	Continue.
St. Columbkille	Fully in Place	All food offered in the child nutrition programs follow food safety and security guidelines. HACCP is fully in place Kitchen is accessed by many parish organizations. School foodservice inspected twice a school year by City Health Inspectors.	Before beginning food-prep make sure that kitchen surfaces are cleaned up and sanitized.
Mazzuchelli Catholic	Partially in Place	All food offered in the child nutrition programs follow food safety and security guidelines. HACCP is fully in place. Kitchen is accessed by many individuals and general public can access the kitchen at any time. Individuals walk through the kitchen to access the ice machine each day. School foodservice inspected twice a school year by City Health Inspectors.	Before beginning food-prep make sure that kitchen surfaces are cleaned up and sanitized.
Wahlert food service	Partially in Place	All food offered in the child nutrition programs follow food safety and security guidelines. HACCP is fully in place. Kitchen is accessed by many individuals that have keys. General public can access the kitchen through elevator at any time that school is unlocked. Individuals walk through the kitchen to access the ice machine each day. School foodservice inspected twice a school year by City Health Inspectors.	Before beginning food-prep make sure that kitchen surfaces are cleaned up and sanitized. Note: Locating an ice machine in the faculty lounge would reduce non foodservice personnel in the kitchen.

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

School	Rating	Current Implementation	Next Steps
Holy Ghost	Fully in Place	Lunch room monitors observe and do not allow food sharing at lunch	
Resurrection	Fully in Place	Lunch room monitors observe and do not allow food sharing at lunch	

St. Anthony/Our Lady	Fully in Place	Monitoring of food allergies and seating arrangements in the cafeteria. Lunch room monitors observe and do not allow food sharing at lunch	Continue practice.
St. Columbkille	Fully in Place	Lunch room monitors observe and do not allow food sharing at lunch	
Mazzuchelli Catholic	Fully in Place	Lunch room monitors observe and do not allow food sharing at lunch	
Wahlert Catholic	Fully in Place	FS: Lunch room monitors observe	

9. 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 professional staff. Development programs implemented include appropriate certification and/or training programs for managers and cafeteria workers according to their levels of responsibility.

School	Rating	Current Implementation	Next Steps
Holy Ghost	Fully in Place	Supervisor is serv safe certified. Each food service staff member is required to meet the training standards of the Child Nutrition Program regulations	
Resurrection	Fully in Place	Supervisor is serv safe certified. Each food service staff member is required to meet the training standards of the Child Nutrition Program regulations	
St. Anthony/Our Lady	Fully in Place	Supervisor is serv safe certified. Each food service staff member is required to meet the training standards of the Child Nutrition Program regulations	
St. Columbkille	Fully in Place	Supervisor is serv safe certified. FS: Each food service staff member is required to meet the training standards of the Child Nutrition Program regulations.	
Mazzuchelli Catholic	Fully in Place	Supervisor is serv safe certified. Each food service staff member is required to meet the training standards of the Child Nutrition Program regulations	
Wahlert Catholic	Fully in Place	Supervisor is serv safe certified. Each food service staff member is required to meet the training standards of the Child Nutrition Program regulations	

10. Meals served through the National School Lunch and Breakfast program will be appealing and attractive to students. Serving will be conducted in clean and pleasant settings and meet nutrition requirements established by local, state and federal law. Meals will include a variety of fruits and vegetables and menu choices.

School	Rating	Current Implementation	Next Steps
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Holy Ghost	Fully in Place	Food Service supervisor attends monthly communications meeting. Food Service supervisor takes part in the menu planning. Food Service supervisor Serve Safe Certified to ensure cleanliness.	
Resurrection	Fully in Place	Food Service supervisor attends monthly communications meeting. Food Service supervisor takes part in the menu planning. Food Service supervisor Serve Safe Certified to ensure cleanliness.	
St. Anthony/Our Lady	Fully in Place	Food Service supervisor attends monthly communications meeting. Food Service supervisor takes part in the menu planning. Food Service supervisor Serve Safe Certified to ensure cleanliness.	
St. Columbkille	Fully in Place	Food Service supervisor attends monthly communications meeting. Food Service supervisor takes part in the menu planning. Food Service supervisor Serve Safe Certified to ensure cleanliness.	
Mazzuchelli Catholic	Fully in Place	Food Service supervisor attends monthly communications meeting. Food Service supervisor takes part in the menu planning. Food Service supervisor Serve Safe Certified to ensure cleanliness.	
Wahlert Catholic	Fully in Place	Food Service supervisor attends monthly communications meeting. Food Service supervisor takes part in the menu planning. Food Service supervisor Serve Safe Certified to ensure cleanliness.	

11. Holy Family Catholic Schools will continue to 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 meals. Toward this end, Holy Family Catholic Schools will utilize electronic identification and payment systems and promote the availability of meals to all students.

School	Rating	Current Implementation	Next Steps
Holy Ghost	Fully in Place	IA Eligibility Applications are processed and stored off location. Electronic cash register system does not identify free or reduced students.	
Resurrection	Fully in Place	IA Eligibility Applications are processed and stored off location. Electronic cash register system does not identify free or reduced students.	
St. Anthony/Our Lady	Fully in Place	IA Eligibility Applications are processed and stored off location. Electronic cash register system does not identify free or reduced students.	

St. Columbkille	Fully in Place	IA Eligibility Applications are processed and stored off location. Electronic cash register system does not identify free or reduced students.	
Mazzuchelli Catholic	Fully in Place	IA Eligibility Applications are processed and stored off location. Electronic cash register system does not identify free or reduced students.	
Wahlert Catholic	Fully in Place	IA Eligibility Applications are processed and stored off location. Electronic cash register system does not identify free or reduced students.	

12. Each school will allow adequate time for students to receive and consume meals and provide a pleasant dining environment. Meal periods will be scheduled at appropriate times, e.g., lunch periods scheduled between 11 a.m. and 1 p.m. Scheduling tutoring, club or organizational meetings or activities during mealtimes will be discouraged unless students may eat during such activities. Attempts will be made to schedule lunch periods to follow recess periods at elementary schools. Students will be provided access to hand washing or hand sanitizing before they eat meals or snacks.

School	Rating	Current Implementation	Next Steps
Holy Ghost	Fully in Place		We do not offer recess before lunch.
Resurrection	Fully in Place		We do not offer recess before lunch.
St. Anthony/Our Lady	Fully in Place	Our schedule follows these expectations. Students have 30 minutes to eat, clear their tables and dismiss. Time is approved for prayer and for second helpings. Unaware if students wash their hands before eating lunch.	Continue practice.
St. Columbkille	Fully in Place		
Mazzuchelli Catholic	Fully in Place		
Wahlert Catholic	Fully in Place		

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

School	Rating	Current Implementation	Next Steps
Holy Ghost	Fully in Place	Only items offered as part of a meal are available for individual purchase.	
Resurrection	Fully in Place	Only items offered as part of a meal are available for individual purchase.	
St. Anthony/Our Lady	Fully in Place	Only items offered as part of a meal are available for individual purchase.	
St. Columbkille food service	Fully in Place	Only items offered as part of a meal are available for individual purchase.	
Mazzuchelli Catholic	Fully in Place	Items offered as part of a meal are available for individual purchase. All other items are calculated on	

		the USDA Smart Snack calculator and only those that are approved are allowed for sale in the food program	
Wahlert Catholic	Fully in Place	Items offered as part of a meal are available for individual purchase. All other items are calculated on the USDA Smart Snack calculator and only those that are approved are allowed for sale in the food program	

14. Holy Family Catholic Schools will follow The Smart Snacks in School standards published by the USDA. This is based on building healthy advancements by ensuring 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.

School	Rating	Current Implementation	Next Steps
Holy Ghost	Fully in Place		
Resurrection	Fully in Place		
St. Anthony/Our Lady	Fully in Place		
St. Columbkille	Fully in Place		
St. Columbkille food service	Fully in Place		
Mazzuchelli Catholic	Fully in Place	Only Smart Snacks are sold during the school day by the food program	
Wahlert Catholic	Partially in Place	Only Smart Snacks are sold during the school day by the food program	

15. 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, 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.

School	Rating	Current Implementation	Next Steps
Holy Ghost	N/A		
Resurrection	N/A		
St. Anthony/Our Lady	Fully in Place	We do not sell food items.	We do sell food items.
St. Columbkille	Fully in Place		
Mazzuchelli Catholic	Fully in Place		
Wahlert Catholic			

16. 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. Food Services Director will provide a list of healthful snack items to teachers, after-school program personnel and parents.

School	Rating	Current Implementation	Next Steps
Holy Ghost	Fully in Place		
Resurrection	Fully in Place		

St. Anthony/Our Lady	Fully in Place		
St. Columbkille	Fully in Place		
Mazzuchelli Catholic	Fully in Place		
Wahlert Catholic	N/A		

17. 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.

School	Rating	Current Implementation	Next Steps
Holy Ghost	Fully in Place		
Resurrection	Fully in Place		
St. Anthony/Our Lady	Fully in Place		
St. Columbkille	Fully in Place		
Mazzuchelli Catholic	Fully in Place		
Wahlert Catholic	N/A		

18. Schools will evaluate their celebration practices that involve beverage and food during the school day. The food used in celebrations 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.

School	Rating	Current Implementation	Next Steps
Holy Ghost	Fully in Place		
Resurrection	Fully in Place		
St. Anthony/Our Lady	Fully in Place		
St. Columbkille	Fully in Place		
Mazzuchelli Catholic	Fully in Place		
Wahlert Catholic	Fully in Place		

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

School	Rating	Current Implementation	Next Steps
Holy Ghost	N/A		
Resurrection	N/A		
St. Anthony/Our Lady	Fully in Place		
St. Columbkille	Fully in Place		
Mazzuchelli Catholic	N/A		
Wahlert Catholic	Not in Place		

20. Information will be provided about physical education and other school-based physical activity opportunities before, during and after the school day.

School	Rating	Current Implementation	Next Steps
Holy Ghost	Partially in Place		

Resurrection	Fully in Place		
St. Anthony/Our Lady	Fully in Place		
St. Columbkille	Fully in Place		
Mazzuchelli Catholic	Fully in Place		
Wahlert Catholic	Fully in Place		

21. Parents will be supported in their efforts to provide their children with opportunities to be physically active outside of school.

School	Rating	Current Implementation	Next Steps
Holy Ghost	Partially in Place		
Resurrection	Fully in Place		
St. Anthony/Our Lady	Fully in Place		
St. Columbkille	Fully in Place		
Mazzuchelli Catholic	Fully in Place		
Wahlert Catholic	Fully in Place		

22. Information will be distributed about physical education and activity via a website, newsletter, other take-home materials and special events or physical education homework. The Wellness Policy is updated annually and posted on the website.

School	Rating	Current Implementation	Next Steps
Holy Ghost	Fully in Place		
Resurrection	Fully in Place		
St. Anthony/Our Lady	Fully in Place		
St. Columbkille	Fully in Place		
Mazzuchelli Catholic	Fully in Place		
Wahlert Catholic	Fully in Place		

23. 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.

School	Rating	Current Implementation	Next Steps
Holy Ghost	Not in Place		Encourage staff wellness program.
Resurrection	Not in Place	Not aware of any system activities that encourage staff health and wellbeing. Some sites offer such activities.	Encourage staff wellness program.
St. Anthony/Our Lady	Partially in Place	Staff may use the Wellness Room and walking track.	Enhance staff wellness program.
St. Columbkille	Fully in Place		Encourage staff wellness program.
Mazzuchelli Catholic	Fully in Place		Encourage staff wellness program.
Wahlert Catholic	Not in Place	Opportunities and facilities are available for staff, but it is up to them to participate.	Encourage staff wellness program.