

Local Wellness Policy: Triennial Assessment



Section 1: General Information and Wellness Committee

LEA (Local Education Agency) Name	Holy Family Catholic Schools - Dubuque
Date Triennial Assessment was Completed	April 2022
Date of Last Wellness Policy Review	April 6, 2022
Website address for the policy, updates, and assessment results and/or information on how the public can access copies	https://www.holyfamilydbq.org/resources/nutrition-services/lunch-policies/
How often does the school wellness committee meet? Date of last meeting?	Once a year, April 6, 2022

Designated School Wellness Leader

LEAs must designate at least one school official responsible for determining the extent to which each school under their jurisdiction is in compliance with the wellness policy.

Name	Job Title	Email
Christin Smith	Director of Food & Nutrition Services	christinsmith@holymfamilydbq.org

School Wellness Committee Members

Name	Job Title/Volunteer	Email
Lisa Krapfl	Director of Curriculum	lkrapfl@holymfamilydbq.org
Phil Bormann	Chief Administrator	pbormann@holymfamilydbq.org
Doug Varley	Wahlert Dean of Students	dvarley@holymfamilydbq.org
Cole Smith	Wahlert Social Studies Teacher	
Emily Schmidt	Mazz 7th Grade Teacher	
Anna Roling	Volunteer	
Kathleen Konrardy	OLG Principal	kkonrardy@holymfamilydbq.org
Paula Schmidt	Volunteer	
Theresa Thielen	Volunteer	
Zoe Houlihan	Director of Communications & Marketing	zhoulihan@holymfamilydbq.org
Kevin Mullen	Volunteer	
Robert Wuebker	Volunteer	
+4 Student Leaders		



Section 2: Compliance with the Wellness Policy

At a minimum, local wellness policies are required to include (verify all the following are included in the school wellness policy by checking the boxes below):

Specific goals for:

- ☒ Nutrition promotion and education,
- ☒ Physical activity, and
- ☒ Other school based activities that promote student wellness.

- ☒ Standards and nutrition guidelines for all foods and beverages sold to students before, during and 30 minutes after the school day.
- ☒ Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or incentives).
- ☒ Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- ☒ Description of public involvement, public updates, policy leadership, and evaluation plan.

Another form of documentation for Section 2 is the [School Wellness Policy Checklist](#).

Section 3: Comparison to Model School Wellness Policies

The [Alliance for a Healthier Generation Model Policy](#) is to be used as a best practice guide.

Compare local wellness policy language with the model policy and identify areas where the language is comparable to the model policy and potential areas that can be strengthened.

Areas with Similar Language	Potential Areas to Strengthen Language
School Meals Nutrition Guidelines & Standards Fundraisers Physical Activity & Education	Record Keeping Nutrition Promotion & Education Staff Wellness

Optional Resource:

- [WellSAT 3.0](#): Online quantitative tool that determines where revisions are needed to strengthen the language in school wellness policies and provides sample language.

Section 4: Progress Towards Goals

- Use the [School Wellness Policy Progress Report](#) to document compliance and progress towards each goal at the school building level. The report can include information for each building or include progress for all buildings (please clearly identify buildings and associated progress).

Holy Family Catholic Schools
Local Wellness Policy Progress Report

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 April of 2022.

Wellness Policy Contact: Christin Smith, Director of Food & Nutrition Services, christinsmith@holyfamilydbq.org

Date Completed: April 2022

Nutrition Education & Promotion Goals

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. Nutrition Education is offered to all grade levels.			
School	Rating	Current Implementation	Next Steps
Resurrection	Partially in Place	PE covers some nutritional concepts; we don't have an elementary health curriculum.	There is a need for a health curriculum or curriculum pieces that can be integrated into the classrooms.
Our Lady of Guadalupe	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.	There is a need for a health curriculum or curriculum pieces that can be integrated into the classrooms.
St. Columbkille	Partially in Place	PE covers some nutritional concepts; we don't have an elementary health curriculum. Kindergarten has a nutrition unit integrated into the curriculum.	There is a need for a health curriculum or curriculum pieces that can be integrated into the classrooms.
Mazzuchelli Catholic	Partially in Place	Taught in 6th grade wellness.	
Wahlert Catholic	Partially in Place	Nutritional information is communicated in our PE classes.	Developing a standard nutrition curriculum to provide teachers would be helpful.

Physical Activity Goals

1. 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.

School	Rating	Current Implementation	Next Steps
Resurrection	Fully in Place	PE activities are active and engaging for students. 80 minute classes every 2 weeks	Continue to look at offering new activities to engage students.
Our Lady of Guadalupe	Fully in Place	Deliberate PE schedule is set. 25-30-minute daily recess is provided.	Continue to look at offering new activities to engage students.
St. Columbkille	Fully in Place	PE standards are consistently taught, with an emphasis on a variety of activity appropriate to the grade level. 1 hour to 1.5 hours per week.	Continue to look at offering new activities to engage students.
Mazzuchelli Catholic	Fully in Place		
Wahlert Catholic	Fully in Place	We have created a variety of courses such as a Spin Class and Self-Defense class to join our strength and conditioning programming. These classes are well attended by our students.	Encourage all students to enroll in these courses.

2. 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
Resurrection	Partially in Place	A new Youth Program Coordinator has been hired by the district & new after school programming is being offered to all grade levels.	
Our Lady of Guadalupe	Fully in Place	A new Youth Program Coordinator has been hired by the district & new after school programming is being offered to all grade levels.	
St. Columbkille	Fully in Place	A new Youth Program Coordinator has been hired by the district & new after school programming is being offered to all grade levels.	
Mazzuchelli Catholic	Fully in Place	A new Youth Program Coordinator has been hired by the district & new after school programming is being offered to all grade levels.	
Wahlert Catholic	Fully in Place	We have a large participation rate of students in extracurricular programming year round. However, some students do not have interest in this programming. Getting everyone to participate is the barrier.	

Other School Based Activities Goals

1. 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
Resurrection	Fully in Place	Brain breaks are included in all classrooms, K-5, Recess is 30 minutes a day grades 3-5, 45 minutes a day for K-2	
Our Lady of Guadalupe	Fully in Place		
St. Columbkille	Fully in Place	Every grade has a lunch recess of 25 minutes, which is 5 more minutes than other years. Grades K-2nd have a morning recess of 15 minutes. Students walk to the cafeteria daily which is about .5 block.	If we have a cafeteria housed in our school building we could have recess before lunch allowing children to wash their hands prior to eating.
Mazzuchelli Catholic	N/A		
Wahlert Catholic	N/A		

2. 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
Resurrection	Fully in Place		
Our Lady of Guadalupe	Fully in Place	Sensory/movement breaks are given throughout the day.	Continue this practice.
St. Columbkille	Fully in Place	Indoor recess due to weather is challenging since our gym is in use 4 days a week. Teachers use active videos when they can, or movement games in the classroom.	Continue conversations with renovation committee on needs of the school to have gym cafeteria within school building.
Mazzuchelli Catholic	Fully in Place	Shared brain break activities with teachers, switch classes every 45 minutes	
Wahlert Catholic	Partially in Place	Some teachers will take a physical break as the weather gets warmer, taking them outside for a stretch break and short walk.	

3. 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
Resurrection	Fully in Place		
Our Lady of Guadalupe	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.	

4. 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
Resurrection	Fully in Place		
Our Lady of Guadalupe	Fully in Place		
St. Columbkille	Fully in Place		
Mazzuchelli Catholic	Fully in Place		
Wahlert Catholic	Fully in Place		
5. 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
Resurrection	Fully in Place		
Our Lady of Guadalupe	Fully in Place		
St. Columbkille	Fully in Place		
Mazzuchelli Catholic	Fully in Place		
Wahlert Catholic	Fully in Place		
6. 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
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. Perhaps staff keep track of their own personal physical activities and turn it in monthly. Names are drawn randomly for a "prize"?
Our Lady of Guadalupe	Partially in Place	Opportunities and facilities are available for staff, but it is up to them to participate. Spin class being offered to all staff after school.	Enhance staff wellness program.
St. Columbkille	Partially in Place	Meals brought in by parents include fruits and vegetables. Taking time to Balance and working on stress management is encouraged during PD days and in emails.	Encourage staff wellness program.

Mazzuchelli Catholic	Fully in Place	Opportunities and facilities are available for staff, but it is up to them to participate. Spin class being offered to all staff after school.	Encourage staff wellness program.
Wahlert Catholic	Not in Place	Opportunities and facilities are available for staff, but it is up to them to participate. Spin class being offered to all staff after school.	Encourage staff wellness program.

Standards and Nutrition Guidelines for All Foods and Beverages *Sold* to Students During the School Day

1. 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
Resurrection	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 staff, parish, and parent organizations. School foodservice inspected twice a school year by City Health Inspectors.	
Our Lady of Guadalupe	Fully in Place		
St. Columbkille	Fully in Place		
Mazzuchelli Catholic	Fully in Place		
Wahlert food service	Fully in Place		

2. 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
Resurrection	Fully in Place	Lunch room monitors observe and do not allow food sharing at lunch	
Our Lady of Guadalupe	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	Not in Place		
Wahlert Catholic	Not in Place		
3. 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
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	
Our Lady of Guadalupe	Fully in Place		
St. Columbkille	Fully in Place		
Mazzuchelli Catholic	Fully in Place		
Wahlert Catholic	Fully in Place		

4. 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
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.	
Our Lady of Guadalupe	Fully in Place		
St. Columbkille	Fully in Place		
Mazzuchelli Catholic	Fully in Place		
Wahlert Catholic	Fully in Place		

5. 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
Resurrection	Fully in Place	IA Eligibility Applications are processed and stored off location. Electronic cash register system does not identify free or reduced students.	
Our Lady of Guadalupe	Fully in Place		
St. Columbkille	Fully in Place		
Mazzuchelli Catholic	Fully in Place		
Wahlert Catholic	Fully in Place		

6. 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
Resurrection	Fully in Place	K are given 40 minutes; 5th graders receive 20-25 minutes	
Our Lady of Guadalupe	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.	Continue practice.
St. Columbkille	Fully in Place	20 minutes for each grade level	If it works to have a cafeteria in our school building with adequate space for hand washing following recess, we will implement recess before lunch.
Mazzuchelli Catholic	Fully in Place		
Wahlert Catholic	Fully in Place	Our lunches are scheduled between 11:00 am-12:00 PM daily. Each grade has 25 minutes	

7. 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
Resurrection	Fully in Place	Only items offered as part of a meal are available for individual purchase.	
Our Lady of Guadalupe	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	

8. 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 midnight to until 30 minutes after the last bell.

School	Rating	Current Implementation	Next Steps
Resurrection	Fully in Place		
Our Lady of Guadalupe	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. The school has implemented a new Coffee Shop – Food Service Director is working with staff and students to make sure all options sold are within smart snack standards	Continue to work towards all items sold being compliant with smart snack standards.

9. All food sold on school property during the school day targeted to Pk-12 grade students by or through other Pk-12 grade students, student groups, school organizations or campus school stores must meet food nutrition standards laid out in the wellness policy. 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
Resurrection	Fully in Place	We do not sell food items.	
Our Lady of Guadalupe	Fully in Place	We do not sell food items.	
St. Columbkille	Fully in Place	We do not sell food items.	
Mazzuchelli Catholic	Fully in Place	Food items are not sold during the school day	
Wahlert Catholic	Partially in Place	School groups will have occasional bake sales & the coffee shop is working on being in compliance	Continue to work with the coffee shop, work towards offering non food fundraisers.

10. 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
Resurrection	N/A		
Our Lady of Guadalupe	Fully in Place		

St. Columbkille	Fully in Place		
Mazzuchelli Catholic	N/A		
Wahlert Catholic	Not in Place		

Standards for All Foods and Beverages *Provided* (not sold) to Students During the School Day

1. 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
Resurrection	Fully in Place		
Our Lady of Guadalupe	Fully in Place		
St. Columbkille	Fully in Place		
Mazzuchelli Catholic	Fully in Place		
Wahlert Catholic	N/A		
2. 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
Resurrection	Fully in Place		
Our Lady of Guadalupe	Fully in Place		

St. Columbkille	Fully in Place		
Mazzuchelli Catholic	Fully in Place		
Wahlert Catholic	N/A		
3. 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
Resurrection	Fully in Place		
Our Lady of Guadalupe	Fully in Place		
St. Columbkille	Fully in Place		
Mazzuchelli Catholic	Fully in Place		
Wahlert Catholic	Fully in Place		