

# **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 incorporated a local wellness committee comprised of members of the School Improvement Advisory Committee. These committee meetings are open to administrators, parents, students and leaders in food/exercise authority and employees.

### **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 at every grade level 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.

### **Training**

All school nutrition program directors, managers, and staff will meet or exceed the hiring and annual continuing education and training requirements outlined in the [USDA Professional Standards for Child Nutrition Professionals](#). The USDA's *Professional Standards for School Nutrition Professionals* website will be used to identify training needs, and training that meets these standards will be assigned to school nutrition personnel based on their specific learning needs.

### **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.

### **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;
- comply with standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in [7 CFR 210.10](#) or [220.8](#), as applicable
- 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:

- provide breakfast through the USDA 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.
- email applications for free and reduced price meals to all families at the beginning of the school year. The application is also available on the district's website.

### **Meal Debt**

Holy Family Catholic Schools will make every effort to avoid stigmatizing students who are unable to pay for their meals. This will be accomplished by:

- serving students a reimbursable meal, whether the students has money to pay or owes money;
- not publicly identifying students with unpaid meal debt.

### **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 water fountains, water filling stations, or water jugs and cups in the cafeteria for use by students during meal times;
- provide students access to hand washing or hand sanitizing before they eat meals or snacks.

### **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 the period from the midnight before to 30 minutes after the last bell.**

### **Food Nutrition Standards**

- **General Standard for Competitive Food must meet all the proposed competitive food nutrient standards (See Below) 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. If water is the first ingredient, the second ingredient must be one of items 2 or 3 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.
- **Accompaniments**
  - The accompaniments must be included in the nutrient profile as part of the food item served and meet all proposed standards.

<b>Competitive Food Nutrient Standards</b>		
<b>Ingredient</b>	<b>Standards</b>	<b>Exemptions</b>
Total Fats	≤ 35% of calories	Reduced Fat Cheese Nuts, Seeds, & Nut/Seed Butters Dried fruit & Nut Products with no added sweeteners or fats Seafoods
Saturated Fats	< 10% calories	See Total Fats
Trans Fats	0 grams	None
Sugar	≤ 35% of weight from total sugar	Dried fruits & vegetables with no added sweeteners Dried fruits with nutritive sweeteners required for processing & palatability Dried Fruit & Nut Products with no added sweeteners or fats
Sodium	Snack Items: ≤ 200 mg Entrée items sold a la carte: ≤ 480 mg	
Calories	Snack Items: ≤ 200 calories Entrée items sold a la carte: ≤ 350	
Caffeine	Elementary & Middle School: None High School: Food & Beverages May contain Caffeine	Trace amounts of naturally occurring caffeine
Sugar Free Gum	Exempt from all standards	
Grain Items	50% or more whole grains by weight, or have whole grains as the first ingredient.	

### **Ala Carte Sales**

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

### **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**

- **Food Brought From Home**
  - It is highly recommended that “Cold Lunches” (lunches brought from home) should be equally nutritious – containing the following elements: Meat/Meat Alternate, Fruits, Vegetables, Grains, and Milk.
  - Restaurant packaged food and food deliveries are not allowed.
  - Caffeinated Beverages & Sports Drinks are not allowed for Kindergarten through 8<sup>th</sup> grade students
    - Allowable beverages for K-8<sup>th</sup> Graders:
      - Plain Water, with or without carbonation
      - Milk, unflavored or flavored and milk alternatives
      - 100% fruit or vegetable juice, with or without carbonation
      - 100% fruit or vegetable juice diluted with water, with or without carbonation and with no added sweeteners
  - This policy includes food and beverages brought in by parents if parents are eating with their student
- **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.
  - All foods sold on school property 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 this document.
  - Holy Family Catholic Schools encourages fundraising activities that promote physical activity.
  - Food sold as a fundraiser that is not intended for consumption during school hours does not need to meet USDA nutrition requirements.

## **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.

## **Food and Beverage Marketing in Schools**

The District is committed to promoting student health by providing a school environment that supports healthy eating and physical activity while minimizing commercial distractions. Advertising that conflicts with nutrition education and health promotion efforts undermines this goal. Only foods and beverages permitted for sale on campus, consistent with the District wellness policy, may be marketed to students.

All foods and beverages marketed or promoted to students on campus during the school day must meet or exceed USDA Smart Snacks in School nutrition standards (or stronger state standards).

Food and beverage marketing includes advertising and promotions intended to sell a product by any entity with a commercial interest. Examples include:

- Brand names, logos, or trademarks (except on physically present products)
- Displays on vending machines or other equipment
- Corporate branding on school equipment (scoreboards, marquees, etc.)
- Branding on cups, menu boards, coolers, trash cans, posters, books, or school supplies
- Advertisements in school publications or mailings
- Free product samples, taste tests, or coupons

When reviewing or establishing contracts, purchasing, or equipment replacement, the District, school nutrition services, and Athletics Department will ensure compliance with these marketing guidelines.

## **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 weekly for 60 minutes at the elementary 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/designee 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/designee will develop a summary report tri-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/Holy Family Board of Education and posted on the Holy Family Catholic Schools website.

### **Policy Review**

The Chief Administrator/designee 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.

### **Annual Notification of Policy**

The District will inform families and the public each year about this wellness policy. This information will be shared via the district website and other communications. The District will also provide the contact information of officials leading the wellness committee and instructions for public involvement.

### **Triennial Progress Assessments**

At least once every three years, the District will evaluate wellness policy compliance, including:

- Schools' adherence to the policy
- Comparison to the Alliance for a Healthier Generation's model policy
- Progress toward wellness goals

The designated person responsible for the assessment is Christin Smith, Director of Food and Nutrition Services. SIAC, with schools, will monitor compliance and notify families of the triennial report.

**Revisions and Updates**

SIAC will update the wellness policy based on annual assessments, triennial reviews, District priorities, community needs, emerging health information, or new Federal/state guidance. Updates will occur at least every three years following the triennial assessment.