



Holy Family School

A Regional Catholic School

Local Wellness Policy

Policy

In order to promote healthy lifestyles for the students in our care and to comply with federal guidelines for the National School Lunch Act, Holy Family School shall create a yearly wellness policy for the students in our care.

Purpose

The purpose is to provide an environment that promotes health and well-being, including nutritious meals, nutritional education, physical activity, and to comply with all state and federal guidelines.

Procedures

Our LWP Committee is composed of our cafeteria manager, school principal, CNP director, school nurse, and any interested parents who wish to have input regarding the wellness policy at Holy Family School. The committee shall meet every other year to receive input from all parties, including students, to assess the effectiveness of the policy. They will use but not limit themselves to surveys, targeted conversations, and informal feedback. All meetings will be documented and those documents will be kept on file in the business office.

Every 3 years, the wellness committee will evaluate the LWP along with the school's compliance with the LWP and progress toward the LWP goals.

Nutrition Education Goal

Holy Family School will educate, encourage and support healthy eating by all students of all ages.

Physical Education Goal

Holy Family School will provide ample opportunities for all students to maintain physical fitness.

Nutrition Standards

School meals will include a variety of healthy choices while accommodating special dietary needs. Please note that any food and/or beverages that are available to students beyond the reimbursable meal meet the SmartSnacks in School standards. The marketing or advertising of only those foods or beverages that meet the SmartSnacks in School standards is allowed on campus. In addition: - All reimbursable meals will meet certain nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements.

Foods - Only fruits, vegetables, nuts and seeds, whole grains, low-fat dairy and combination products may be sold following the standards below:

- Packaged items shall not exceed one serving per package/200 calories
- Items shall contain no more than 35% of total calories from fat, less than 10% of total calories from saturated fats and zero trans fats. Exception: The fat content of nuts and seeds will not count against the total fat content of packaged products.
- Items shall contain no more than 35% of calories from sugars. Exception: Yogurt may contain up to 30 grams of total sugars per 8 oz serving.
- Items shall contain less than or equal to 200mg of sodium per packaged portion.
- Combination items must contain at least one serving of whole grains, fruit or vegetable, per portion as packaged, in any combination (e.g., ½ serving of fruit and ½ serving of whole grain in any one portion)

A la carte items in the cafeteria must be USDA school meal components (200 calorie limit does not apply) AND meet the above fat and sugar limits. A la carte items cannot exceed 480 mg of sodium. Whole fruits, vegetables, nuts and seeds are preferable to processed food items.

The school meal programs will be administered by a team that will include the cafeteria manager, business manager (who is also the CNP Director at this time), the school principal and the school nurse. All cafeteria staff will be provided training on USDA meal plans/reimbursable meals so they can properly advise students as to the meal components they may/must take, as well as cooking techniques, recipes, implementation, sanitation, and food safety. Students will have access to hand washing/hand sanitizing facilities before meals and snacks and cafeteria staff as well as Holy Family teachers and staff will remind students to make use of them. Participation in school meal programs will be promoted. Parents will be notified of the availability of the breakfast and lunch program as well as the nearby summer food programs.

Competitive Foods and Beverages

The sale of competitive foods must not occur one hour before, during, or one hour after meal service programs. All foods and beverages sold on school grounds to students outside of reimbursable school meals are considered "competitive foods." Competitive foods include items sold a la carte in the cafeteria, school stores and for in-school fundraisers. All competitive foods must comply with SmartSnacks in Schools standards.

Nutrition Education and Physical Activity Guidelines and Promotion

Holy Family School will educate, encourage and support healthy eating habits for students of all ages. While we encourage student participation in the school lunch program, students may bring "bag" lunches from home. As an extension of supporting healthy eating, no fast food meals are allowed to be brought in and given to students at any time regardless of the circumstances. This includes carbonated drinks being packed in lunches or brought to school.

Food cannot be used as a gift or reward. You cannot withhold food as a form of discipline.

Holy Family School students in grades Pre-K through 6th will participate in the USDA Fresh Fruit and Vegetable Program (FFVP) annually as grant funding is secured. The program gives students the opportunity to try new fruits and vegetables and also learn more about these products. They are served multiple times weekly and teachers, along with cafeteria staff,

encourage students to eat more fruits and vegetables and try the new produce, some they may not be familiar with.

Schools will promote fruits, vegetables, whole grains, low fat and fat free dairy, healthy food preparation and health enhancing nutrition practices.

Holy Family School will provide opportunities for students to regularly participate in physical activity and maintain physical fitness.

Children should have several opportunities for physical activity lasting 15 minutes or more at least twice per day.

Holy Family School will implement physical activities from the state educational standards.

Holy Family School will encourage classroom teachers to provide short activity breaks between lessons or classes.

Holy Family School will provide daily recess or an outdoor break period prior to lunch for elementary students and for middle school students as the schedule permits.

Holy Family School will create a total school environment that is conducive to being physically active.

After school programs will encourage physical activity and promote healthy habits.

Celebrations/Class Parties

Celebrations that involve food will be limited. **HOMEMADE TREATS OF ANY KIND ARE NOT PERMITTED!**

Parents will be made aware in advance of when a celebration with food is taking place and what is to be served; Again, **homemade treats of any kind are not permitted!**

Non-food celebrations will be promoted and a list of ideas will be available to parents and teachers. As a reminder, this includes student's birthdays. If you would like to celebrate your student's birthday at school, ice cream cups may be purchased from the cafeteria for his or her class and purchased at least one week in advance. No cupcakes, cookies, doughnuts, etc may be brought to school as an alternative.

Access to drinking water

Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Water cups will be available for students to access water at the fountains/filling stations if needed.

Supervisory staff will facilitate access to water during mealtimes. Students will be allowed to bring drinking water from home into the classroom in a clear plastic container.

Water will be promoted as a substitute for sugar-sweetened beverages (SSBs)

School staff will be encouraged to model consumption of water.

Maintenance will be performed on all water fountains/filling stations regularly to ensure that hygiene standards for drinking fountains/filling stations are maintained.

Holy Family School reserves the right to amend the policy at any time under the advice of the leadership of the LWP Committee.