

# SCHOOL WELLNESS

## Purpose

Holy Name School recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development and readiness to learn. Holy Name School is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and promotion, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

## Authority

Holy Name School adopts this policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations.

To ensure the health and well-being of all students, Holy Name School establishes that the school shall provide to students:

- A comprehensive nutrition program consistent with federal and state requirements.
- Access at reasonable cost to foods and beverages that meet established nutrition guidelines.
- Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
- Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

The Principal shall be responsible for the implementation and oversight of this policy to ensure that Holy Name School, programs and curriculum is compliant with this policy, related policies and established guidelines or administrative regulations. The Principal shall annually report to the School Council and the Pastor regarding compliance in Holy Name School.

Staff members responsible for programs related to school wellness shall report to the Principal regarding the status of such programs.

The Principal shall annually report to School Council and the Pastor on Holy Name School's compliance with law and policies related to school wellness. The report may include:

1. Assessment of Holy Name School environment regarding school wellness issues.
2. Evaluation of food services program.
3. Review of all foods and beverages sold in Holy Name School for compliance with established nutrition guidelines.
4. Listing of activities and programs conducted to promote nutrition and physical activity.
5. Recommendations for policy and/or program revisions.
6. Suggestions for improvement in specific areas.
7. Feedback received from district staff, students, parents/guardians, community members and the Wellness Committee.

The Principal and the established Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. *Testing before the 2020 school year.* This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:

1. The extent to which Holy Name School is in compliance with law and policies related to school wellness.
2. The extent to which this policy compares to model wellness policies.
3. A description of the progress made by Holy Name School in attaining the goals of this policy.

At least once every three (3) years, Holy Name School shall update or modify this policy as needed. Based on the results of the most recent triennial assessment and/or as Holy Name School and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.

Holy Name School shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via the Holy Name School website, Parent and Student Handbook, monthly newsletters, and other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the Holy Name School Wellness policy; and a means of contacting Holy Name School Wellness Committee leadership.

## Guidelines Record-Keeping

Holy Name School shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:

1. The written Holy Name School Wellness policy.
2. Documentation demonstrating that Holy Name School has informed the public, on an annual basis, about the contents of the Holy Name School Wellness policy and any updates to the policy.
3. Documentation of efforts to review and update the Holy Name School Wellness policy, including who is involved in the review and methods used by the school to inform the public of their ability to participate in the review.
4. Documentation demonstrating the most recent assessment on the implementation of the Holy Name School Wellness policy and notification of the assessment results to the public.

## Wellness Committee

Holy Name School shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: School Council Member, Pastor, Food Service Manager, Student Council Member, Coach, School Nurse, School Guidance Counselor, Physical Education Teacher and member of the public. It shall be the goal that committee membership will include representatives that reflect the diversity of the community.

The Holy Name School Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing and periodically reviewing and updating the Holy Name School Wellness policy that complies with law to recommend to the Holy Name School Council and the Pastor for adoption.

The Holy Name School Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school based activities that promote student wellness as part of the policy development and revision process.

## Advisory Health Council

A Holy Name School Advisory Health Council consisting of the Principal, School Business Manager, School Nurse and School Guidance Counselor will meet to study student health issues and to assist in organizing follow-up programs.

The Holy Name School Advisory Health Council may examine related research, assess student needs and the current school environment, review existing school policies and administrative regulations, and raise awareness about student health issues.

The Holy Name School Advisory Health Council may make policy recommendations to the School Council and the Pastor related to other health issues necessary to promote student wellness.

The Holy Name School Advisory Health Council may collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.

The Holy Name School Advisory Health Council shall provide periodic reports to the School Council and the Pastor regarding the status of its work, as required.

Individuals who conduct student medical and dental examinations shall submit to the Holy Name School Advisory Health Council annual reports and later reports on the remedial work accomplished during the year, as required by law.

## Nutrition Education

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.

Nutrition education in Holy Name School shall teach, model, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.

Nutrition education lessons and activities shall be age-appropriate.

Nutrition curriculum shall teach behavior-focused skills, which may include menu planning, reading nutrition labels and media awareness.

Nutrition education shall be integrated into other subjects such as math, science, language arts and social

sciences to complement but not replace academic standards based on nutrition education.

Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

Nutrition education shall extend beyond the school environment by engaging and involving families and the community.

## Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

Holy Name School shall promote nutrition through the implementation of Farm to School activities where possible. Activities may include, but not be limited to, classroom education about local agriculture and nutrition and field trips to local farms.

Holy Name School shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

Holy Name School food service personnel shall review and implement research-based, behavioral economics techniques in the cafeteria to encourage consumption of more whole grains, fruits, vegetables and legumes, and to decrease plate waste.

Consistent nutrition messages shall be disseminated and displayed throughout Holy Name School classrooms, cafeterias, homes, community and media.

Consistent nutrition messages shall be demonstrated by avoiding use of unhealthy food items in classroom lesson plans and school staff avoiding eating less healthy food items in front of students.

District schools shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children.

## Physical Activity

Holy Name School shall strive to provide opportunities for regular developmentally appropriate physical activity during the school day for all students.

Holy Name School shall contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of regular age-appropriate physical activity weekly. Opportunities offered at school will augment physical activity outside the school environment, such as outdoor play at home, sports, etc.

Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits.

Age-appropriate physical activity opportunities, such as outdoor and indoor recess, before and after school programs, during lunch, clubs, intramurals and interscholastic athletics, shall be provided to meet the needs and interests of all students, in addition to planned physical education.

A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

Physical activity breaks shall be provided for students during classroom hours.

Physical activity shall not be used or withheld as a form of punishment.

## Physical Education

A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All Holy Name School students must participate in physical education.

Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.

A varied and comprehensive curriculum that promotes both team and individual activities and leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.

Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.

Student grade appropriate checklists shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.

Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.

Safe and adequate equipment, facilities and resources shall be provided for physical education courses.

Physical education classes shall have a teacher-student ratio comparable to those of other courses for safe and effective instruction.

Physical activity shall not be used or withheld solely as a form of punishment.

## Other Holy Name School Based Activities

Drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.

Nutrition professionals who meet hiring criteria established by Holy Name School and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for district nutrition staff, as required by federal regulations.

Holy Name School shall provide adequate space, as defined by Holy Name School, for eating and serving school meals.

Students shall be provided a clean and safe meal environment.

Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.

Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by Holy Name School.

Students shall have access to hand washing or sanitizing before meals and snacks.

Access to the food service operation shall be limited to authorized staff.

Nutrition content of Holy Name School meals shall be available to students and parents/guardians.

Holy Name School shall provide appropriate training to all staff on the components of the School Wellness policy.

Goals of the Holy Name School Wellness policy shall be considered in planning all school based activities.

Administrators, teachers, food service personnel, students, parents/guardians and community members shall be encouraged to serve as positive role models through Holy Name School programs, communications and outreach efforts.

Holy Name School shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

Holy Name School shall maintain a healthy school environment, including but not limited to indoor air quality, in accordance with the district's healthy learning environment program and applicable laws and regulations.

## Nutrition Guidelines for All Foods/Beverages at Holy Name School

All foods and beverages available in Holy Name School during the school day shall be offered to students with consideration for promoting student health and reducing obesity.

Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.

### *Competitive Foods* –

Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers.

**Competitive foods** are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch.

For purposes of this policy, **school campus** means any area of property under the jurisdiction of the school that students may access during the school day.

For purposes of this policy, **school day** means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.

Holy Name School may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.

#### *Fundraiser Exemptions –*

Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in School nutrition standards, unless an exemption is approved in accordance with applicable School Council and administrative regulations.

Holy Name School may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: up to five (5) exempt fundraisers in elementary and middle school buildings, and up to ten (10) exempt fundraisers in high school buildings. **Exempt fundraisers** are fundraisers in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards.

Holy Name School shall establish administrative regulations to implement fundraising activities in district schools, including procedures for requesting a fundraiser exemption.

#### *Non-Sold Competitive Foods –*

Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by Holy Name School.

If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:

1. Rewards and Incentives:
2. Foods and beverages shall not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (e.g., field trip to a farm, etc.).
3. Classroom Parties and Celebrations:
4. Only non-food based parties and celebrations shall occur on the school campus during the school day in Holy Name School.

### **Shared Classroom Snacks:**

Shared classroom snacks are not permitted in Holy Name School.

Holy Name School shall provide a list of suggested nonfood ideas and healthy food and beverage alternatives to parents/guardians and staff, which may be posted via the Holy Name School website, Parent and Student Handbook, monthly newsletters, or other efficient communication methods.

### *Marketing/Contracting –*

Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established School Council and administrative regulations.

Exclusive competitive food and/or beverage contracts shall be approved by Principal, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.

## Management of Food Allergies in Holy Name School

Holy Name School shall establish School Council policy and administrative regulations to address food allergy management in Holy Name School in order to:

1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all Holy Name School programs and activities.

## Safe Routes to Holy Name School

Holy Name School shall cooperate with local municipalities, public safety agency, police departments and community organizations to develop and maintain safe routes to Holy Name School.

## References:

School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513

National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.

School Breakfast Program – 42 U.S.C. Sec. 1773

Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296

National Food Service Programs, Title 7, Code of Federal Regulations –  
7 CFR Part 210, Part 220

Board Policy – 102, 103, 103.1, 105, 209.1, 229, 808