



Holy Cross Catholic School Wellness Plan

Updated 2018-2019

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Nutrition Education and Promotion

Holy Cross aims to teach, model, encourage, and support healthy eating for all students throughout the school and to educate parents on how to encourage healthy eating at home. Nutrition education and promotion positively influences lifelong eating behaviors by using evidenced-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and participation in school meal programs.

Goal/Objective: To provide nutrition education experiences that support the instructional component to improve students' eating behaviors and help develop healthy lifestyle practices. To encourage and support nutritious eating by students and adults.

Cafeteria Based Nutrition Education and Promotions at the School: The school supports coordinated school nutrition programs with cafeteria-based lessons and activities that promote and reinforce healthy school nutrition environments.

Examples:

- Wellness coordinator visits classrooms and explains how the school food service program ensures that meals meet U.S. Department of Agriculture (USDA) nutrition standards and the Dietary Guidelines for Americans.
- Classes visit the cafeteria kitchen for a tour and demonstration on how meals are prepared.
- Involve students in planning the school menus.
- Display nutrition posters in the cafeteria and distribute nutrition information.
- Host a cafeteria centered healthy eating information piece for parents, invite parents to a healthy eating class as part of Powerful Parenting series.

Curriculum Content Areas: The school supports the comprehensive health education curriculum nutrition concepts and skills in accordance with curriculum standards.

Education Links with Community Partners: Continue programs like Eating from the Garden, Healthy Kids Screenings and education, Seton Center Dental Health Care, Circle of Grace curriculum, after-school Soccer and Parochial sports options. Look for additional opportunities to support Wellness initiatives.

Nutritional Guidelines for Food Offered During School Day

Holy Cross School is committed to serving healthy meals to children, with fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans-fat per serving; and to meet the nutrition needs of school children within their calorie requirements. Holy Cross School participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and where applicable, After School Snacks, the Fresh Fruit and Vegetable Program (FFVP) and the Summer Food Service Program (SFSP).

Holy Cross School operates additional nutrition-related programs and activities, at applicable schools, which includes: school garden, additional education around healthy eating, lifestyle, physical and mental health. School menus will be posted on the website. All school nutrition program menus are created and reviewed to insure the meet the Federal Lunch Program Standards.

Holy Cross is committed to ensure that all food and beverages made available to students on the school campus during the school day supports healthy eating. Food and beverages sold and served outside of the school nutrition program will meet the USDA Smart Snacks in School nutrition standards. These standards apply at all locations and services that food and beverages are sold to students during the school day, which may include, but are not limited to, school stores, and Birthday and Party snacks, and fundraisers.

Goal/Objective:

- To provide students with a variety of affordable nutritious meals and snacks.
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- To plan all menus in accordance with federal, state, and local regulations, rules, and guidelines. Standards: Choose All that Apply Foods available during the School Day School meals and after-school snacks adhere to federal, state, and local regulations and guidance as issued by the Secretary of Agriculture under the U.S. Department of Agriculture (USDA),

Local menus for breakfast, lunch and after-school snacks are followed as written with minimum menu substitutes. Extra Food Sales All foods sold in school adhere

to federal, state, and local regulations and guidance as issued by the Secretary of Agriculture under the U.S. Department of Agriculture (USDA),.

Sales of Food on School Premises/ Fundraisers: Holy Cross School will follow the existing Diocese of Kansas City St. Joseph fundraising policy/procedure. Standards do not apply during non-school hours, on weekends and at off-campus fundraising events. The standards do not apply to fundraisers in which the food or beverage is clearly not for consumption on the school campus during the school day (ex. cookie dough, pizza dough, vouchers for food).

Snacks Food provided, but not sold, to students during the school day should meet Smart Snacks in School nutrition standards. This includes classroom snacks/instructional use of food, snacks offered during student meetings during the school day, and student celebrations and recognition. Use of nonfood treats as a reward is encouraged. A recommended list of healthy snack choices for service and consumption by students is included as a resource for school staff, parents and administrators. • Appendix – Recommended List for Healthy Snacks

Water: Unflavored drinking water is available to all students throughout the school day.

Holy Cross School maintain files to document that all items sold within the school meet the Smart Snack requirements.

Physical Education and Physical Activity:

Children and adolescents should participate in 60 minutes of physical activity, daily. A substantial percentage of students' daily physical activity requirements can be met through comprehensive school-based physical activity programs.

Holy Cross School will provide students with physical education, using age appropriate, sequential physical education curriculum consistent with national and state standards for physical education.

Goal/Objective:

- To provide students with opportunities for a quality physical education and daily physical activity.
- To provide these opportunities for each student in order to foster an understanding of the short and long-term benefits of a physically active and healthy lifestyle.

Standards:

Sequential, standards-based, physical education instruction to include health related fitness components are available for students in grades K-8.

(Health-related fitness focuses on activities that promote a healthy lifestyle).

Elementary: Holy Cross School shall provide a minimum of 90 contact hours of instruction at each grade level K-5 in health and physical education.

Middle: Each Holy Cross School grades 6-8 shall make available instruction in health and physical education.

Extended periods of inactivity should be discouraged. When there are activities that make it necessary for students to be sitting for long periods of time, such as school-wide testing, students should have periodic "brain breaks," where they are encouraged to stand up and be moderately active.

Family, Life and Sex Education- Will be offered in accordance with the Diocese of Kansas City and St. Joseph chosen curriculum- Theology of the Body (7th/8th) and Circle of Grace (which promotes setting healthy boundaries (K-8).

Daily physical activity will be available for students in grades K-5. •Holy Cross provides physical activity opportunities after-school for students in grades 6-8, in addition to daytime physical education classes.

Intramural and Extracurricular Activities- Holy Cross offers Parochial League sports for Grades 4-8, Soccer for Success K-8 and participates in a yearly Fun Run to promote healthy choices and good sportsmanship.

Physical activity is neither used as punishment nor withheld as a punishment.

Recess is available for all elementary age children for at least 15 minutes on all or most days during the school year.

Recess will complement, not replace, physical education class.

Other School-Based Activities that Promote Wellness

Holy Cross is dedicated to offering activities beyond what is outlined above that promote wellness and healthy lifestyle choices.

Examples of promotions/programs:

- Introduce wellness programs to staff members (offered through the Diocese)
- Health screenings (Healthy Kids, Seton Center)
- Physical activity and fitness (Clubs and other non-sports based physical activities)
- Influenza vaccinations (offered to staff through the Diocese)
- Nutrition education for both Students and Parents
- Possible partnership with Northeast Farmers Market?

Offered through our Counseling Program:

Small Groups (as needed) covering:

- Weight management
- Tobacco Prevention programs (DARE)
- Staff and Student Stress management in-services/activities
- Present health and wellness information at regular staff meetings
- Place health information into newsletter articles, brochures and e-mail messages.
- Promote a clean, healthy, safe environment conducive to maximizing instructional focus.
- A healthy, clean and safe environment will promote a positive effect on students and the school staff.

Examples:

- Environmental Services and Nutrition Services will insure that school meals are served in a clean and pleasant setting.
- Dining areas will be attractive and have sufficient space for seating.
- School staff will provide appropriate supervision in school cafeteria areas and serve as role models to students.
- School will provide safe, clean, and hygienic-supported restrooms.
- Hand-washing equipment, soap, and supplies will be placed in convenient places so that students and staff can wash their hands before eating and other appropriate times. Students will have the opportunity to wash hands or have access to hand sanitizing before they eat meals or snacks and at other appropriate times.
- Water fountains will be available for students to get water throughout the day.
- School classrooms will be kept clean and neat.
- School will have appropriate required safety plans.
- Schools will meet the diocese policy on staff being trained in CPR and AED equipment.
- Schedule meal times to provide adequate time for students to enjoy eating healthy foods. Students should be allowed a minimum of 20 minutes

to eat after sitting down for lunch. Lunch should be scheduled between 10:00AM and 2:00PM daily.

- Schools should not schedule tutoring, club, or organizational meetings or activities during meal times, unless students may eat during such activities.
- Food Safety All foods not prepared by trained professionals and all food made available to students, should be purchased from a reputable commercial establishment to ensure the safety of students. This does not pertain to an individual student's lunch from home.

- School discourage students from sharing their foods or beverages with one another during meal or snack times, with respect to allergies and other dietary restrictions.

- Each food preparation site is represented by at least one person credentialed in food safety. All food handlers and foods available on campus adhere to food safety standards.

- Sanitation deficiencies cited on local inspections are corrected immediately, including facility deficiencies.

Communication

Holy Cross School will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

Goal/Objective:

To promote clear and consistent messages that explain and reinforce healthy eating and physical activity habits.

Messages will be directed to students, staff, parents, and the community.

- Public Notification The Wellness Council will use electronic (such as email or displaying notices on the school website) and/or non-electronic (such as newsletters or presentations) to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.
- Promote messages in school communications that exemplify:
 - Healthy foods taste good and are good for you
 - Fitness is fun
 - Healthier students are smarter students

- Our school provides healthy foods for our students and staff
- Our school promotes healthy lifestyles
- Healthier lifestyles enable school employees to be happier and more productive
- Engage parents through activities that promote healthier lifestyles
 - Examples:
 - Walk Your Child to School days
 - PTA/parent activity nights
 - School, charity and foundation fun runs, walks, fundraisers
 - Healthy eating seminars/workshops for parents
 - Post nutrition tips on the school website
 - Send home nutrition information with children
 - Share information about local active events and/or education, through the website or take-home materials.
 - Assign homework that prompts family discussion on healthy habits.

Implementation and Evaluation

The district will develop and maintain a plan for implementation to manage and coordinate the execution of the wellness policy. At least once every three years, the district will evaluate compliance with the wellness policy to assess implementation. Goal/Objective: To measure implementation of the wellness policy, including the designation of one or more persons with operational responsibility for ensuring that schools are addressing the policy.

- Establish a plan for measuring, monitoring and completing the school level Fulton County Wellness Plan • Appendix – Wellness Policy Evaluation Checklist
- Submit annually a completed Wellness Policy Evaluation Checklist to the School Nutrition Department.

Appendix

Healthy Snacks Resources:

<https://foodandhealth.com/usda-school-snack-guide/>

Wellness Policy Evaluation Checklist

School Name: _____ Date: _____

1. Nutrition Education and Promotion

Goal/Objective:	Check All Completed
To provide nutrition education experiences that support the instructional component to improve students' eating behaviors and help develop healthy lifestyle practices.	
To encourage and support nutritious eating by students and adults. Educational Reinforcement (Public Involvement) Collaborated with other school and community groups to conduct nutrition education activities such as health fairs, career days, health/nutrition professional presentations, etc.	
Cafeteria Based Nutrition Education and Promotions at the School Students participated in activities that promoted and reinforced healthy school nutrition environments. Staff conducted promotions and nutrition	

activities that included students, staff and community.	
Staff coordinated school nutrition programs with classroom lessons allowing students to apply critical thinking skills taught in the classroom	
Visited classrooms and explain how the school food service program ensures that meals meet U.S. Department of Agriculture (USDA) nutrition standards and the Dietary Guidelines for Americans	
Invited classes to visit the cafeteria kitchen for a tour and demonstration on how meals are prepared.	
Involved students in planning the school menus	
Displayed nutrition posters in the cafeteria and distributed nutrition information	
Invited School Nutrition staff to conduct training sessions, presentations and/or information about the School Nutrition Program for students, staff and parents.	
Curriculum Content Areas The school supported the comprehensive health education curriculum nutrition concepts and skills in accordance with curriculum standards	
Education Links with School Staff created nutrition education lessons in the school cafeteria and classroom by coordinating with school nutrition manager and teachers.	

Staff Integrated nutrition education with other school health initiatives.	
Marketing on the School Campus Complies with USDA Standards Only food items that meet USDA Smart Snacks in Schools nutrient standards are marketed on the school campus during the school day	

Comments: _____

2. Nutrition Guidelines for Foods Available During the School Day

Goal/Objective:	Check All Completed
To provide students with a variety of affordable nutritious meals and snacks.	
To plan all menus in accordance with federal, state, and local regulations, rules, and guidelines.	
Foods Available During the School Day School meals and after-school snacks adhered to federal, state, and local regulations and guidance as issued by the Secretary of Agriculture under the U.S. Department of Agriculture (USDA),	
Local menus for breakfast, lunch and after-school snacks were followed as written with minimum menu substitutes.	

Extra Food Sales All foods sold in school adhered to federal, state, and local regulations and guidelines.	
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Comments:_____

3. Fundraisers

Goal/Objective:	Check All Completed
Schools followed the existing fundraising policy/procedures	
No food or beverage may be sold as a fund-raising activity for consumption during the school day.	
Snacks Snacks served during the school day met Smart Snacks in School nutrient standards.	
A recommended list of healthy snack choices for service and consumption by students is included as a resource for school staff, parents and administrators. This includes classroom snacks/instructional use of food, snacks offered during student meetings during the school day, and student celebrations and recognition.	

Comments:_____

4. Water and Snacks

Goal/Objective:	Check All Completed
Unflavored drinking water is available to all students throughout the school day.	
School maintained files to document that all items sold within the school meet the Smart Snacks in School nutrient standards (nutrition fact labels, ingredient statements)	

Comments:_____

5. Other School-Based Activities to Promote Wellness

Goal/Objective:	Check All Completed
To provide school-based activities that are designed to promote student and staff wellness.	
Promotions/Programs: Encouraged student and staff members to improve their health and wellness through promotions and programs.	
Introduced wellness programs to staff members	
Health screenings	
Physical activity and fitness	
Nutrition education	

Weight management	
Tobacco Prevention programs	
Influenza vaccinations	
Stress management in-services/activities	
Presented health and wellness information at regular staff meetings	
Placed health information into newsletter articles, brochures and e-mail messages	

Comments:_____

6. Environment

Goal/Objective:	Check All Completed
The school promoted a clean, healthy, safe environment conducive to maximizing instructional focus.	
School meals were served in a clean and pleasant setting.	
Dining areas were attractive and had sufficient space for seating. • Appropriate supervision was provided in school cafeteria areas and serve as role models to students	
Safe, clean, and hygienic-supported restrooms were available.	
Hand-washing equipment and supplies were placed in a convenient place so that student and staff could	

wash their hands before eating, or students will had access to hand sanitizing supplies before they ate meals or snacks.	
Drinking fountains or water stations were available for students to get water at meals and throughout the day.	
School classrooms will be kept clean and neat.	

Comments:_____

Environment (Continued)

Goal/Objective:	Check All Completed
School has appropriate required safety plans	
School met the district policy on staff being trained in CPR and AED equipment.	
Meal Time Schedule Meals were scheduled to provide adequate time for students to enjoy eating healthy foods	
Students were allowed a minimum of 20 minutes to eat after sitting down for lunch	
Lunch was scheduled between 10AM – 2PM daily	

Tutoring, club, or organizational meetings or activities were not scheduled during meal times, unless students could eat during such activities.	
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Comments:_____

7. Food Safety

Goal/Objective:	Check All Completed
All foods not prepared by trained district school nutrition staff on campus and made available to students, were purchased from a reputable commercial establishment to ensure the safety of students. (This does not pertain to an individual student's lunch from home.)	
Schools discouraged students from sharing their foods or beverages with one another during meal or snack times, with respect to allergies and other dietary restrictions.	
Each food preparation site is represented by at least one person credentialed in food safety	
All food handlers and foods available on campus adhered to food safety standards.	
Sanitation deficiencies cited on local inspections were corrected	

immediately, including facility deficiencies.	
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Comments:_____

8. Physical Education and Physical Activity

Goal/Objective:	Check All Completed
To provide students with opportunities for quality physical education and daily physical activity.	
To provide these opportunities for each student in order to foster an understanding of the short and long-term benefits of a physically active and healthy lifestyle.	
Family Life and Sex Education is offered	
Sequential, standards-based, physical education instruction to include health related fitness components were available for students in grades K-8	
Health-related fitness focuses on activities that promote a healthy lifestyle	
Elementary-provided a minimum of 90 contact hours of instruction at each grade level in health and physical education	

Middle- provided a minimum of 90 contact hours of instruction in health and physical education.	
Extended periods of inactivity were discouraged	
Physical Activity Opportunities were Available After School for Students in Grades K-8	
Participated in Walk Your Child to School Days	
Participated in School Fun Run	
PTA/parent activity nights	
School sponsored physical activity events used as fundraisers	
Physical Activity was not used as punishment nor withheld as a punishment	
Recess was available for all elementary age children for at least 15 minutes on all or most days during the school year.	
Recess will complement, not replace, physical education class.	

Comments_____

9. Communication

Goal/Objective:	Check All Completed
To promote clear and consistent messages that explain and reinforce	

healthy eating and physical activity habits.	
Messages will be directed to students, staff, parents, and the community Public Notification The Wellness Council used electronic (such as email or displaying notices on the school website) and/or non-electronic (such as newsletters or presentations) to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.	
Engaged parents through activities that promote healthier lifestyles	
Walk Your Child to School days	
PTA/parent activity nights	
School, charity and foundation fun runs, walks, fundraisers	
Healthy eating seminars/workshops for parents • Post nutrition tips on the school website	
Send home nutrition information with children	
Share information about local active events and/or education, through the website or take-home materials.	
Assign homework that prompts family discussion on healthy habits.	
Establish partnerships with community organizations and make outreach to groups that support the school's wellness goals	

Communicate activities to news media that promote the school's wellness initiatives	
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Comments_____

Implementation and Evaluation

Goal/Objective:

- To measure implementation of the wellness policy, including the designation of one or more persons with operational responsibility for ensuring that schools are addressing the policy.
- Implementation Established a plan for measuring, monitoring and completing the Holy Cross School Wellness Plan Evaluation and Report The school's Wellness Committee/designee reported annually on implementation of this policy by completing this Wellness Policy Evaluation Checklist and submitting to the Principal.

Principal Signature: _____ Date: _____

Wellness Contact: Print Name: _____

Wellness Contact Signature: _____ Date: _____

Cafeteria Manager Signature: _____ Date: _____

This institution is an equal opportunity provider