

Holy Cross Lutheran School
Wellness Policy

Philosophy- Holy Cross Lutheran School believes that children and youth who begin each day as healthy individuals can learn more and learn better and are more likely to complete their formal education. We also believe that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.

Holy Cross Lutheran School promotes a healthy lifestyle by supporting wellness, good nutrition, and regular physical activity as part of the learning process. The school supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support of good nutrition and physical activity, the school contributes to the basic health status of the children enrolled.

As required by Congress, *section 204, public law 108-265*, Holy Cross Lutheran School's wellness policy determines and monitors all wellness initiatives of the school including obesity prevention. The school's wellness committee will recommend and monitor objectives for the wellness policy.

A copy of the wellness policy is available on Holy Cross Lutheran School's Website at www.holycrossnorthmiami.com

Nutrition Education Goals

Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

(a) Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the school's Nutrition Services Department or contracted vendors. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible.

(b) Nutrition services policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.

Students in grades Pre K – 8th receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.

Students receive consistent nutrition messages throughout the school, classroom and cafeteria.

Students have an opportunity to attend a nutrition and cooking class once a year.

- a) School: Posters are posted in the Cafeteria to promote good eating habits and healthy food options. Other information will be available through the school website, flyers and/or school newsletter.
- b) Staff: School staff will attend in-services and/or nutrition training.
- c) Parent: The school will support parents' effort to provide a healthy diet and daily physical activity for their children. The school will send home nutrition information, post nutrition tips on school website or through school flyers. School should encourage parents to pack healthy lunches and snacks. Such support will also include sharing information about physical activity and physical education through the website, newsletter, take-home materials or physical education homework.

Physical Activity Goals

Students will participate and complete 80% of the activities provided below before the end of the school year.

1 Such instruction may be provided for grades PK- 8th through formal physical education courses, integration into other courses, regularly scheduled intramural activities, and/or regularly scheduled school-wide activities.

2. Participation in several physical activity programs throughout the school year for all students in grades Pre-K through grade eight.

Programs Activities include:

- Field Day
- Presidential Fitness Program
- School Sports Program-(Volleyball, Basketball, Cheerleading, Hockey and Track)
- Red Ribbon / Drug Free activity

Goals for Other School-Based Activities Designed to Promote Student Wellness

Staff Wellness- The school shall provide information about wellness resources and services and establish a staff committee to assist in identifying and supporting the health, safety and wellbeing of site staff.

(a)The school shall be in compliance with drug, alcohol and tobacco free policies.

(b)The school shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.

(c)Employees shall be encouraged to engage in daily physical activity during the workday as part of work breaks and/or lunch periods, before or after work hours in site sponsored programs or as part of discounted membership in local fitness facilities.

Qualifications of School Food Service Staff.

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.⁶

Health Education and Life Skills. Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

(a)The school shall provide for an interdisciplinary, sequential skillbased health education program based upon state standards and benchmarks.

(b)Students shall have access to valid and useful health information and health promotion products and services.

(c)Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before or after school programs.

(d)Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.

Goal

Students will be provided an adequate amount of time to consume meals

- **Implementation-** Schedule a Minimum of 30 minutes for each class to consume their meals
- **Evaluation-** Review the school schedule to confirm that each class is provided no less than 30 minutes to consume meals.

Goal- food will not be used as a reward or punishment

- **Implementation-** Establish rules in the Code of Student Conduct and School Employee Handbook that food cannot be used for rewards or punishment.
- **Evaluation-** Review the Code of Student Conduct and School Employee Handbook to verify the rule has been established. Interview teachers by asking them if they use food as a reward or punishment.

Nutrition Standards for All Foods Available on School Campus during the School Day

Nutrition services policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.

School Meals: Meals served through the National School Lunch will:

- a) Be appealing and attractive to children
- b) Be served in clean and pleasant setting
- c) Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.

Serve low-fat (1%) white, chocolate or Fat Free White or chocolate Milk

Nutrition Guidelines for All Foods Served or Sold:

All foods served or sold at this school will meet the following nutrition guidelines. These guidelines also apply to fund raisers and class parties. Holy Cross Lutheran School does not sell vending foods or other food sales.

- 200 calories or fewer per portioned package
- No more than 35% of total calories from fat per serving size
- Zero trans-fat per serving
- Consistent with the Dietary Guidelines
- Contributes to developing healthy eating habits

Measurement and Evaluation:

The PE Teacher will ensure compliance with established nutrition and physical activity wellness policies and will report on the schools compliance to the school principal.

School food service staff, at the school, will ensure compliance with nutrition policies within the school food service areas and will report on this matter to the school principal.

To help with the initial development of the school's wellness policies, the school will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies, and revise the policies and develop work plans to facilitate their implementation every three years. We will be using the school help index.

All records and activity log will be collected for each physical and nutritional activity and stored at the school site in order to ensure that all activities are documented and complied with, using the current wellness policy.

DESIGNEE:

Beverly Thompson is the person charged with operational responsibility for ensuring that the school is meeting the local wellness policy.

ASSURANCE

We assure that the guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USD.

Procedure for Reporting to the School Board/Governing Authority: This policy shall be assessed every 2 years, proper adjustments will be made as needed.

Website Address for the Wellness Policy :Holycrossnorthmiami.org

Wellness Policy Committee – This committee has assessed the school’s nutrition and physical activity needs and developed this Policy based on those needs.

The committee is composed of the following representatives:

Area Represented	Committee Member Name
Parent	Sarah Menendez
Student	Sierra Hahn
School Food Service Personnel	Lisa Sejba
School Board	Susanne Franklin
School Administrator	Sherri Mackey
School Nurse	Marluys Sejba
Physical Education Staff	Beverly Thompson

