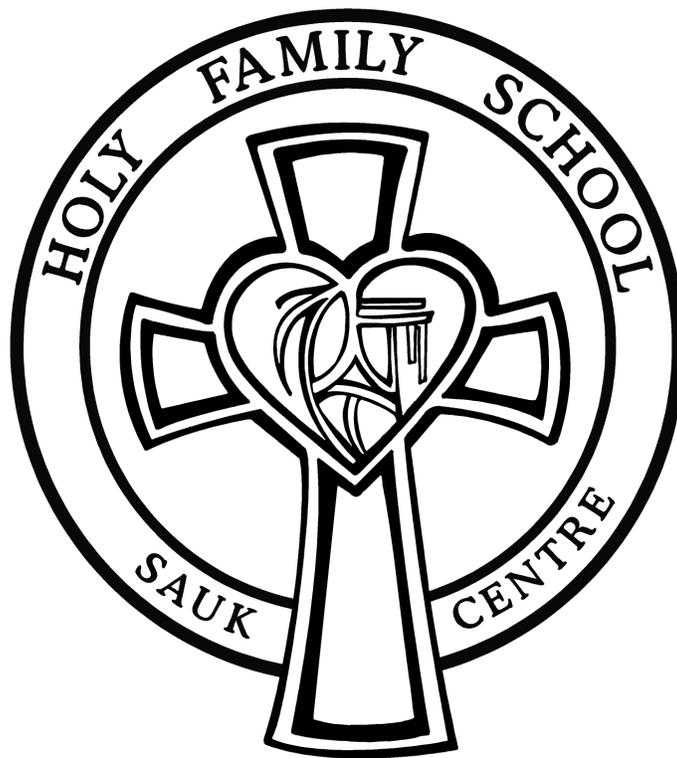


# **HOLY FAMILY SCHOOL WELLNESS PLAN**



**Holy Family School  
231 Sinclair Lewis Avenue  
Sauk Centre, MN 56378**

## HOLY FAMILY SCHOOL WELLNESS PLAN

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231 Sinclair Lewis Ave.  
Sauk Centre, MN 56378  
(320)352-6535

**Holy Family School, Sauk Centre, Wellness Plan  
(First Adopted: September 2006; Revised and Board approved in 2010, 2013, 2015, 2018 and  
Wellness Committee currently reviewing for the 2022-2023 school year)**

### **I. PURPOSE**

The purpose of the Wellness Policy for Holy Family School is to not only comply with Federal legislation requiring schools and districts to assure a school environment that protects and promotes the health, well-being, and ability to learn lifelong well skills by supporting and promoting healthy eating and physical activities.

### **II. GENERAL**

- A. The school recognizes that nutrition and wellness education, along with physical education and activities are essential components of the educational process that good health and habits have a direct correlation with student attendance and academics.
- B. The school recognizes that school environments should promote students' health, well being, and ability to learn by encouraging healthy eating and physical activity.
- C. The school recognizes the importance of encouraging the involvement of students, parents, staff, and the food service and kitchen staff, and all other vested parties in implementing, monitoring, and reviewing nutrition, wellness, and physical activity policies.
- D. The school recognizes the need to provide students with the access to healthy foods and a variety of opportunities to be physically active on a regular basis.
- E. The qualified food service staff will provide students access to affordable, nutritious, and appealing menus that meet the students' health and nutritional needs, and will provide a clean, safe, and friendly setting where students have adequate time to eat.

### **III. GUIDELINES**

#### **A. Foods and Beverages:**

1. Foods and beverages at school will be consistent with the current USDA Dietary Guidelines and help promote healthy food options – we do not offer any items that are not consistent with these guidelines. In addition, no food or beverage items are available outside of the school lunch program via vending machines, concessions, etc. Finally, we do not allow advertising that promotes food or beverage choices outside of these guidelines.
2. Food service personnel will ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and guidelines. The lunch program will continue to offer and expand on fresh produce offered to students each day.
3. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines and regularly update themselves on current standards.
4. The school will have a privacy procedure to prevent the overt identification of students who are eligible for free and reduced-price school meals and those working in this area will have yearly training.
5. The school will make every effort to provide students with sufficient time to eat school meals and will schedule meal periods at appropriate times during the day.

#### **B. School Food Service Program/Personnel:**

1. The school will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
2. The school head cook and staff will be responsible for the school's food service program; duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available at school to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.
3. The school's head cook will be certified and keep updated through professional development or workshops and oversee workers and volunteers in the lunch program.

#### **C. Nutrition Education and Promotion:**

1. The school will encourage and support healthy eating by students and engage in nutrition promotion that is:
  - a. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health.
  - b. part of health education classes as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, where appropriate.

- c. enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities.
2. The school educates and encourages all students to make healthy choices with foods and beverages at home and at school. For school functions, including milk break, class parties, and birthday treats, parents are encouraged to send healthy options to school. All food items must be store-bought. Periodically, the school will send suggestive lists to help with healthy options.
3. The school will encourage healthy food or beverage options for any special events and celebrations. No child will be denied, for any reason, from receiving any food or beverage offered during the lunch program, or for any celebrations at our school.
4. The school does not allow advertising that promotes food or beverage choices outside of the USDA Dietary Guidelines.

#### **D. Physical Activity:**

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities.
2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate, and ways of incorporating more structure physical activities into recess times will be evaluated on a regular basis.
3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

#### **E. Communications with Parents:**

1. The school recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. The school will support parents' efforts to provide a healthy diet and daily physical activity for their children and will periodically send information home to assist them in this area.
3. The school encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value, and will encourage healthy treats if parents are providing snacks for classroom parties or activities.
4. The school will provide information about physical education and other school-based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school.

#### **IV. IMPLEMENTING AND MONITORING**

- A. The wellness policy will be implemented at school and will be shared with stakeholders for feedback.
- B. Our wellness committee will be led by the school nurse and is comprised of teachers, paid staff, parents and committee members. This committee will invite and encourage feedback from students and other stakeholders in the school community. Stakeholders will be made aware of these meetings, and invited to become a member of this committee, through the school website, the school portal, school newsletters and church bulletins. They will be also be invited to participate in the development, review, update and implementation of the local wellness plan.
- C. An evaluation tool or reflection piece will be used to gather feedback and input of the wellness plan for the school year and help direct decisions for the following school year. Our triennial assessment will include how we comply with the wellness policy, how it compares to other wellness policies, and a progress of our goals. This information will be made available onsite as well as through our school portal.
- D. The school food service staff will ensure compliance within the school's food service areas and will report to the school or administration as appropriate.
- E. The administration and/or wellness committee will ensure compliance with the wellness policy and will provide feedback of the school's compliance with the policy to the school board or stakeholders.
- F. The school will use faculty meetings, parent and/or PAC meetings, student health classes, and input from staff and faculty to monitor and implement the wellness plan.

# Wellness Input/Goals/Reflections/Changes

School Year \_\_\_\_\_ - \_\_\_\_\_

1. What main goals, plans, etc. would you like the school to continue to address during the school year or address for the coming year:

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2. What measureable strides, successes or changes have you seen (positive &/or negative):

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3. What goals or objectives did you feel were accomplished:

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4. What are the best ways to continue to communicate our wellness plan and gather feedback:

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5. Who were some of the key members in the plan, feedback, evaluation, etc.:

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6. Additional Comments:

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MEASUREMENT PLANNING WORKSHEET:

**Physical Activity**

<b>OBJECTIVE</b> What do we want to accomplish?	<b>INDICATOR</b> What markers will show that change occurred?	<b>MEASUREMENT TOOL</b> How will we document change?	<b>PERSON RESPONSIBLE</b> Who will do the measuring?	<b>TIMELINE</b> Start and end dates

MEASUREMENT PLANNING WORKSHEET:

**Nutrition Education**

<b>OBJECTIVE</b> What do we want to accomplish?	<b>INDICATOR</b> What markers will show that change occurred?	<b>MEASUREMENT TOOL</b> How will we document change?	<b>PERSON RESPONSIBLE</b> Who will do the measuring?	<b>TIMELINE</b> Start and end dates

## Triennial Assessment Report Template

### General Information

Reporting Timeframe (Month, Year – Month, Year):	
School(s) included in the assessment: Designated leader(s) of the wellness policy team:	
Web site address for the wellness policy and/or information on how the public can access a copy:	

### Assessment Information

Describe how your school(s) is in compliance with the wellness policy regulations.	
Describe how your wellness policy compares to model wellness policies. (Example: the <a href="#">Alliance for a Healthier Generation</a> template)	




Explain the progress made in attaining the goals of the wellness policy.

Note: Attach copies or reports of any assessments that have been conducted.

Examples:

- School Health Index results indicating strengths and weaknesses of your policy.
- [WeISSAT 2.0](#) results indicating the quality of written policy.
- Relevant data sources such as Minnesota Student Survey results or other school/district data.

Additional notes, if necessary:



## *Promoting Health in Minnesota Schools:*

# HEALTHY CLASSROOM SNACKS & CELEBRATIONS

As society becomes more aware of and concerned with children's health issues, communities are turning to schools to provide a school environment that promotes both healthy eating and physical activity.<sup>1</sup> School policies supporting healthy eating and physical activity are an important component of school efforts to promote the health and well-being of school children. Evidence shows that good nutrition and physical activity are linked to academic achievement.<sup>2</sup> Providing healthy snacks and celebrations in the classroom is an important opportunity to reinforce healthy eating behaviors in children.

### **What are healthy classroom snacks and celebrations?**

With daily snacks and frequent holiday and birthday parties, many snacks and celebratory foods are served in schools. Usually, though, foods served as snacks and during classroom parties are unhealthy, such as pizza, sugary drinks, cake, ice cream, or candy.<sup>3</sup> Offering healthier or non-food options is a way to take advantage of snack time and parties as opportunities for students to learn about healthy eating.<sup>4</sup>

### **Why are healthy classroom snacks and celebrations important?**

Many children consume more than half their daily calories at school.<sup>5</sup> Snack time and birthday celebrations can serve to undercut nutrition education if lessons are contradicted by rewards of candy, sweets, and junk food. Unfortunately, unhealthy snacks and party foods that are low in nutrients and high in fat, added sugars, and sodium are the norm rather than the exception in the classroom. Rewarding children with junk food teaches them to prefer unhealthy foods and to eat when they are not hungry as a reward to themselves. This can contribute to the development of unhealthy eating habits.<sup>6</sup>

However, classroom snacks and celebrations can also provide a unique opportunity for children to learn about nutrition and health. Serving healthy foods to children reinforces nutritional education, helping schools provide a comprehensive learning environment that can influence children's choices about their

## Smart Snacking

Sometimes the munchies set in and we get cravings for certain snacks. Reaching for something to satisfy the urge isn't bad as long as it is done smartly. Here are some healthy suggestions for when you are craving something...

<b><i>Crunchy</i></b>	<ul style="list-style-type: none"> <li>• Apples and whole-grain breadsticks</li> <li>• Carrot and celery sticks</li> <li>• Green pepper sticks</li> <li>• Zucchini circles</li> <li>• Radishes</li> <li>• Broccoli spears</li> <li>• Cauliflower</li> <li>• Unsalted rice cakes</li> </ul>
<b><i>Thirst-Quenching</i></b>	<ul style="list-style-type: none"> <li>• Fat-free milk</li> <li>• Unsweetened, 100% juices</li> <li>• Low-sodium tomato or mixed vegetable juice</li> <li>• Water</li> </ul>
<b><i>Hot</i></b>	<ul style="list-style-type: none"> <li>• Clear soups, such as homemade or low-sodium canned vegetable or tomato soup</li> <li>• Cocoa made with nonfat milk</li> </ul>
<b><i>Munchy</i></b>	<ul style="list-style-type: none"> <li>• Unsalted, unoiled sunflower seeds</li> <li>• Whole-grain breads or toast</li> <li>• Cherry or grape tomatoes</li> <li>• Low-fat or fat-free cheese</li> <li>• Plain, low-fat, or fat-free yogurt</li> <li>• Bagels</li> <li>• Unsalted, unoiled almonds, walnuts, or other nuts</li> </ul>
<b><i>Sweet</i></b>	<ul style="list-style-type: none"> <li>• Unsweetened canned fruit</li> <li>• Thin slice of angel food cake</li> <li>• Baked apple</li> <li>• Raisins</li> <li>• Frozen bananas</li> <li>• Frozen grapes</li> <li>• Fresh or frozen fruit</li> <li>• Low-fat or fat-free unsweetened fruit yogurt</li> </ul>

*For more information on heart-healthy eating, visit [www.Heart.org/Nutrition](http://www.Heart.org/Nutrition) or contact the American Heart Association at [inquiries@heart.org](mailto:inquiries@heart.org) or (800) 242-8721.*

Below are some ideas for healthy school celebrations and snack ideas that model good food choices and promote nutritious snacking.

When deciding which snacks or treats to send to school, please be mindful of special dietary needs that may exist in your child’s classroom so all students can participate in the fun!

Thank you for helping your students and school develop healthy eating habits! This will benefit them now and into the future!

Snack	Peanut/Tree Nut-free	Gluten-free	Dairy-Free
Fruit cups/applesauce: no sugar added	X	X	X
Fresh fruit with yogurt dip or natural nut butters		X	
Fresh Vegetables with Hummus (check label on hummus)	X	X	X
Ants on a Log (celery, peanut butter, raisins)		X	X
Mini boxes of raisins (or other dried fruit)	X	X	X
Brown rice crackers with low-fat cheese	X	X	
Low-fat natural popcorn (check label to make sure dairy free if needed)	X	X	X
Whole grain graham crackers	X		X
Whole grain low-sugar cereals (check label)	X		X
Low fat and low sugar yogurt cups/tubes	X	X	
Build your own smoothie: fruit, 100% juice, and plain yogurt	X	X	
Fruit salad/fruit kabobs	X	X	X
Whole grain baked tortilla chips and salsa/guacamole	X	X	X
Low fat string cheese sticks	X	X	
Hardboiled eggs	X	X	X
Whole grain pretzels with cheese (gluten-free pretzels also available)	X		
Low fat cottage cheese with fruit	X	X	
Pita bread with turkey and cheese	X		
Fruit leather (dried fruit strips)	X	X	X
Homemade trail Mix: Whole grain cereals, crackers, nuts, seeds, and dried fruits (can be made gluten-free by using gluten-free cereals or nut-free by eliminating nuts)			X
Low fat milk	X	X	

**Non-Food Ideas:**

- Donate a book or game to the classroom
- Bring in fun prizes such as stickers, small toys, or pencils