



Holy Cross Catholic School

1745 S. Clinton Street

Defiance, OH 43512

419-784-2021

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WELLNESS POLICY

As required by law, the School Council endorses the following Wellness Policy for Holy Cross Catholic School. Said plan was compiled by the school's Wellness Coordinator and will be implemented by Holy Cross Catholic School staff during the school year.

Holy Cross Catholic School Council believes that schools play an important role in the developmental process by which students learn healthy and safe behaviors now and for the future. Such a process is a part of the mission that states Holy Cross Catholic School, strength for the future. Teachers, staff and Council strive to provide young people with knowledge and skills they need to become healthy and productive adults.

You are invited to email your comments, questions or input for this policy to the Wellness Committee at wellness@defianceholycross.org

Updated November 2015

- 1. Goals for nutrition education, physical activity and other school-based activity that promote wellness.**
 - A. Nutrition Education
 1. School will implement the health objectives relating to diet, nutrition and exercise as stated in the Toledo Diocesan Graded Course of Study for Science and Health.
 2. Nutrition guidelines, suggestions for healthy food choices and/or other messages related to health and nutrition will be posted.
 3. Diocese of Toledo health education curriculum standards and guidelines include both nutrition and physical education.
 4. Staff will provide nutrition education.
 5. Healthy snack breaks will be scheduled for students as needed to enhance learning.
 6. Parents/guardians will receive communication about nutrition.
 - B. Physical Activity
 1. Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess, and the integration of physical activity into the academic curriculum.
 2. Physical education programs will implement the objective of the Diocese of Toledo Course of Study for Physical Education.
 3. Parents/guardians will receive communication concerning the importance of physical activity.

- 2. Nutrition guidelines for all foods available on school campus during the school day**
 - A. The school lunch program will follow nutritional guidelines established by Ohio Department of Education, Office of Child Nutrition Services.
 - B. Students will be able to have a water bottle readily available.

3. Guidelines for reimbursable school meals

- A. The school will continue to follow the state and federal guidelines and procedures for reimbursement for school lunch program.

4. Plan for measuring implementation of the local wellness policy

- A. Evaluation/Outcome
 - 1. Teachers' lesson plans will outline how often activities were used.
 - 2. Wellness information was posted.
 - 3. The school lunch program followed nutritional guidelines.
 - 4. Students brought in water bottles to increase daily water intake.
 - 5. The Wellness Policy is posted on the school website with instruction for comments.
 - 6. Wellness Tips are part of the Family Newsletter.

5. Community involvement in the development of the plan

- A. The plan was developed with consultation from The Defiance County Health Department. In January, 2006, during an in-service day, three Defiance County Health Department members presented ideas and suggestions to the entire staff. Both parties were in mutual agreement to continue coordinated efforts in the implementing of the policy.
- B. The Defiance YMCA has supported our initiative by accommodating our students in their facility. Students have been able to swim, use the track, play basketball, volleyball and other active games. A lifeguard and supervision are provided by the YMCA and Holy Cross Catholic School staff.
- C. We have networked with the American Heart Association to participate in their activities such as jumping rope to raise dollars for their organizations.
- D. Older students go to a local retirement home once per week and exercise with the senior citizens in our program entitled "Knights in Motion" in cooperation with the home's activities director.
- E. The Defiance City Parks and Recreation Department permits the school to use the city parks as places for physical activities.
- F. Wellness Policy is posted on the school website with instruction for community input.

Assessment of Implementation of Wellness Plan

Date of Review	Jan 5, 2016
Lesson Plans on Wellness	yes
Wellness Info Posted	yes
School Lunch Program in compliance with guidelines	yes
Water Bottles for students allowed in classrooms	yes
Wellness Policy Posted on Website	yes
Wellness Tips in Family Newsletter	yes

Wellness Policy Assessment Tool

Form 357 Rev 12/15

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name Holy Cross Catholic School Reviewer Jane Belland

School Name _____ Date Jan 5, 2015

Select all grades: PK K 1 2 3 4 5 6 7 8 9 10 11 12

Yes No I. Public Involvement

We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

- | | | | |
|--|---|---|---|
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input checked="" type="checkbox"/> Parents |
| <input checked="" type="checkbox"/> School Board Members | <input type="checkbox"/> School Health Professionals | <input checked="" type="checkbox"/> Students | <input checked="" type="checkbox"/> Public |

We have a designee in charge of compliance.

Name/Title: Jane Belland Cafeteria Manager

We make our policy available to the public.

Please describe: on our Web Site

We measure the implementation of our policy goals and communicate results to the public.

Please describe: Annual Review and post on website

Our district reviews the wellness policy at least annually.

Yes No II. Nutrition Education

Our district's written wellness policy includes measurable goals for nutrition education.

We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

We offer nutrition education to students in: Elementary School Middle School High School

Yes No III. Nutrition Promotion

Our district's written wellness policy includes measurable goals for nutrition promotion.

We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

We ensure students have access to hand-washing facilities prior to meals.

We annually evaluate how to market and promote our school meal program(s).

We regularly share school meal nutrition, calorie, and sodium content information with students and families.

We offer taste testing or menu planning opportunities to our students.

We participate in Farm to School activities and/or have a school garden.

We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

We price nutritious foods and beverages lower than less nutritious foods and beverages.

We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars à La Carte

We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

We provide teachers with samples of alternative reward options other than food or beverages.

We prohibit the use of food and beverages as a reward.

Yes No **IV. Nutrition Guidelines** (Cont. from page 1)

- Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- We operate the School Breakfast program: Before School In the Classroom Grab & Go
- We follow all nutrition regulations for the National School Lunch Program (NSLP).
- We operate an Afterschool Snack Program.
- We operate the Fresh Fruit and Vegetable Program.
- We have a Certified Food Handler as our Food Service Manager.
- We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
 - as à La Carte Offerings in School Stores in Vending Machines as Fundraisers

Yes No **V. Physical Activity**

- Our district's written wellness policy includes measurable goals for physical activity.
- We provide physical education for elementary students on a weekly basis.
- We provide physical education for middle school during a term or semester.
- N/A We require physical education classes for graduation (high schools only).
- We provide recess for elementary students on a daily basis.
- We provide opportunities for physical activity integrated throughout the day.
- We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- Teachers are allowed to offer physical activity as a reward for students.
- We offer before or after school physical activity: Competitive sports Non-competitive sports Other clubs

Yes No **VI. Other School Based Wellness Activities**

- Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- We provide training to staff on the importance of modeling healthy behaviors.
- We provide annual training to all staff on: Nutrition Physical Activity
- We have a staff wellness program: *Thru insurance*
- We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- We have a recycling/environmental stewardship program.
- We have a recognition /reward program for students who exhibit healthy behaviors.
- We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

Our Wellness Policy is a work in progress. We will continue to provide nutrition and physical activity awareness and work to meet those goals set out in our Policy.

VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name Position/Title

Email Phone