



1745 S. Clinton St.  
Defiance, Ohio 43512

Defiance's County

IRN #059072

## **Holy Cross School 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](mailto:wellness@defianceholycross.org)

### **I. Goals for Nutrition Education, Physical and Health Education and Other School-Based Nutritional, Health, and Wellness Opportunities and Activities**

**A. Nutrition Education:** Holy Cross School will teach, encourage and support healthy eating by students through these goals:

1. Teachers will implement the health objectives relating to diet, nutrition and exercise as stated in the Toledo Diocesan Graded Courses 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 around the school.
3. The cafeteria manager will post nutrition guidelines, charts, suggestions for healthy food choices and/or other messages related to health and nutrition in the school cafeteria and/or school so students have the skills necessary to make nutritious food choices.
4. Diocese of Toledo health education curriculum standards and guidelines include both nutrition and physical education.
5. Staff will provide age appropriate nutrition education.
6. Students and parents will receive consistent nutrition messages throughout the school, in classrooms, in the cafeteria, and in written communications.

**B. Physical and Health Education:** Holy Cross School will teach, encourage, and support healthy activities by students through these goals:

1. Students will be provided opportunities for physical activity during the school day through physical education classes, daily recess, and the integration of physical activity into the academic curriculum.
2. Teachers will implement the objectives of the Diocese of Toledo Course of Study for Physical Education, Health, and Science to teach students the importance of daily exercise, health promotion, and disease prevention.
3. Parents/guardians will receive communication concerning the importance of physical activity.

## **II. Nutritional Guidelines for All Foods and Beverages Sold and Served at Holy Cross School**

1. The school lunch program will follow nutritional guidelines established by Ohio Department of Education, Office of Child Nutrition Services.
2. Students grades K-5<sup>th</sup> will have a water bottle readily available.

## **III. Guidelines for Reimbursable School Meals**

### **Free and Reduced-Priced Meals**

Holy Cross School will continue to follow the state and federal guidelines and procedures for reimbursement for school lunch, breakfast or special milk programs. Every effort is made to maintain the private identification of students who are eligible for free and reduced-price school meals. Meals will be provided for all children, regardless of income, and promote the availability of school meals to all students.

The Food-Based Menu Patterns for lunch in elementary grades must be offered daily: Holy Cross provides a serve option for all students.

**IV. Plan for measuring implementation of the local wellness policy:** Holy Cross Catholic school will evaluate the outcome of the wellness plan by:

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 Holy Cross School Wellness Policy will be posted on the school webpage which is available 24/7.
6. Wellness tips are part of the Family Newsletter and/or the MM.

**V. Community involvement in the development plan**

1. 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. January 5, 2016 Jan Belland and committee reviewed the plan. March 2019, Mrs. Reinhart along with staff and stakeholders reviewed the plan and made any necessary changes.
2. HCCS has networked with non-profit groups to participate in their activities such as American Heart Association, Crop Walk, and American Cancer Society to raise dollars for their organizations.
3. The Defiance City Parks and Recreation Department permits the school to use the city parks as places for physical activities.
4. Wellness Policy is posted on the school website with instruction for community input.

Holy Cross School Wellness Policy

A Policy Development Team consisting of the principal, the administrative assistants, cafeteria manager, teachers, students, parents, Holy Cross School Advisory Council members, and a nurse revised the School Wellness Policy to meet the requirements of the 2010 Healthy, Hunger-Free Kids Act. The Policy includes guidelines for nutrition education, physical education, promotion of nutrition and other student wellness aspects, guidelines for reimbursable school meals, a plan for public notification, and a plan for measuring the implementation of the policy.

The stakeholders of Holy Cross School listed below participated in the development of the revised Wellness Policy for Holy Cross School:

|                       |                       |                      |             |
|-----------------------|-----------------------|----------------------|-------------|
| Principal:            | Mrs. Rose A. Reinhart | Admin Assistants:    | Jean Carr   |
| Cafeteria Manager:    | Deb W                 | Physical Ed Teacher: | Matt Cramer |
| Entire Teaching staff |                       | School Council Board |             |