



Holy Family School

A Regional Catholic School

Local Wellness Policy

POLICY:

In order to promote healthy lifestyles for the students in our care and to comply with federal guidelines for the National School Lunch Act, Holy Family School shall create a yearly wellness policy for the students in our care.

PURPOSE:

The purpose is to provide an environment that promotes health and well-being, including nutritious meals, nutritional education, physical activity, and to comply with all state and federal guidelines.

PROCEDURES:

Comprised of our school nurse as chairperson along with our cafeteria manager, school principal, CNP director, and any interested parents who wish to have input regarding the wellness policy at Holy Family School, the committee shall meet annually to receive input from all parties, including students, and assess the effectiveness of the policy. They will use but not limit themselves to surveys, targeted conversations and informal feedback. All meetings will be documented and those documents kept on file in the business office.

Every 3 years the wellness committee will evaluate the LWP along with the school's compliance with the LWP and progress toward the LWP goals.

Nutrition Education Goal:

Holy Family School will educate, encourage and support healthy eating by all students of all ages.

Physical Education Goal:

Holy Family School will provide ample opportunities for all students to maintain physical fitness.

Where every child is a gift

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WWW.HOLY-FAMILY-SCHOOL.COM



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Nutrition Standards:

School meals will include a variety of healthy choices while accommodating special dietary needs. Please note that any food and/or beverages that are available to students beyond the reimbursable meal meet the Smart Snacks in School standards. The marketing or advertising of only those foods or beverages that meet the Smart Snacks in School standards is allowed on campus. In addition: - All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements;

The school meal programs will be administered by a team that will include the kitchen manager, business manager (who is also the CNP Director), the school administrator and the school nurse if applicable . All cafeteria staff will be provided training on USDA meal plans/reimbursable meals so they can properly advise students as to the meal components they may/must take, as well as cooking techniques, recipe implementation, sanitation, and food safety. Students will have access to hand washing/hand sanitizing facilities before meals and snacks and cafeteria staff will remind students to make use of them;

Participation in school meal programs will be promoted. Parents will be notified of the availability of the lunch and summer food programs and will be encouraged to determine eligibility for reduced or free meals.

Competitive Foods and Beverages

The sale of competitive foods must not occur one hour before, during, or one after hour meal service programs. All foods and beverages sold on school grounds to students outside of reimbursable school meals are considered “competitive foods.” Competitive foods include items sold a la carte in the cafeteria, school stores and for in-school fundraisers. All competitive foods must comply with Smart Snacks in Schools standards.

Nutrition Education and Physical Activity Guidelines and Promotion:

Holy Family School will educate, encourage and support healthy eating habits for students of all ages.

Schools will promote fruits, vegetables, whole grains, low fat & fat free dairy, healthy food preparation and health enhancing nutrition practices.

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The school cafeteria serves as a “Learning Lab” to all students to apply critical thinking skills taught in the classroom.

Holy Family School will provide opportunities for students to regularly participate in physical activity and maintain physical fitness.

Children should have several opportunities for physical activity lasting 15 minutes or more approximately every two hours, especially during the daytime hours.

Holy Family School will implement physical activities from adopted curriculums.

Holy Family School will encourage classroom teachers to provide short activity breaks between lessons or classes.

Holy Family School will provide daily recess or an outdoor break period prior to lunch for elementary students and for middle school students as the schedule permits.

Schools will create a total school environment that is conducive to being physically active.

After-school programs will encourage physical activity and promote healthy habits.

Schools will not deny student participation in recess or other physical activity as a form of discipline or classroom make-up time.

Celebrations:

Celebrations that involve food will be limited. Only foods that meet Holy Family School’s nutrition standards will be allowed at school celebrations; **Homemade treats of any kind are not permitted.**

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Parents will be made aware in advance of when a celebration with food is taking place and what is to be served; Again, homemade treats of any kind are not permitted.

Non-food celebrations will be promoted and a list of ideas will be available to parents and teachers.

Access to Drinking Water

Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Water jugs and cups will be available in the cafeteria if water fountains are not present.

Supervisory staff will facilitate access to water in the cafeteria. Students will be allowed to bring drinking water from home into the classroom.

Water will be promoted as a substitute for sugar-sweetened beverages (SSBs)

School staff will be encouraged to model consumption of water.

Maintenance will be performed on all water fountains regularly to ensure that hygiene standards for drinking fountains are maintained.

Holy Family School reserves the right to amend the policy at any time under the advisement of the leadership of the LWP committee.

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