

Holy Spirit Catholic School Wellness Policy

Written and Implemented SY 2019-2020

Wellness Committee and Policy Leadership

Committee Role and Membership

The committee will include teachers, parents and caregivers, students, school council members, the principal, and the pastor. Members of the school community and local community including health care officials will be encouraged to be a part of the review and update of the policy. They will be informed of dates of review on our school website under “Hot Lunch: Local Wellness Policy.”

Wellness Policy Leadership

The Principal/SFA and PE/Health Instructor will have the primary authority and responsibility to ensure the wellness policy is complied with and updated.

Nutrition

Nutrition Education

Every year, PK-8th grade students shall have the opportunity to receive nutrition education that is aligned with Michigan Health Education. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Elementary students will receive nutrition education at a minimum of once per year provided by the homeroom teacher and PE/health teacher. Nutrition education topics shall be integrated into the entire curriculum when appropriate.

We have a nutrition unit at each grade level coinciding with the spring planting of our School Garden. Each class will plant seeds/seedlings in the classrooms, cultivate them, and plant them outside in the school garden. Students and families will volunteer to maintain the garden during weekends and summer. Harvesting of the garden will take place in late summer and early fall. Students will have the opportunity to make a produce display, including research of the produce grown, at the local Dickinson County Fair on Labor Day weekend. The students will use the produce from the garden for snacks during the school day and may bring excess home.

Nutrition Promotion

The HSCS Council recognizes that good nutrition and regular physical activity affect the health and well-being of the students. Furthermore, research concludes that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover,

schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Council, however, believes this effort to support the students' development of healthy behaviors and habits regarding eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and participation in school meal programs.

Breitung Food Service Department will provide healthy meals and provide nutrition information on the food service website for parents and community members as well as posters and health-related fliers posted in the cafeteria/gym.

Standards and Nutrition Guidelines for all Foods and Beverages

Reimbursable school meals must meet requirements found in the United States Department of Agriculture (USDA)'s Nutrition Standards for School Meals. HSCS will offer breakfast and lunch to all students through the USDA School Breakfast Program.

A water filling station is available in the hallway directly outside of the cafeteria/gym. Students are permitted to have water bottles at their desks and are given ample opportunities to refill water containers. Sugary drinks are not permitted in the classroom and are discouraged from cold lunches.

The school staff will encourage the use of healthy food for all classroom parties, snacks and celebrations. For example, fresh fruit, vegetables, and whole grain items should be offered at such celebrations. Children will be encouraged to make healthy choices just as they should outside of school. Birthday treats will be an exception and at the discretion of the family providing the treat.

Food and Beverage Marketing

Food and beverage marketing will not take place in our school except for promoting food fundraisers and community food events such as Church, Women's Clubs, and Knights of Columbus breakfasts, luncheons, and dinners which promote fellowship and generosity and take place outside of the school day.

Physical Activity

Physical Activity and Physical Education

HSCS shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity.

Students in grades K-3 will have physical education at least 120 minutes per week and 5 days of at least 30 minutes of recess. Those in grades 4-8 will have a minimum of 90 minutes of physical education every week as well as 5 days of at least 20 minutes of recess. Planned instruction in physical education shall include cooperative as well as competitive games.

Physical activity and movement shall be integrated, when possible, across the curriculum and throughout the school day. Students in Preschool-3rd grade will participate in “brain breaks” during class time which allow time for movement, stretching, or brief physical activity.

Other School Based Wellness Activities

After obtaining food, students will have at least 25 minutes to eat lunch.

The school shall provide attractive, clean environments in which the students eat.

The schools shall schedule mealtimes so there is a minimum disruption by bus schedules, recess, and other special programs or events.

Students will be encouraged to join athletic teams in the community through the local public school and Community Schools programs.

The students will have opportunities to participate in walk to school and bike to school events, Jump Rope for Heart, and other special events throughout the school year.

Implementation, Assessment, Documentation, and Updates

Implementation

Holy Spirit Catholic School will implement this during the 2019-2020 school year. The wellness committee will meet at the end of the first year to assess needs and goal implementation.

Triennial Assessment

Holy Spirit Catholic School will assess the wellness policy every three years, at a minimum. The assessment will determine level compliance with the wellness policy, how the wellness policy compares to model wellness policies, and progress made in attaining the goals of the wellness

policy. The Principal/SFA and PE/Health Instructor are responsible for the Triennial Assessment. Documentation.

Holy Spirit Catholic School will retain records to document compliance with the wellness policy requirements. Documentation maintained will include: a copy or web address of the current wellness policy, documentation on how the policy and assessments are made available to the public, the most recent assessment of implementation of the policy, and documentation of efforts to review and update the policy, including who was involved in the process, their relationship to the Wellness Committee, and how stakeholders were made aware of their ability to participate in updates to the Policy

Approved – 1/28/20