



Wellness Program: Holy Cross Regional Catholic School

Holy Cross Regional Catholic School recognizes that student wellness and proper nutrition are related to students' physical well-being, growth and development. We are committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the education of the total student. Holy Cross was following The Archdiocese of Philadelphia Wellness policy which we started in 2006 with Nutritional Development Services, our former hot lunch provider (see attachment 1) and now with Great Valley School District's lunch program using the satellite assessment tool (see attachment 2) provided by the Great Valley School District. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

Required Goals for Wellness

The school shall provide the following: Nutrition Education - A Comprehensive age appropriate nutrition education program consistent with federal and state requirements.

Nutrition Education will provide children with the knowledge and skills needed to lead healthy lives. The goal of the program will be that consistent healthy nutrition messages will be provided throughout the school, classroom and cafeteria.

Physical Activity – The school recognizes the need for at least 60 minutes of age appropriate physical activity for students per day. The school will contribute to providing children the opportunity to participate in physical activity at recess. The school will provide a safe play area with age appropriate equipment, so the students can participate in physical activity.

Age appropriate interscholastic opportunities through the CYO are provided to meet the needs and interests of the student body, in addition to planned physical education.

Physical Education – The Physical Education program will provide the student's with the knowledge, the practice and the opportunity to participate in lifelong, health-enhancing physical activity. The opportunity to impact the lifelong pursuit of a healthy lifestyle in a child is not just important but rather paramount and essential to their well-being. A physical and social environment in which safe and enjoyable activities for all children will be provided. The activities will be age and developmentally appropriate, with students participating in a safe environment. At no time will physical activity be used as a punishment. The goal of the Physical Education curriculum will be to provide opportunities for enjoyment, challenge, self-expression, and social interaction through physical activity.

Other School Based Activities – School Environment

Drinking water will be available at all meal periods and throughout the school day. Hand washing facilities are available to the students during lunch and recess.

Fundraising will be supportive of healthy eating.

Teachers, administrators and staff should be role models in developing healthy lifestyle practices.

Other School Based Activities – Family and Community

The school will partner with parents and community members to institute programs that support nutrition education and physical activity. Such as - Dodgeball Tournament, Presidential fitness, Field Day, CYO, Walk-a-thon, and Lymphoma walk.

Other School Based Activities – Professional Development

The school will provide appropriate in-service training to all staff on components of the wellness policy. Staff will be encouraged to participate in health education/wellness programs.

Required Nutritional Guidelines A La Carte – Foods and Beverages

Access at reasonable cost to foods and beverages that meet

Established USDA regulations and nutritional guidelines will be provided to the student through the Great Valley Satellite School Hot Lunch program. All foods available in school during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.

Regulations prohibiting the sale of Foods of Minimal Nutritional Value will be adhered to.

Fundraisers

Fundraising will be supportive of healthy eating.

Classroom Parties/Celebrations/Rewards

Parents will be encouraged to provide only healthy food for classroom celebrations. We are asking parents to bring in fruit and vegetable trays, 100% juices or water instead of sugary snacks, cupcakes and soda. Celebrations are limited to once a month or special occasion instead of on every student's birthday.

Teachers and administrators will be encouraged to provide only healthy food for classroom rewards.

Plan for Measuring Implementation

The satellite assessment tool is (see attachment 2) provided by the Great Valley School District Hot Lunch. Program will be reviewed and submitted by the wellness committee on an annual basis. This annual review was instituted during the 2014-15 academic year.

Wellness Committee Operational Guidelines

The operational responsibility for ensuring the school Wellness Policy Plan will be the Principal.

The Principal shall be responsible to monitor school programs, and curriculum to ensure compliance with this policy, related and established guidelines or administrative regulations.

The Principal shall report to the Wellness Committee on the school's compliance with law and policies related to student wellness, as the law prescribes or as changes in environment deem necessary. Staff members responsible for programs related to student wellness shall report to the principal regarding the status of such programs. The Wellness Committee shall provide periodic reports to the Principal regarding the status of its work, as required.