

HOLY FAMILY SCHOOL LOCAL WELLNESS POLICY

MISSION:

The Local Wellness Committee (LWC) shall design and follow regulations and guidelines set at Holy Family School (HFS). These regulations and guide-lines are essential for students to achieve their full academic potential, full physical, mental and spiritual growth and live a long, healthy life. Schools have a responsibility to help students and staff establish and maintain lifelong, healthy eating patterns. Well planned and well implemented school nutrition programs have been shown to positively influence students eating habits.

All students shall maintain the knowledge and talents necessary to make nutritious and enjoyable food choices for their life to come. None the less, staff is encouraged to show healthy eating and physical activity as a valuable part of daily life. HFS shall design a plan to encourage healthy eating and good physical education.

The entire school environment, not just the lunchroom/kitchen, shall demonstrate healthy school goals to positively influence a student's understandings, beliefs and habits as they relate to good nutrition and regular physical education.

PART I: A Commitment to Nutrition and Physical Activity

A. HFS shall appoint a LWC. It shall address nutrition and physical activity issues and will develop, implement, and evaluate guidelines that support a healthy school nutrition environment. This committee shall offer revisions to these guidelines annually or more often if necessary.

B. The principal will address concerns such as kinds of foods available at the school, sufficient meal time, nutrition education and physical activity.

- C. Nutrition education shall be enforced across the curriculum and physical activity will be encouraged daily.
- D. The school food service staff will participate in making decisions and guidelines that will affect the school nutrition environment.

PART II: Quality School Meals

- A. HFS will offer morning milk break and a cost efficient lunch. Students and staff are greatly encouraged to participate in these programs
- B. School foodservice staff that is properly qualified according to current professional standards and regularly participates in professional development activities will administer the Child Nutrition Programs.
- C. Food safety will be a key part of the school foodservice operation.
- D. Menus will meet the nutrition standards established by the U.S. Department of Agriculture, conforming to good menu planning principles, and featuring a variety of healthy choices that are tasty, attractive, of excellent quality and are served at the proper temperatures.
- E. Students will be given the opportunity to provide input on local, cultural and ethnic favorites of the students.
- F. School personnel, along with parents, will encourage students to choose and consume full meals. Positive nutrition statements will be provided to students on a daily basis.
- G. Each grade is allowed to plan one meal, approved by the foodservice staff, during the course of the school year.
- H. Three students are assigned by the teacher of that assigned grade to help serve lunch to their fellow students. The servers will comply with sanitary requirements, portion control and respect.

PART III: Other Healthy Food Options

- A. The LWC will develop and recommend to the administration guidelines on nutrition standards for food and beverages offered through parties, celebrations, social events and any school functions

(including concession stands at sporting and academic events).
See Attachment A.

B. Students in possession of foods or beverages of minimal nutritional value will be warned to surrender such items to school staff members, who in turn will follow school procedures as to disposal or return of them. See Attachment B.

C. No foods or beverages other than those provided through the school food service department or lunches brought from home may be made available to students during the lunch period. Classrooms may serve one nutritious snack per day in the morning or afternoon (not during lunchtime) under the teacher's guidance. The snack may be provided by the school food service, the teacher, parents or other groups and should be at no cost to the students at the point of delivery.

D. School staff shall not use food as a reward for student accomplishment. The withholding of food as punishment for students is prohibited. For example, restricting a child's selection of flavored milk at mealtime due to misbehavior in the classroom is prohibited.

E. The school will provide nutritional information to parents that will encourage parents to provide safe and nutritious food for their children.

PART IV: Pleasant Eating Experiences

A. Drinking fountains will be available for students to get water at meals and throughout the day.

B. A short snack-free recess for K-3 is scheduled in the morning and recess for students in K-6 is scheduled immediately before lunch so that students will come to lunch less distracted and ready to eat.

C. School personnel will assist all students in developing the healthy practice of washing hands before eating.

D. School personnel will schedule enough time so students do not have to spend too much time waiting in line.

E. HFS will not schedule tutoring, pep rallies, assemblies, club/organization meetings and other activities during meal time.

F. Adequate time to eat in a pleasant dining environment should be provided. The minimum eating time for each child after being served lunch will be 20 minutes.

G. HFS will encourage socializing among students and between students and adults. Adults will properly supervise the lunchroom and serve as a role model for students by demonstrating proper conduct and voice level, and occasionally by eating with the students. Parents are highly encouraged to dine with their children in the lunchroom.

H. A parent, to be assigned by the office personnel, will be in charge of wiping lunchroom tables prior to lunch, supervising the playground during lunch recess and in charge of clearing serving trays upon completion of student meals.

I. Creative methods will be used to keep noise levels appropriate.

PART V: Nutrition Education

A. HFS will follow health education curriculum standards and guidelines as stated by the Minnesota Board of Education. The school will link nutrition education activities with the coordinated school health program.

B. Students in kindergarten through grade 6 will receive nutrition education that is available and teaches the skills they need to adopt healthy eating behaviors. Teachers are encouraged to supply nutrition education into core curriculum areas such as math, science, social studies and language arts as applicable.

C. Nutrition education will be offered in the school dining room, kitchen and in the classroom, with coordination between school foodservice staff and teachers. Teachers can display posters, videos, etc. on nutrition topics.

D. HFS will participate in USDA nutrition programs and conduct nutrition education activities and promotions that involve students, parents and the community.

PART VI: Marketing

A. The LWC shall be composed of parents and school staff. Permanent members of the committee shall include the principal, head cook, assistant cook and a parent representative assigned by the Board of Education.

B. The head cook will schedule a meeting of the committee in October/November to review the operation of the program and identify areas for improvement. The date and time of the fall meeting will be published in the parent newsletter and will be open to the attendance of parents. Additional meetings may be scheduled by the head cook or principal as needed. These groups will report their findings to the school principal and develop with him/her a plan of action for improvement.

C. The LWC, via the Food Service Director/Head Cook, will report the progress of the committee and the status of compliance by the school to the Principal.

PART VII: FOOD CHOICE OPTIONS AND AVOIDANCES

At any school function (parties, celebrations, receptions, festivals, sporting events, etc.) healthy food choice options should be available to students. **HFS is a PEANUT/TREE NUT FREE building.** No products with a nut may be brought into the building. Some suggested foods are listed below to include on refreshment tables , price lists, etc.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit and 100% fruit juices
- Frozen fruit juice pops
- Dried fruits (raisins, apricots, banana chips, etc.)
- Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)
- Party Mix (variety of cereals, pretzels, etc.)
- Low-sodium crackers

- Baked corn chips & fat-free potato chips with salsa and low-fat dips
- Low-fat muffins, granola bars and cookies
- Angel food and sponge cakes
- Flavored yogurt & fruit parfaits
- Jello and low-fat pudding cups
- Low-fat ice creams, frozen yogurts, sherbets
- Low-fat and skim milk products
- Pure ice cold water

Foods to Avoid---Consume only occasionally (recommended no more than once per month)

- Carbonated and caffeinated beverages (soft drinks, tea and coffee)
- High sugar content candies and desserts
- High fat foods (fried foods like French fries, fatty meats, most cheeses, buttery popcorn)
- High sodium foods (luncheon meats, cheeses, chips, salty popcorn, pickles)

IN GENERAL:

- ❖ In selecting food items to offer keep in mind the numerous students and adults who are on special diets and their consumption of sugar, fat, sodium, etc is restricted.
- ❖ The use of foods of minimal nutritional value (See Attachment B) as learning incentives should not be practiced, and healthy food choices or non-food items should be substituted.
- ❖ Organizations operating concessions at school functions should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

Attachment A

Holy Family School, Albany MN Student Nutrition/Wellness Plan Guidelines for Food and Beverages

Offered to Students at School & School Functions

All foods and beverages, other than school meals, made available to students during allowable times must meet the following maximum portion size and nutrition standards.

Food Items: K-6th Grade

Chips (regular) 1 oz.

Baked Chips, Crackers, Popcorn, Trail Mix,
Seeds, Jerky, Dried Fruit, Pretzels 1.5 oz.

Cookies/cereal bars 2 oz.

Baked Goods (Pastry/Muffin) 3 oz.

Frozen Desserts, Ice Cream 3 oz.

Yogurt 8 oz.

Whole Milk 8 oz.

Reduced fat milk 8 oz.

Beverages other than
Milk or FMNV (water exempt) 12 oz.

Fruit Drinks/Slushes (50% juice minimum) 6 oz.

All other food/beverages No more than 9 grams of fat
package (except nuts & seeds) and no more than 35% by weight
or 15 grams per serving of added sugar.

Attachment B

Holy Family School, Albany MN Student Nutrition/Wellness Plan Foods of Minimal Nutritional Value

Students are encouraged not to bring any of the foods or beverages listed below to school except during times approved.

- ✓ Soda Water---any carbonated beverage (even water). No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals and protein.
- ✓ Water Ices---any frozen, sweetened water such as "...sicles" and flavored with the exception of products that contain fruit or fruit juice.
- ✓ Chewing Gum---any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- ✓ Certain Chips and Snack Foods---any portions larger than or nutritional content other than those indicated on Attachment A

Exemption:

These days will be exempt from the inaccessibility of the Foods of Minimal Nutritional Value listed on Attachment B. These items may not be made available by school personnel during meal times in the areas where school meals are being served and/or consumed.

These designated days will be:

The last day before Christmas Holidays

The last day of school before Easter Holidays

The last day of school

Valentines Day or the Friday before if it falls on a weekend

Days approved by the teacher of the classroom, example:

birthday of a student is celebrated, God Child Day,

Movie/Special Treat Day, etc.