



# Holy Family Catholic School

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[www.hfsgb.org](http://www.hfsgb.org)

## Wellness Policy

### Holy Family Catholic School, Lansing Diocese

Holy Family School is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

The Michigan State Board of Education recognizes and acknowledges that “schools cannot achieve their primary mission of education if students and staff are not physically, mentally and socially healthy.”<sup>1</sup> The Board believes that schools should provide a campus-wide environment where students are taught healthy eating and physical activity knowledge, skills, and values. In addition, and provide ample opportunity to practice these skills on a daily basis.

#### **Committee Role and Membership**

The committee will represent Holy Family School and include to the extent possible, but not be limited to: parents and caregivers, students, representatives of the school nutrition program, physical education teachers, health education teachers, school health professionals (e.g., nurses, physicians, dentists, health educators, and), mental health and social services staff, school administrators, school board members, health professionals (e.g., dietitians, doctors, nurses, dentists), and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education (SNAP-Ed) coordinators. To reflect the diversity of the community.<sup>6</sup>

#### **Wellness Policy Leadership**

Holy Family School will establish wellness policy leadership of one or more district and/or school building official(s) (e.g., superintendent, building principal) who have the authority and responsibility to ensure each school building complies with this policy.<sup>7</sup> The superintendent shall appoint a member of the administrative staff of the District to organize the Coordinated School Health Team and invite appropriate District stakeholders to become members of the Coordinated School Health Team. A Coordinated School Health Team may include representatives from the following areas:  
•Administration. •Counseling/psychological/and social services. •Food services. •Health education. Physical education. •Health services. •Parent/guardian, student and community (including health care providers, hospital and public health department staff, non-profit health organizations, physical activity groups, community youth organizations, and university or other governmental agencies).

**Title and contact information:** Theresa Purcell, Principal

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1 Michigan State Board of Education Policy on Coordinated School Health Programs to Support Academic Achievement and Healthy Schools

2 A commonly used synonym for a school district, an entity which operates local public primary and secondary schools in the United States.

3 The governing body which is responsible for the administration of one or more schools and which has the legal authority to operate a nonprofit school food service program therein or otherwise approved by the Food and Nutrition Service of the United States Department of Agriculture to operate the National School Lunch Program.

4 Local School Wellness Policy Implementation Under the HHFKA: Summary of Final Rule

5 Any concept or strategy that is derived from or informed by objective evidence.

## **Nutrition Education**

Every year, all students, Pre-K-12, shall receive nutrition education that is aligned with the Michigan Health Education Grade Level Content Expectations <sup>8</sup> and the Michigan Merit Curriculum Guidelines for Health Education. <sup>9</sup> Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.<sup>10</sup>

### **Goal(s) for Nutrition Education:**

1. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and physical activity and exercise in ways that are age appropriate.
2. The school shall provide information to parents regarding encouragement to reinforce nutrition habits in the home that are the same standards and benchmarks as in school.
3. Nutrition education posters, such as the Food Pyramid Guide displayed in the cafeteria.

## **Nutrition Promotion**

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. Students and staff will receive consistent nutrition messages throughout school buildings, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school building staff, teachers, parents, students, and the community. The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.<sup>11</sup>

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### Goal(s) for Nutrition Promotion:

1. Encourage students to increase their consumption of healthy foods during the school day.
  - a. Monthly free food tastings of raw fruits or vegetables served by the school's cafeteria staff.
  - b. Salad bar daily with a variety of fruits and vegetables.
  
2. Create an environment that reinforces the development of healthy eating habits, including offering the foods listed on the USDA Dietary Guidelines for Americans and USDA Smart Snacks in School nutrition standards: variety of fruits and vegetables, whole grains, fresh produce, fat-free or low fat milk and meals with age specific caloric needs in mind.
  
3. Minimize food offerings that contain trans fat.

6 Alliance for a Healthier Generation Model Local Wellness Policy 2016

7 Local School Wellness Policy Implementation Under the HHFKA: Summary of Final Rule

8 Michigan Department of Education, Michigan Health Education Grade Level Content Expectations

9 Michigan Department of Education, Michigan Merit Curriculum Guidelines for Health Education, V.1.07

10 Michigan State Board of Education Model Local Wellness Policy 2005

11 Alliance for a Healthier Generation Model Local Wellness Policy 2016

## Holy Family School Wellness Policy

### **Standards and Nutrition Guidelines for all Foods and Beverages**

Holy Family shall encourage students to make nutritious food choices and ensure that all foods and beverages sold to students on the school campus<sup>12</sup> during the school day<sup>13</sup> are consistent with federal and state regulations. Reimbursable school meals must meet requirements found in United States Department of Agriculture (USDA)'s Nutrition Standards for School Meals. <sup>14</sup> All foods and beverages sold to students outside the federally regulated child nutrition programs (referred to as "competitive" foods and beverages) must be consistent with USDA's Smart Snacks in School nutrition standards<sup>15</sup> and Michigan Department of Education Administrative Policy No. <sup>21</sup> regarding Non-Compliant Food Fundraiser Guidance. <sup>16</sup> These standards apply in all areas where foods and beverages are sold which may include, but are not limited to, à la carte lines, fundraising events, school stores, snack carts, and vending machines. The District will establish nutrition standards for all foods and beverages provided, but not sold, to students during the school day (e.g., classroom parties, classroom snacks provided by parents, or other foods used as incentives).<sup>17</sup>

**Nutrition standards for all foods and beverages provided, but not sold, to students during the school day.**

**We discourage lunch orders from local eateries delivered to the school. If you choose to use a local eatery, your order should only be for your child(ren). Please remember to include water, milk, or juice to comply with our Wellness Policy. The following drinks are not permitted: all caffeinated beverages, pop, coffee, or sports drinks.**

## Holy Family School Wellness Policy

### Nutrition Standards for School Meals

The Healthy, Hunger-Free Kids Act of 2010 required the US Department of Agriculture (USDA) to update [federal nutrition standards](#) for school meals. Schools participating in the National School Lunch and School Breakfast Programs must meet the following standards. *Note: Due to the pandemic, states can provide [specific, targeted flexibility](#) to schools facing challenges in meeting these requirements through School Year 2023/24.*

**More fruits and vegetables:** Since 2012, schools offer students larger portions of fruits and vegetables with every lunch. Vegetable choices must include weekly offerings of legumes, dark green and red/orange vegetables. Every school breakfast must offer students a full cup of fruits or vegetables. Students are required to take at least one half-cup serving of fruits or vegetables with every school breakfast and lunch.

**Whole grains:** All grains offered with school meals must be whole grain-rich (at least 51% whole grain).

**Calorie limits:** School meals must meet age-appropriate calorie minimums and maximums:

| Grades | Breakfast        | Lunch            |
|--------|------------------|------------------|
| K-5:   | 350-500 calories | 550-650 calories |
| 6-8:   | 400-550          | 600-700          |
| 9-12:  | 450-600          | 750-850          |

**Sodium limits:** Schools must gradually reduce sodium levels in school meals to meet the following limits. **National School Lunch Program Sodium Reduction Limits**

|              | Target 1<br>(effective July 2014) | Target 2<br>(CURRENT) | Final Target<br>(July 1, 2022) |
|--------------|-----------------------------------|-----------------------|--------------------------------|
| Grades K-5:  | ≤1,230                            | ≤935                  | ≤640                           |
| Grades 6-8:  | ≤1,360                            | ≤1,035                | ≤710                           |
| Grades 9-12: | ≤1,420                            | ≤1,080                | ≤740                           |

#### School Breakfast Program Sodium Reduction Limits

|              | Target 1<br>(effective July 2014) | Target 2<br>(CURRENT) | Final Target<br>(July 1, 2022) |
|--------------|-----------------------------------|-----------------------|--------------------------------|
| Grades K-5:  | ≤540                              | ≤485                  | ≤430                           |
| Grades 6-8:  | ≤600                              | ≤535                  | ≤470                           |
| Grades 9-12: | ≤640                              | ≤570                  | ≤500                           |

**Limits on unhealthy fat:** Meals cannot contain added trans-fat and no more than 10 percent of calories can come from saturated fat.

**Low-fat and fat-free milk:** Every school meal offers one cup of fat-free or 1% milk. Flavored milk must be fat-free. To meet calorie limits, milk processors have developed flavored milk with less added sugar.

**Free water:** Free drinking water must be available in the cafeteria during lunch and breakfast

## Holy Family School Wellness Policy

### **Food and Beverage Marketing**

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product.<sup>18</sup> It is the intent of the District to protect and promote student's health and to provide consistent health-related messaging. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet the USDA Smart Snacks in School nutrition standards. As the LEA reviews existing contracts and considers new contracts, equipment and/or product purchasing and replacement, decisions will reflect these marketing guidelines.

12 All areas of the property under the jurisdiction of the school that are accessible to students during the school day.

13 The period from the midnight before, to 30 minutes after the end of the official school day.

14 USDA Nutrition Standards for School Meals

15 USDA Smart Snacks in School nutrition standards

16 Administrative Policy No. 21 clarifies that up to two exempt fundraisers per week are allowed per school building that do not meet the Smart Snacks in School nutrition standards.

17 Local School Wellness Policy Implementation Under the HHFKA: Summary of Final Rule

18 Change Lab Solutions. (2014). District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds

19 Alliance for a Healthier Generation Model Local Wellness Policy 2016

### **Physical Activity and Physical Education**

The District 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. Physical education instruction shall be aligned with the Michigan Physical Education Grade Level Content Expectations<sup>20</sup> and the Michigan Merit Curriculum Guidelines for Physical Education.<sup>21</sup>

#### **Goal(s) for Physical Education:**

1. Tri- Yearly Fitness Goals
  - a. Incorporate Youth Fitness Program in to gym class
2. School will offer both competitive team and individual games in Physical Education class in accordance with the standards and benchmarks established by the state of Michigan.

[https://www.michigan.gov/documents/mde/K\\_12\\_PE\\_Standards\\_Aug\\_17\\_ADA\\_compliance9-18\\_601116\\_7.pdf](https://www.michigan.gov/documents/mde/K_12_PE_Standards_Aug_17_ADA_compliance9-18_601116_7.pdf)

3. Physical Education class shall provide students with opportunities to learn, practice, and be assessed on a developmental age-appropriate knowledge base. Given the skills necessary to engage in life long, health-enhancing physical activity

Students, Pre-K-12, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle.

### **Goal(s) for Physical Activity:**

1. Physical activity and movement shall be integrated across the curricula and throughout the school day.
2. All students in grades K - 6th shall be provided with daily recess period for at least 20 minutes. Recess shall not be used as a reward or punishment.
3. In addition to Physical Education Class, the school shall provide age-appropriate physical activities (such as intramural sports and clubs after school) that meet the needs of all students including males, females, and those with disabilities or special health care needs.

### **Other School-based Activities that Promote Student Wellness**

The District will implement other evidence-based programs across the school setting to create environments that are conducive to healthy eating and physical activity and convey consistent health messages.

### **Goal(s) for other school-based activities that promote student wellness:**

1. Holy Family shall schedule mealtimes so there is minimal disruption by bus schedule, recess, and other special programs.
2. Holy Family shall provide a clean, safe, and attractive environment in which the students eat.
3. The Students at Holy Family are permitted to have water only in the classroom

20 Michigan Department of Education, Michigan Physical Education Grade Level Content Expectations

21 Michigan Department of Education, Michigan Merit Curriculum Guidelines for Physical Education

22 Michigan State Board of Education Model Local Wellness Policy 2005

### **Implementation, Assessment, Documentation, and Updates Implementation**

The District will develop and maintain a plan to manage and coordinate the implementation of this wellness policy. The plan will delineate roles, responsibilities, actions, and timelines specific to each school building. <sup>23</sup> It is recommended that school buildings use the Healthy School Action Tool (HSAT) <sup>24</sup> to complete a school-level assessment and create an evidence-based action plan that fosters implementation.

**Triennial Assessment:** HolyFamily School will conduct an assessment of the wellness policy every three years, at a minimum. The assessment will determine: building 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.<sup>25</sup>

**The person responsible for the Triennial Assessment is (Title and contact information):**

**Theresa Purcell, Principal**

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## Holy Family School Wellness Policy

### **Documentation**

Holy Family 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 LEA, and how stakeholders were made aware of their ability to participate.

This wellness policy can be found at (Insert direct URL for LEA's wellness policy):

[https://docs.google.com/document/d/17Pcb-Cpu7\\_AVp2Rb2UeeLD5Y-KmQFhqYWUDbelolvcQ/edit](https://docs.google.com/document/d/17Pcb-Cpu7_AVp2Rb2UeeLD5Y-KmQFhqYWUDbelolvcQ/edit)

Required documentation will be maintained at (Insert location):

In Holy Family School Office

23 Alliance for a Healthier Generation Model Local Wellness Policy 2016

24 Healthy School Action Tool

25 Local School Wellness Policy Implementation Under the HHFKA: Summary of Final Rule

26 Local School Wellness Policy Implementation Under the HHFKA: Summary of Final Rule

27 Alliance for a Healthier Generation Model Local Wellness Policy 2016

### **Updates to the Policy**

Holy Family will update or modify the wellness policy as appropriate based on the results of the HSAT and Triennial Assessments; as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new federal or state guidance or standards are issued. The wellness policy will be updated at least every three years, following the Triennial Assessment.<sup>27</sup>

### **Public Updates**

Holy Family School will inform the public annually about the local wellness policy, including its content and any updates to and about the policy. The Triennial Assessment, including progress toward meeting the goals of the policy, will also be made available to the public. The District will provide information on how the public can participate on the wellness committee and assist with the development, implementation, and periodic review and update of the wellness policy. All communication will be culturally and linguistically appropriate and will be available via the district website and/or districtwide communications (email, newsletters, mailings).<sup>28</sup>

27 Alliance for a Healthier Generation Model Local Wellness Policy 2016

28 Alliance for a Healthier Generation Model Local Wellness Policy 2016