

HOLY FAMILY ACADEMY WELLNESS POLICY

Holy Family Academy, of the Diocese of Scranton, is committed to the development of every student. The school believes that for students to have an opportunity to achieve personal, academic, developmental and social success, we need to create a positive, safe and health-promoting learning environment at every level, in every setting, throughout the school year. Good nutrition and physical activity during and after the school day are strongly correlated with positive student outcomes. This policy outlines Holy Family Academy's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day.

SCHOOL MEALS

Holy Family Academy is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free, low-fat milk to meet the nutrition needs of our students within their calorie requirements. Holy Family participates in USDA child nutrition programs, including the National School Lunch Program (NSLP).

In addition:

- Holy Family Academy shall provide adequate space for eating and serving school meals.
- Students shall be provided a clean and safe meal environment.
- All school meals are accessible to all students.
- Holy Family Academy offers reimbursable school meals that meet USDA nutrition standards.
- Drinking water will be available to all students throughout the school day, including meal times.
- Students have access to hand washing or sanitizing before meals.
- Only authorized staff have access to the food service operation.
- Students will be allowed at least 30 minutes to eat.
- Recess period at least 15 minutes will follow to help support better learning.
- Outdoor recess will be offered when weather is feasible for outdoor play.
- The cafeteria staff will meet all the requirements in the USDA professional standards for child nutrition professionals.

OTHER FOOD AVAILABLE AT SCHOOL

- Food and beverages sold outside of the school meal program will meet the USDA Smart Snack in school nutrition standards.
- All food offered on school grounds will meet or exceed USDA Smart Snacks in school nutrition standards. An exemption may be allowed at the discretion of the school principal, but shall not exceed more than one exemption per class.

- Holy Family Academy will provide a list of healthy party ideas and snacks to parents and teachers, including non-food celebration ideas.
- Holy Family Academy will provide to parents a list of foods and beverages that meet Smart Snack nutrition standards.
- Holy Family Academy will provide teachers and other relevant school staff a list of alternative ways to reward children. Food and beverage will not be used as a reward or withheld as punishment for any reason, such as for performance or behavior.
- Only food and beverage that meets or exceeds the USDA Smart Snacks in school nutrition standards may be sold through fundraisers on the school grounds during the school day.
- Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the USDA Smart Snacks in School nutrition standards.

NUTRITION PROMOTION

- Students and staff will receive nutrition messages throughout the school, classroom, gymnasium and cafeteria.
- Holy Family Academy will promote healthy food and beverage choices for all students throughout the school, as well as encourage participation in school meal programs.
- We will offer health and nutrition resources to parents to help them provide healthy meals for their children.
- We will cooperate with community agencies and organizations to provide opportunities for student projects related to nutrition.

PHYSICAL ACTIVITY

- All students will receive physical education once a week. Well-planned physical education programs are included in our curriculum. Students are introduced to and participate in a variety of team games and individual sports that emphasize lifelong physical activity, cooperation and teamwork.
- We implement a PE program consistent with state academic standards. All students receive and participate in PE.
- Students are moderately to vigorously active as much as possible during PE class. Accommodations are made in class for documented medical conditions and disabilities.
- We provide safe and adequate equipment for PE class.
- PE classes have a teacher-student ratio similar to other courses.
- A certified Health and PE instructor teaches our PE classes.
- We do not use or withhold physical activity as a form of punishment in PE class.

OTHER ACTIVITIES

- Students are encouraged to participate in extra-curricular activities and sports programs. The students have an opportunity to be involved in clubs, teams and community service projects.
- Listings for the extra-curricular activities are posted on the school website, Friday Folders, Facebook page, and school newsletter.
- Examples of clubs/sports offered: Mission Club, Students of Service, National Junior Honor Society, Student Council, Pennsylvania Junior Academy of Science, Bowling, Basketball, Track and Field, Cross Country, Forensics, and Choir.
- School hosts field trips to local farms, parks, grocery stores, firehouses, and museums.
- We offer an after school program that includes physical activity for participating children.

POLICY MONITORING/IMPLEMENTATION

- . The principal shall be responsible for the implementation and oversight of this policy to
 - Ensure that the school, programs and curriculum are compliant with this policy
- Holy Family Academy will convene a wellness committee that meets at least three times per year to establish goals and oversee school health and safety policies and programs, which includes reviewing and update of the wellness policy.
- The wellness committee membership will included school administrators (e.g. principal, vice-principal), physical education teacher, representatives of school food authority, teachers, student council, PTO, parents and community members.
- The principal and wellness committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:
 - o The extent to which the school is in compliance with law and policies related to school wellness.
 - o The extent to which this policy compares to model wellness policies
- o A description of the progress made by the school in attaining the goals of this policy.
- Holy Family Academy will notify households/families of the availability of the triennial Assessment and provide a copy of the wellness policy through the school website and communications through our SIS.
- The wellness committee will update or modify the wellness policy based on the results of the triennial assessment, on changes in community needs, wellness goals, new health and science information and/or when new federal or state standards are issued.
- The wellness policy will be updated at least every three years.