

# Holy Trinity Catholic SchoolWellness Policy January 2022

## **Purpose:**

Holy Trinity Catholic School recognizes the gospel value of the sanctity of life. We attempt to foster in all our students a respect for the gift of health. We also realize it is our task as educators to educate our students in body, mind and soul. This impels us to recognize the value of proper nutrition and physical activity in the development of each child trusted in our care. The school is committed to providing a school environment that promotes the wellness, nutrition education, and physical activity and education for parents to enable them to assist theirchildren to make healthy choices.

Governed by the Holy Trinity Catholic School Board and operation by a Principal, Holy Trinity Catholic School will implement the School Wellness Policy in our school and monitor the implementation of the policy through an internal Wellness Committee in accordance with federaland state laws and regulations

## **Policy:**

To ensure the health and well-being of all students, the Board establishes that the HTCS shallprovide to students:

- A comprehensive nutrition program consistent with federal and state requirements.
- Access at reasonable cost to foods and beverages that meet established nutritionguidelines.
- Physical education courses and opportunities for developmentally appropriate physicalactivity during the school day.
- Curriculum and programs for grades K-8 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with Pennsylvania curriculumregulations and academic standards.

## **Delegation of Responsibility:**

The Superintendent or principal shall be responsible for the implementation and oversight of this policy to ensure Holy Trinity Catholic Schools, programs and curriculum is compliant with this policy, related policies and established guidelines or administrative regulations. The

HTCS principal will report annually to the school board on the school's compliance with thewellness policy.

The report may include:

- Assessment of school environment regarding school wellness issues.
- Recommendations for policy and/or program revisions.
- Suggestions for improvement in specific areas.
- Feedback received from Diocesan staff, students, parents/guardians, community membersand the Wellness Committee.

## **Guidelines**

### Annual Notification of Policy

HTCS shall annually inform and update all stakeholders of the contents, updates and implementation of this policy via the website and/or other efficient communication methods. This annual notification shall include information on how to access the Coordinated School Health and Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the Wellness policy; and a means of contacting the School Health and Wellness Council leadership.

### Assessment

The Principal or designee and the established 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 all stakeholders in an accessible and easily understood manner and include:

1. The extent to which HTCS is in compliance with law and policies related to school wellness.
2. The extent to which this policy compares to model wellness policies.
3. A description of the progress made by HTCS in attaining the goals of this policy.

At least once every three years, HTCS shall review and modify this policy as needed based on the results of the most recent triennial assessment and/or as school and family's needs and priorities change. In addition, as wellness goals are met, new health science information emerges, and new federal or state guidance or standards are issued.

### Wellness Committee

HTCS will have a Wellness Committee, in which members will be recruited via a public announcement to all stakeholders, with at least one representative for each of the following areas:

- 1) Building principal
- 2) Food service manager
- 3) Parent representative
- 4) P.E Teacher
- 5) School nurse
- 6) School counselor

The Wellness Committee serves as an advisory committee regarding student health issues and is responsible for overseeing the development, implementation, periodic review and update of the Wellness Policy.

The wellness Committee will serve as a clearinghouse for information regarding student health issues and as liaison with community agencies. The information will then be disseminated to the school.

## **School Food Environment**

### School Meals

- Students shall be provided adequate time to eat: twenty (20) minutes sit down time for lunch. Students shall be provided a clean and safe meal environment.
- Access to the food service operation shall be limited to authorized staff.
- Drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.
- To the extent possible, the schools shall utilize available funding and outside programs to enhance student wellness.

### Fundraising

Food fundraisers may not take place during the time that lunch is served in the school building. Fundraisers involving “ready to eat” food/beverages may not occur between midnight and 30 minutes after dismissal on school days. Food sold to students during this time must also comply with USDA’s Smart Snacks in School regulations. Elementary and middle school administration principals may approve up to five fundraisers (at each school) each year which are exempt from this requirement. At all levels, each of these exemptions is limited to one week in length. School organizations that engage in fundraising off school property or outside school hours will be encouraged to consider healthy food or non-food related fundraising options.

### Classroom Snacks, Rewards, & Celebrations

- Classroom parties and celebrations shall offer a minimal amount of food containing added sugar as the primary ingredient.
- Classroom parties/celebrations with food/beverages shall be limited to no more than one (1) per month in each classroom. • Parents/Guardians shall be informed through newsletters or other efficient communication methods that foods/beverages should only be brought in when requested for scheduled parties.
- Fresh fruits/vegetables, water, 100 percent juice, 100 percent juice diluted with water, low-fat milk or nonfat milk shall be offered.

Food should not be used as a reward for elementary classroom or school activities unless the reward is an activity that promotes a positive nutrition message.

School Sponsored Events (such as, but not limited to, athletic events, dances, performances or ceremonies)

Coordinators of these events will be made aware of the commitment from HTCS for wellness and will be encouraged to provide healthy options.

#### Nutrition Promotion & Marketing

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 encourage participation in school meal programs.

HTCS will promote healthy food and beverage choices for all students throughout the school campus. This promotion will occur through at least:

1. Implementing research-based, behavioral economics techniques in the school cafeteria to promote healthy food choices
2. Ensuring that any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School).
3. Offering resources about health and nutrition to parents/guardians
4. Providing samples of food items that could become part of the upcoming menu, thereby allowing the students to have a voice in menu planning.

Faculty and staff are encouraged to set a positive example for students. Students are not likely to believe that nutrition policies are beneficial if they see faculty and/or staff consuming foods and beverages that do not align with HTCS Wellness policy.

HTCS will only allow the marketing of foods and beverages that are consistent with Smart Snacks Standards. This applies to marketing on exterior of vending machines, posters, menu boards, coolers, trash cans, and cups used for beverage dispensing.

#### **Health Education**

The goal of Health Education is to provide students with opportunities to acquire the knowledge, attitudes, and skills necessary for making health-promoting decisions, achieving health literacy and adopting health-enhancing behaviors. Comprehensive K- 8 health education courses address a variety of topics such as drug and alcohol use and abuse, healthy eating and nutrition, mental and emotional health, personal health and wellness, physical activity, safety and injury prevention, tobacco use, and violence prevention.

A qualified teacher who has been trained in Health Education (with the assistance of the certified elementary education teacher) will teach Health Education at the elementary level. A certified health educator will teach the middle school classes.

The Health Education curriculum will be a sequential, comprehensive Health Education program in accordance with State Board of Education curriculum regulations and the national academic standards for Health, Safety and Physical Education and Family and Consumer Sciences.

Nutrition Education, will be included within the health curriculum but will also include a HealthFair, integration of nutrition education in other core subjects, such as math and reading.

## **Physical Education**

The goal of K-8 Physical Education is to provide students with a sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All HTCS students must participate in physical education.

The comprehensive K-8 physical education courses shall be the means through which all students learn, practice and are assessed on the developmentally-appropriate skills and knowledge that are needed to sustain lifelong, health-enhancing physical activity.

- Certified health and physical education teachers will teach the physical education curriculum.
- Students shall be moderately to vigorously active as much time as possible during a physical education class.
- Documented medical conditions and disabilities shall be accommodated during class.
- Safe and adequate equipment, facilities and resources shall be provided for physical education courses.
- Physical education should be taught by certified health and physical education teachers. Appropriate professional development shall be provided for physical education staff.

Physical Education class will not be withheld as a form of punishment or as a time to make up class work or homework

## **Physical Activity**

In addition to planned physical education, age appropriate physical activity opportunities will be provided to meet the needs of all students. These may include recess, activities before and after school and during lunch, clubs, and interscholastic athletics. Physical activities will not be withheld as a form of punishment, or as a time to make-up class work, or homework.

## **Health Services**

School Health Services, a division of Student Services, provides for the health needs of the school child in accordance with the School Laws of Pennsylvania. Included among these services are: health screenings, physical examinations, health appraisals and counseling, first aid and emergency care in case of injury and sudden illness, referral of detected health problems and education for wellness promotion, disease prevention and control.

The goal of School Health Services is to help students attain and maintain an optimum health status so that they may receive maximum benefit from the educational experience. School Health Services will promote the development of positive health attitudes and practices, and integrate the school health program with other health service delivery systems.

In addition, medication: students will be provided with nursing services during the school day to accommodate special needs.

### **Counseling/Mental Health**

A program of school counseling will be offered to all student and will involve the coordinated efforts of all staff members under the professional leadership of certificated school counseling provided by IU 08.

### **Staff Health**

HTCS recognizes that employees are a valuable resource. The Wellness Committee will create staff wellness programs that include worksite health promotion programs, and employee wellness programs to improve health and overall wellness. These programs will include physical activity opportunities and mental health options for improvement of overall health.

### **Family/Community**

HTCS is committed to the belief that all students can learn and acknowledges that parents/guardians and the community share in the school's commitment to the educational success of children. HTCS recognizes that the responsibility of each student's education is shared by the school, the family and the community.

HTCS will support the development of programs that involve families, such as health challenges and nutrition fairs.

### **Environment**

HTCS is committed to establish a healthy and safe school environment. HTCS will strive to develop a positive school climate that includes:

1. students, faculty/staff, families feeling socially, emotionally, and physically safe
2. students, faculty/staff, families feeling engaged and respected
3. students faculty/staff, families, contributing to the operations of the school as well as the care of the physical environment

### **Recordkeeping**

The school will retain records to document compliance with the requirements of the Coordinated School Health and Wellness policy. The record will include:

1. The Wellness Policy
2. Documentation demonstrating that HTCS has informed the public, on an annual basis, about the contents of the Wellness policy and any updates to the policy
3. Documentation of efforts to review and update the Wellness policy, including who is involved in the review and methods used to inform the stakeholders of their ability to participate in the review.
4. Documentation demonstrating the most recent assessment on the implementation of the Wellness policy and notification of the assessment results to the public



