

# Holy Trinity School Wellness Policy

## Mission Statement

To work cooperatively with school personnel, food service, and parents, to find ways to improve the nutritional environment of schools and promote children's health and academic success.

## Goal

Holy Trinity Grade School is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Holy Trinity Grade School that:

- The school will engage students, parents, teachers, and food service workers in implementing, monitoring, and reviewing Holy Trinity's nutrition and physical activity policies.
- All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Food Service workers will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students, will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time to students to eat.
- To the maximum extent practicable, our school will participate in available federal school meal programs (including the National School Lunch Program and the Special Milk Program).
- Holy Trinity will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal program.
- You cannot put a price on the benefits of good nutrition. While initiating and implementing change may seem challenging, it can be done with a positive result.
- We take a common sense approach to issues, and everyone understands that. How can you argue, with good nutrition when it makes good sense and it's the right thing to do?

## To Achieve these Policy Goals:

The principal and existing school board will work to implement, monitor, review, and as necessary, revise school nutrition and physical activity policies.

# **Nutritional Quality of Foods and Beverages Sold and Served at Holy Trinity**

## **School Meals**

Meals served through the National School Lunch will:

- Be appealing and attractive to children
- Be served in clean and pleasant settings
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
- Schools will offer one non-fried vegetable and at least two fruit options each day and will offer five different fruits and/or vegetables over the course of a week. Fresh fruit and vegetables will be served whenever practicable.
- Serve only low-fat (1%) and fat-free milk

Food Service should engage students, through taste-testing of new entrees and surveys, in selecting foods sold through the school meal program in order to identify new, healthful, and appealing food choices. In Addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available upon request.

**Breakfast.** To ensure that all children have breakfast at home, in order to meet their nutritional needs and enhance their ability to learn:

- Holy Trinity will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

**Free and Reduced-priced Meals.** The school and food service employees encourage all students to participate in the school meal program and to protect the identity of students who eat free and reduced priced meals.

**Meal Times and Scheduling.** Holy Trinity:

- Will provide students with an adequate time for students to enjoy eating healthy foods with friends in school.
- Lunch time will be scheduled as near to the middle of the day as possible.
- Should not schedule tutoring, club, or organizations meetings or activities during mealtimes, unless students may eat during such activities
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

**Sharing of Foods and Beverages.** Holy Trinity School should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

**Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as fundraisers, concessions, etc.)**

Holy Trinity School will encourage the sale of the following items:

- **Beverages**
  - Water or seltzer water without added caloric sweeteners, fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages.
- **Foods**
  - Single-serving-size snacks (except for nuts, seeds, and cheese) should have no more than 6 grams of fat and meet at least two of the following three criteria:
    - Contain 300 or fewer calories
    - One or more grams of fiber or
    - At least 10 % of Calcium, Iron, Vitamin A, or Vitamin C

**Some Snack Ideas that fit into this category are:**

- Fresh Fruit and vegetables
- Yogurt
- Bagels with lowfat cream cheese
- Baby carrots and other vegetables with lowfat dip
- Trail Mix (without MM's or chocolate chips)
- Nuts and seeds
- Fig cookies
- Plain animal crackers
- Plain popcorn
- Granola Bars (not chocolate dipped kind)
- Soft pretzels
- Welch's Fruit Snacks (only fruit snacks that list juice or fruit in ingredients)
- Crackers
- No sugar cereals (example: Cherrios, Kix, Special K, etc)
- Pudding
- String cheese
- Cereal bar
- Single-serve lowfat or fat free milk
- 100% fruit juice (small single servings size)
- Bottled water (including flavored, but without any sugar)
- Other foods and beverages may also be healthy choices. Refer to the Nutrition Facts label when selecting a snack choice.

**Fundraising Activities.** The principal will monitor fundraising activities in order to ensure that they are not in conflict with sound nutrition messages.

**Snacks.** Snacks consumed during the school day will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Holy Trinity will decide when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The school will provide a list of healthful snack items to teachers and parents.

**Rewards.** Holy Trinity will not regularly use candy or soda as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan (IEP), and will not withhold food or beverages (including food served through school meals) as a punishment.

**Celebrations.** Teachers should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for food and beverages sold individually (above). *Birthday treats are except from this rule with the exception of soda, which is not allowed.* A list of healthy party ideas for parents and teachers can be found at the end of this policy.

**School-sponsored Events (such as, but not limited to, athletic events, dances, or performances).** Food and beverages offered at school-sponsored events outside the school day shall include but not be limited to healthy snacks and beverage choices as listed above. Entrees sold will not be deep-fried and pizza sold will not include double cheese. More emphasis will be made to expand the health side of food choices instead of only offering sodas and candy bars.

**Administration and Staff.**

Any beverage that does not meet the above guidelines will not be consumed in front of the students. This includes soda and coffee. The teachers lounge will be exempt from this ruling. If soda and coffee must be consumed during class time it must be in a mug type container with a cover so students do not see what it being drank.

## **Nutrition and Physical Activity Promotion and Food Marketing**

**Nutrition Education and Promotion.** Holy Trinity Grade School aims to teach, encourage, and support healthy eating by students. School should provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also classroom instruction in subject such as science, language arts , etc.
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste-testing, farm visits, and school gardens;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).

**Integrating Physical Activity into the Classroom Setting.** For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day, including home and school activities), and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- Opportunities for physical activity will be incorporated into there subject lessons;
- Classroom teachers may provide short physical activity breaks between lessons or classes, as appropriate,

Administrators, staff, and extracurricular groups shall ensure that all school activities, including classroom practices and incentives, are consistent with the sound nutrition practices taught in the classroom and implemented in the school meal program