

# **Holy Family School Wellness Policy**

## **(Revised August 2018)**

### **RATIONAL**

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduce risk for many chronic diseases.. Schools have a responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns. Well planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement, since school staff can be daily role models for healthy behaviors.

### **GOAL**

All students in Holy Family School shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in Holy Family School is encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, Holy Family School adopts this school wellness policy with the following commitments to nutrition, physical activity, comprehensive health education, marketing, and implementation. This policy is designed to effectively utilize school and staff while taking into consideration differences in culture.

## Commitment To Nutrition

**Policy Statements:** The **Holy Family School** will:

1. Offer a school lunch program with menus that meet patterns and nutrition standards established by the U. S. Department of Agriculture and the MS Department of Education, Office of Child Nutrition Programs.
2. Offer school breakfast and snack programs with menus that meet the meal patterns and nutrition standards established by the U. S. Department of Agriculture and Mississippi Department of Education, Office of Child Nutrition Programs.
3. Encourage school staff and families to participate in school meal programs.
4. Operate all Child Nutrition Programs with school food service staff who are properly qualified according to current professional standards (MS Board Of Education Policy, Code EE-2E).
5. Establish food safety as a key component of all school food operations and ensure that the food service permit is current for the Food Service school site.
6. Follow State Board of Education policies on competitive foods and extra food sales (**Mississippi Board of Education Policy, Code EEH**).
7. Establish guidelines for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity.
8. Participates in the county wide “Stamping Out Childhood Obesity” walk in the spring.
9. Provide adequate time for student to eat and enjoy school meals ( a minimum of 15-20 minutes at breakfast and 18-25 minutes at lunch)
10. Establish a cafeteria environment conducive to a positive dining experience, with socializing among students and between students and adults, with supervision of eating areas by adults who model conduct and appropriate voice level, and with adults who model healthy habits and eat with the students.
11. Make school meals accessible to all students with a variety of delivery strategies such as: grab-and-go lunches or alternative eating sites (Ex. School Picnic).
12. Provide adequate nutrition information for parents, including analysis of school meals and resources to help parents to improve food that they serve at home.

13. Offer a variety of salads three (3) times a week and taste testing samples to encourage students to try new and different foods.
14. Offer baked and steamed meats and vegetables on the menus rather than fried.
15. Students will receive fresh fruits and vegetables once a month through Alumni Association or other donors.

## **Commitment of Physical Activity**

### **Policy Statements:**

The **Holy Family School** will:

1. Provide physical education for all students (**In accordance with Section 37-13-134, Mississippi Code of 1972, ann., reference 204 Mississippi Public Schools Accountability Standard 32, Appendix B and 33**).
2. Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.
3. Implement the Mississippi Physical Education Framework.
4. Incorporate physical activity sessions in classrooms to teach subject areas and to make transition between different lessons (e.g., Take Ten! Corporate stretching).
5. Establish or enhance physical activity opportunities (like walking clubs or fitness challenges) for staff, parents and community members.
6. Provide staff and students monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess times.(rainy days)
7. Collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.
8. Children participate in training on the proper ways to exercises that address age appropriateness and the physical conditioning of the child.
9. Allow faculty and staff to participate and use an exercise and weight room to promote physical activity and weight management.

## **Commitment to Comprehensive Health Education**

**Policy Statement:** The **Holy Family School** will:

1. Offer comprehensive health education in grades K-7 (Mississippi Comprehensive Health Framework).
2. Implement the Nutrition Strand of the Mississippi Comprehensive Health Framework.
3. Emphasize the disease and prevention strand in the Mississippi comprehensive Health Framework
4. The school will conduct nutrition education activities and promotions that involve students, parents, staff, and the community. The individuals responsible for planning and executing the nutrition activities will include school foodservice staff, PE teacher, coaches, and additional staff as needed.

## **Commitment To Marketing A Healthy School Environment**

**Policy Statement:** The **Holy Family School** will

1. Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce these positive messages.
2. Involve students in planning a healthy school environment. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments.
3. Promote healthy eating, physical activity, and healthy lifestyle to students, parents, teachers, administrators, and the community at school events (school registration, parent –teacher conferences, PTA meetings, open houses, health fairs, teacher inservices, and other events.)
4. Eliminate advertising and other materials on the school campus that promote foods of minimal nutrition value.
5. Work with local media, like newspaper, TV and radio, to inform the community about the health problems facing Mississippi children, as well as the need for and benefits of healthy school environments.

## **Commitment To Implementation**

### **Policy Statements:**

The **Holy Family School** will:

1. Establish a plan for implementation of the school wellness policy.
2. Designate one or more persons to insure that the school wellness policy is implemented as written.
  - A. Principal: Clara Isom
  - B. Physical Education Teacher : Mesha Cox
  - C. Cafeteria Manager: Nicole Bowles
  - D. School Counselor: Regina Braswell
3. Conduct a review of the progress towards school wellness policy goal each year to identify areas(s) for improvement.

**2017-2018 National School Lunch Program  
Application Addendum**

**Submission of Local School Wellness Policy**

**School District Name:** Diocese of Jackson Catholic Schools  
Holy Family School

This is to certify that the attached Local School Wellness Policy(s) have been Adopted by the local school board and its approval is recorded in the School Board minutes.

Date of Board Approval: \_\_\_\_\_

Council President: \_\_\_\_\_

Council Secretary: \_\_\_\_\_

Signed: \_\_\_\_\_  
(Superintendent of Education or Executive Director)

Date: \_\_\_\_\_

**Note:** Please submit a copy of the approved policy for each school site in the school district.

## **The Holy Family School Wellness Plan Committee Members**

- Principal
- Cafeteria Manager
- School Counselor
- Middle School Science Teacher
- Athletic Director