

Local Wellness Policy for Holy Rosary Catholic School

Holy Rosary Catholic 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.

Nutrition Education

Every year, all students, K- 8, shall receive nutrition education that is aligned with the *Michigan Health Education Content Standards and Benchmarks*.¹

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.

Nutrition Standards

Holy Rosary shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations.² Holy Rosary shall encourage students to make nutritious food choices.

Holy Rosary shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. Holy Rosary shall consider nutrient density³ and portion size before permitting food and beverages to be sold or served to students.

Holy Rosary shall continually evaluate vending policies and contracts.

Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

Physical Education and Physical Activity Opportunities

Holy Rosary shall offer physical education opportunities that include the components of a quality physical education program.⁴ 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 Content Standards and Benchmarks*.⁵

Every year, all students, K-8, 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.

Other School-Based Activities Designed to Promote Student Wellness

Holy Rosary may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

Implementation and Measurement

Holy Rosary Principal shall implement this policy and measure how well it is being managed and enforced. The Principal shall develop and

implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), school nurses, parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy.

Model Local Administrative Rules Regarding Holy Rosary's Local Wellness Policy

In order to enact and enforce Holy Rosary Local Wellness Policy, the principal and the administrative team will have developed these local administrative rules. Administrative team members should be comprised of staff (including specialists in health and physical education), parents/guardians and representatives of the school food service program
A Coordinated School Health Team⁶ that will provide an ongoing review and evaluation of the Holy Rosary Local Wellness Policy and these local administrative rules.⁷

A Coordinated School Health Team may include representatives from the following areas:

- Administration.
- Counseling/psychological/and social services.
- Food services.
- Health education.
- Health services.
- Physical education.

(Note: An existing committee may assume the responsibility of the Coordinated School Health Team.)

⁶

Staff shall be reminded that healthy students come in all shapes and sizes. Students should receive consistent messages and support for:

- Self respect.
- Virtue education for personal Growth
- Respect for others.
- Healthy eating.
- Physical activity.⁸

These local rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of Holy Rosary Local Wellness Policy. Any District stakeholder wishing to express a viewpoint, opinion, or complaint regarding these local rules should contact:

GCCS Director Mr. Mark Callahan
2319 Bagley Street
Flint, MI 48504

or

Holy Rosary Principal Mrs. Karen West-Aiello
5199 Richfield Rd Flint MI 48506
Phone No. 810-736-4220
Fax. No. 810-736-1064

Students, staff, and community will be informed about the Local Wellness Policy annually.

Nutrition Education

Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the District. The District may offer age appropriate nutrition education classes. In addition, nutrition education topics shall be integrated into the entire curriculum when appropriate.

The District shall implement a quality nutrition education program that addresses the following:

*Curriculum:*⁹

- Has a curriculum aligned with the *Michigan Health Education Content Standards and Benchmarks*.
- Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.

Instruction and Assessment:

- Aligns curriculum, instruction, and assessment.
- Builds students' confidence and competence in making healthy nutrition choices.
- Engages students in learning that prepares them to choose a healthy diet.
- Includes students of all abilities.
- Is taught by "highly qualified teachers of health education."¹⁰

Opportunity to Learn:

- Includes students of all abilities.
- Provides adequate instructional time to build students' confidence and competence in health-enhancing skills. Nutrition education should also be made available to parents/guardians and the community. This nutrition education may be provided in the form of handouts, wall or bulletin board posters or banners, postings on the District website, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

Nutrition Standards

The District shall offer school meal programs with menus meeting the meal patterns

and nutrition standards established by the United States Department of Agriculture (USDA). The District shall encourage students to make food choices based on the most current Dietary Guidelines for Americans. Food and beverages that compete with the District's policy of promoting a healthy school environment shall be discouraged.

Each school building in the District shall offer and promote the following food and beverages in all venues outside federally regulated child nutrition programs:

- Whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with the current USDA standards.
- Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques, and 100 percent fruit or vegetable juice in 12-ounce servings or less.
- Nonfat, low-fat, plain and/or flavored milk and yogurt, nonfat and/or low-fat real cheese, rather than imitation cheese. Offer the following serving sizes: yogurt in eight-ounce servings or less, milk in 16-ounce servings or less, cheese in 1.5-ounce (two-ounce, if processed cheese) servings or less.
- Nuts, nut butters, seeds, trail mix, and/or soybean snacks in one-ounce portions or less; portions of three ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques.
- Accompaniments (sauces, dressings, and dips), if offered, in one-ounce servings or less.¹¹

The school shall monitor food service distributors and snack vendors to ensure that they provide predominantly healthy food and beverage choices that comply with this policy's purpose in all venues. (See Appendix A).

The school shall discourage using food as a reward. Alternatives to using food as a rewards are found in Appendix B.

The school shall encourage serving healthy food at school parties. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for classroom birthday or award celebrations. (See Appendix C).

The school shall encourage healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages. Example: Sales of candy items (candy bars, sugar coated chocolate snacks, or the like) as a school or grade-level fundraising project should be replaced with non-food items such as candles, wrapping paper, greeting cards, etc. (See Appendix D).

(Example: Vending sales of soft drinks, artificially sweetened drinks, and candy will not be permitted on school grounds prior to the start of the school day or throughout the instructional day, but may be permitted at special events that begin after the conclusion of the instructional day. For suggestions on healthier foods, see Appendix E. For the federal law memorandum stating, "it is not permissible for a school to serve foods of minimal nutritional value during a meal service period..." refer to the following link: <http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2001-01-16.pdf>.)

Physical Education and Physical Activity Opportunities

Developmentally appropriate physical education shall be offered every year to all

students of the District.⁴ In addition, physical education topics shall be integrated into the entire curriculum when appropriate.

The District shall implement a quality physical education program that addresses the following:

*Curriculum:*¹²

- Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Has a curriculum aligned with the *Michigan Physical Education Content Standards and Benchmarks*.
- Influences personal and social skill development.

Instruction and Assessment:

- Aligns curriculum, instruction, and assessment.
- Builds students' confidence and competence in physical abilities.
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- Includes students of all abilities.
- Is taught by a certified physical education teacher trained in best practice physical education methods.
- Keeps all students involved in purposeful activity for a majority of the class period.

Opportunity to Learn:

- Builds students' confidence and competence in physical abilities.
- Has a teacher-to-student ratio consistent with those of other subject areas and/or classrooms.
- Has enough functional equipment for each student to actively participate.
- Includes students of all abilities.¹¹
- Offers instructional periods totaling 100 minutes per week (elementary) and 100 minutes per week (middle and high school).¹³
- Provides facilities to implement the curriculum for the number of students served.

The school should offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students Pre-K through grade four. Recess should be in addition to physical education class time and not be a substitute for physical education. Each school shall provide proper equipment and a safe area designated for supervised recess in the elementary setting. Schools should provide opportunities for some type of physical activity for students in grades seven through eight apart from physical education class and organized sports. Physical activity opportunities might include: before- and after-school extracurricular physical activity programs, Safe Routes to School Programs,¹⁴ and use of school facilities outside of school hours.

Other School-Based Activities Designed to Promote Student Wellness

The District shall strive to create a healthy school environment that promotes healthy eating and physical activity.¹⁵ In order to create this environment, the following activities shall be implemented:

Dining Environment

- The school district shall provide:
 - a clean, safe, enjoyable meal environment for students,
 - enough space and serving areas to ensure all students have access to school meals with minimum wait time,
 - drinking fountains in all schools, so that students can get water at meals and throughout the day,
 - encouragement to maximize student participation in school meal programs, and
 - identity protection of students who eat free and reduced-price meals.

Time to Eat

- The school district shall ensure:
 - adequate time for students to enjoy eating healthy foods with friends in schools,
 - that lunch time is scheduled as near to the middle of the school day as possible, and
 - that recess for elementary schools is scheduled before lunch so that children will come to lunch less distracted and ready to eat or if lunch is served first, students who are in need of additional lunch time will be provided the necessary time to finish meals. Every student will have a minimum of 20 minutes to eat lunch.¹⁶ (See Appendix F).

Food or Physical Activity as a Reward or Punishment

- The school shall:
 - prohibit the use of food as a reward or punishment in schools, (see Appendix B),
 - not use physical activity as a punishment, and
 - encourage using physical activity as a reward, such as teacher or principal walking or playing with students at recess. (See Appendix F).

Consistent School Activities and Environment

- The school shall:
 - have all school buildings complete the Michigan Healthy School Action Tool to ensure that school activities and the environment support health behaviors, (see Appendix G),
 - ensure that all school fundraising efforts support healthy eating and physical activity, (see Appendix D),
 - provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education,
 - make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours,
 - encourage parents/guardians, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in

school and at home,
encourage and provide opportunities for students, teachers, and
community volunteers to practice healthy eating and serve as role models
in school dining areas,
○ provide information and outreach materials about other Food and
Nutrition Service programs such as Food Stamps, and Women, Infants,
and Children (WIC) to students and parents/guardians,
○ encourage all students to participate in school meal programs, (i.e., the
National School Lunch, including snacks for After School Program, and
School Breakfast programs), and
○ implement physical activity across the curriculum throughout the school
day or in all subject areas, for example, Brain Breaks.¹⁷ (See Appendix F).

Implementation and Measurement

All employees of the school are encouraged to be a positive healthy lifestyle role model for students by following, at a minimum, these administrative rules. Students can learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models in their lives. In order to send consistent messages to students, all adults in the school environment are encouraged to make healthy food choices and engage in physical activity.¹⁶ The District shall work through its Coordinated School Health Team and building level staff to find cost effective ways to encourage staff wellness. (Employees choosing to violate or ignore these local rules will be subject to possible disciplinary action as determined by the Superintendent of Schools in accordance with applicable collective bargaining agreements.)