



SECTION: PUPILS

TITLE: SCHOOL WELLNESS

ADOPTED: 5/20/2025

REVISED:

Holy Family School

	<p style="text-align: center;">246. SCHOOL WELLNESS</p> <p>1. Purpose</p> <p>Holy Family School recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and promotion, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.</p> <p>2. Authority SC 1422.1 42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p> <p>Holy Family School adopts this policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations.</p> <p>To ensure the health and well-being of all students, the Wellness Committee establishes that the district shall provide to students:</p> <ol style="list-style-type: none"> 1. A comprehensive nutrition program consistent with federal and state requirements. 2. Access at reasonable cost to foods and beverages that meet established nutrition guidelines. 3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day. 4. Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.
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3. Delegation of
Responsibility

42 U.S.C.
Sec. 1758b
7 CFR
Sec. 210.31

7 CFR
Sec. 210.31

42 U.S.C.
Sec. 1758b
7 CFR
Sec. 210.31

The Principal, Mrs. Jennifer D'Amelio, or designee shall be responsible for the implementation and oversight of this policy to ensure Holy Family School's , programs and curriculum is compliant with this policy, related policies and established guidelines or administrative regulations.

The Principal, Mrs. Jennifer D'Amelio shall annually report to the Superintendent or designee regarding compliance in her school.

Staff members responsible for programs related to school wellness shall report to the principal or designee regarding the status of such programs.

1. Assessment of school environment regarding school wellness issues.
2. Evaluation of food services program.
3. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
4. Listing of activities and programs conducted to promote nutrition and physical activity.
5. Recommendations for policy and/or program revisions.
6. Suggestions for improvement in specific areas.
7. Feedback received from district staff, students, parents/guardians, community members and the Wellness Committee.

The principal 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 the public in an accessible and easily understood manner and include:

1. The extent to which Holy Family School 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 Holy Family School in attaining the goals of this policy.

7 CFR Sec. 210.31	At least once every three (3) years, Holy Family School shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as district and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.
42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31	Holy Family School shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via the district website, student handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School 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 School Wellness policy; and a means of contacting Wellness Committee leadership.
4. Guidelines	<u>Recordkeeping</u>
7 CFR Sec. 210.15, 210.31	Holy Family School shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include: <ol style="list-style-type: none"> <li data-bbox="488 1016 995 1050">1. The written School Wellness policy. <li data-bbox="488 1087 1555 1199">2. Documentation demonstrating that Holy Family School has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy. <li data-bbox="488 1236 1487 1348">3. Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by Holy Family School to inform the public of their ability to participate in the review. <li data-bbox="488 1383 1555 1495">4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.
42 U.S.C. Sec. 1758b	<u>Wellness Committee</u> Holy Family School shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: Board of Limited Jurisdiction member, school administrator,, food service representative, student, parent/guardian, school health professional, physical education teacher and member of the public. It shall be the goal that committee membership will include representatives from each school building and reflect the diversity of the community. The Wellness Committee shall serve as an advisory committee regarding student

7 CFR
Sec. 210.31

health issues and shall be responsible for developing, implementing and periodically reviewing and updating a School Wellness policy that complies with law to recommend to the Board for adoption.

The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school based activities that promote student wellness as part of the policy development and revision process.

Nutrition Education

SC 1513
Pol. 102, 105

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and science

1. Nutrition education in Holy Family School shall teach, model, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

2. Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.

3. Nutrition education lessons and activities shall be age-appropriate.

4. Nutrition curriculum shall teach behavior-focused skills, which may include menu planning, reading nutrition labels and media awareness.

Pol. 808

5. Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

6. Nutrition education shall extend beyond the school environment by engaging and involving families and the community.

Nutrition Promotion

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.

Physical Activity

1. Holy Family School shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.
2. Age-appropriate physical activity opportunities, such as outdoor and indoor recess, before and after school programs, during lunch, clubs, shall be provided to meet the needs and interests of all students, in addition to planned physical education.
3. A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

Physical Education

A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All Holy Family School students must participate in physical education.

1. Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.
2. Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.
3. Safe and adequate equipment, facilities and resources shall be provided for physical education courses.
4. Physical education shall be taught by certified health and physical education teachers.

Other School Based Activities

Safe 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.

Nutrition professionals who meet hiring criteria established by Holy Family School and in compliance with federal regulations shall administer the school meals

SC 1512.1
Pol. 102, 105

7 CFR
Sec. 210.10, 220.8
SC 701, 742

42 U.S.C.

Sec. 1751 et seq,
1773
7 CFR
Sec 210.30
Pol. 808

program. Professional development and continuing education shall be provided for Holy Family School nutrition staff, as required by federal regulations.

1. Holy Family School shall provide adequate space, as defined by the school, for eating and serving school meals.
2. Students shall be provided a clean and safe meal environment.
3. Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.
4. Holy Family School shall implement alternative service models to increase school breakfast participation where possible, such as breakfast served in the classroom, "grab & go breakfast" and breakfast after first period to reinforce the positive educational, behavioral and health impacts of a healthy breakfast.
5. Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by Holy Family School.
6. Students shall have access to hand washing or sanitizing before meals and snacks.
7. Access to the food service operation shall be limited to authorized staff.

7 CFR
Sec. 210.10

Nutrition Guidelines for All Foods/Beverages at School

All foods and beverages available at Holy Family School during the school day shall be offered to students with consideration for promoting student health and reducing obesity.

42 U.S.C.
Sec. 1751 et seq,
1773
7 CFR
Sec. 210.10, 220.8

Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.

Competitive Foods –

Holy Family School does not permit the sale of any competitive foods currently. If permitted in the future, any competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers.

Competitive foods are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school

breakfast or lunch.

For purposes of this policy, school campus means any area of property under the jurisdiction of the school that students may access during the school day.

For purposes of this policy, school day means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.

Foods and beverages offered or sold at school-sponsored events outside the school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare.

Non-Sold Competitive Foods –

Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the following standards established by the school.

1. Classroom Parties and Celebrations

- a. Non-food based parties and celebrations shall be encouraged on the school campus during the school day.
- b. 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.
- c. Classroom parties shall offer a minimal amount of foods (maximum 2-3 items) containing added sugar as the primary ingredient (e.g., cupcakes, cookies) and will provide the following:
 - Fresh fruits/vegetables; and
 - Water, 100 percent juice, 100 percent juice diluted with water, low-fat milk or nonfat milk.

2. Shared Classroom Snacks:

Shared classroom snacks are not permitted at Holy Family School.

Holy Family School shall provide a list of suggested nonfood ideas and healthy food and beverage alternatives to parents/guardians and staff, which may be posted via the school website, student handbook, newsletters, posted notices and/or other efficient communication methods.

Food Marketing –

7 CFR
Sec. 210.11,
210.31

Holy Family School does not permit any food marketing currently. If permitted in the future, 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) and comply with established Board policy and administrative regulations.

SC 504.1

Management of Food Allergies in Holy Family School

Pol. 209.1

Holy Family School shall establish Board policy and administrative regulations to address food allergy management in the schools in order to:

1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

Safe Routes to School

The district shall assess and, to the extent possible, implement improvements to make walking and biking to school safer and easier for students.

The district shall cooperate with local municipalities, public safety agency, police departments and community organizations to develop and maintain safe routes to school.

The district administrators shall seek and utilize available federal and state funding for safe routes to school, when appropriate.

References:

School Code – 24 P.S. Sec. 504.1, 701, 742, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513

National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.

School Breakfast Program – 42 U.S.C. Sec. 1773

Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296

National Food Service Programs, Title 7, Code of Federal Regulations –
7 CFR Part 210, Part 220

Board Policy – 102, 103, 103.1, 105, 209.1, 229, 808