

WELLNESS POLICY

To comply with the Child Nutrition and WIC Reauthorization Act of 2004, Holy Cross School has created a Wellness Policy to address the areas of nutrition, physical activity, and health. This policy was enacted with the foundational belief that the guidelines for good nutrition, physical activities/education, and health/nutrition education is essential for our students and staff. Research shows that children who begin each day as healthy individuals are better learners. The complete policy and resource links can be found on Sycamore.

Physical Education (PE)

All students in grades K-8 will receive physical education class for 80 minutes per week for the entire school year. All physical education students will be taught by a certified physical education teacher. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess

Holy Cross School students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Physical Activity Opportunities Before and After School

To promote a healthy lifestyle, Holy Cross School students walk each morning before school starts (weather pending). Parents and staff are encouraged and invited to attend as well. After-school Extended Care will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Meals Served

Meals served at Holy Cross Catholic School 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;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk; and will
- ensure that half of served grains are whole grain.

Parents are invited and encouraged to visit

<http://westsidecs.schoolfusion.us/modules/cms/pages.phtml?pageid=66088&sessionid=140ba74801a8767eb9e1aa3c45ce2888> if you would like specific nutritional information on the lunches served at Holy Cross.

Mealtimes and Scheduling

Holy Cross School will:

- will provide students with at least 20 minutes for lunch;
- schedule meal periods at appropriate times, between 11 a.m. and 1 p.m.;
- will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities; and

- will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

Sharing of Foods and Beverages

Holy Cross School **discourages** 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.

Nutrition Education and Promotion

Holy Cross School aims to teach, encourage, and support healthy eating by students by providing nutrition education that:

- is offered at each grade level designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only PE/health education classes, but also classroom instruction in subjects such as math, science, language arts, and social studies;
- 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);
- links with school meal programs, other school foods, and nutrition-related community services.

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) 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 other subject lessons; and
- classroom teachers may provide short physical activity breaks between lessons or classes, as appropriate.