



Holy Cross Catholic School

1502 S 48th St., Omaha, NE 68106

At Holy Cross school we take pride in our role in supporting the needs of our students, to ensure that all children are safe, supported, engaged and challenged each day as they walk into our building.

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 can be found in our Family Handbook and on our school website.

We have assessed our wellness policy as a part of the USDA requirements. Below are the results of our assessment.

School Wellness Policy Assessment Survey Results

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|---------------------------|-------------------------------------|
| Areas of Strength: | 1. Promoting healthy foods/diet |
| | 2. Encouraging physical activity |
| | 3. Goals for wellness/diet/exercise |

Opportunities for Improvement	1. Announce our SWP team representatives.
	2. Providing the triennial assessment to the public
	3. Including standards in our SWP for foods brought into our school for parties and other activities outside of provided lunches.

The following sections will be added to the policy as per USDA requirements:

- Description of healthy options of foods brought in for school parties/activities.

Classroom Parties: students enjoy classroom parties to acknowledge Halloween, Christmas, Valentine’s Day, as well as the end of the school year. The Nutritional Standard states that classroom parties will offer minimal amounts of foods (maximum 2-3 items) that contain added sugar as the first ingredient and will provide fresh fruits and vegetables, water, 100% fruit juice, or milk.

- We will include our Triennial results in our school newsletter and on our website.

- Announce our SWP team representative for questions and suggestions from parents/public.

School Wellness Program Team: Holy Cross Wellness Team includes the following members: James Laville, Carrie Harbold, Angie O’Connor, Taylor Tuttle, Lauren O’Day, Sara Laville, Beth Reilly and Kathy Jones. If you have any questions or concerns, please contact the school office at 402-551-3773.