



Holy Rosary Catholic School

161 9th St.

Idaho Falls, ID 83404

(208) 522-7781

hrcsoffice@holyrosaryschoolif.org

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## [Holy Rosary Catholic School Wellness Policy](#)

**Effective Date:1/18/2024**

### **LOCAL SCHOOL WELLNESS POLICY**

*This document is intended to be in compliance with The Healthy, Hunger-Free Kids Act of 2010 requires that School Administrators, School Board Members, School Food Service Staff, Teachers of Physical Education, School Health Professionals, Parents, Students, and members of the public be allowed to provide input on the development of this policy.*

Holy Rosary Catholic School (HRCS) strives to support a school environment that enhances the ability of students to learn and achieve. Since it is well established that health and well-being are key components to a student's ability to learn and achieve<sup>1</sup>, HRCS shall work to provide students with a healthy environment. The goal of the School Wellness Committee (SWC) is to encourage a healthy lifestyle for students by providing nutrition education, promoting healthy food choices, providing opportunities for physical activity, and other school-based wellness activities. HRCS will engage individuals from the school community to participate in developing, implementing, monitoring, and reviewing this and other related school wellness policies.

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#### ***Mission Statement***

*Holy Rosary Catholic School's mission is to use its Christian Catholic traditions and community resources to empower and celebrate student achievement, so that our students will have a secure environment in which to grow in their knowledge of God, themselves, community, and academics and use that knowledge to reach their God-given potential.*

## **SCHOOL WELLNESS COMMITTEE**

The school wellness committee shall encourage participation from the following stakeholders: school administration, the school board, physical education teachers, school health professionals, food service employees, and parents. The committee will be responsible for the development, implementation, review, and update of this school wellness policy.

## **GUIDELINES FOR SCHOOL NUTRITION PROGRAMS**

HRCS's school nutrition program will prepare and serve nutritious, well-balanced, and age-appropriate meals, snacks, and beverages that comply with current USDA regulations. In order to adhere to these nutrition standards, the school nutrition program will serve a variety of whole grains, fruits, vegetables, and low-fat dairy products. Water will be available to students at no charge in the place where meals are served during meal service.

The Food Service Director will review the menu and ensure that it meets federal guidelines. The Food Service Director shall solicit feedback from students, staff, and parents regarding the offered foods and beverages. Nutritional information such as calories, saturated fat, and sodium content of foods shall be made available in the cafeteria.

Each school will provide adequate time to eat during meal periods. Students will have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch once they are seated. For the 2024-25 school year, lunch will follow the recess period to better support the consumption of healthy foods and improve learning opportunities, but for the remainder of this school year we will continue with our current schedule. To the extent possible, school, recess, and transportation schedules will be designed to encourage participation in school meal programs. Teachers are discouraged from scheduling tutoring, club or organizational meetings, or activities during mealtimes, unless the student(s) may eat during such activities.

The Food Service Director will utilize a full Hazard Analysis and Critical Control Points (HACCP) Plan to ensure food safety practices are implemented and followed. To the maximum extent practicable, HRCS will participate in or inform families of available federal school meal programs, including the School Breakfast Program, National School Lunch Program, Summer Food Service Program, and Afterschool Snack Program.

School meals served through the National School Lunch and Breakfast Programs will meet or exceed nutrition and meal pattern requirements established by local, state, and federal statutes and regulations.

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## **Free and Reduced Price Meals**

HRCS will provide free and reduced-price breakfasts and lunches to students according to the terms of the National School Lunch and Breakfast programs and the laws and rules of the state.

## **FUNDRAISING**

All foods sold to students must be tracked and compared to Smart Snack standards. If foods and beverages do not follow the Smart Snacks regulations, the fundraising organization must request an exemption from the appointed district administrator. Per Idaho policy, a district may have ten (10) exempted fundraisers per school year per school site. Fundraisers requiring an exemption may not be longer than four (4) consecutive days in duration and exempt food and beverage items may not be sold in district food service areas during meal service. A designee of the School Wellness Committee will be available to meet with student fundraising organizations to communicate Smart Snacks standards should case-specific questions arise.

The Smart Snacks regulations do not apply to items sold during non-school hours, weekends, off-campus fundraising events, or foods intended to be consumed or prepared outside of school.

## **All Foods and Beverages Sold in Schools**

All foods and beverages sold to students on the school campus will comply with Smart Snack Regulations. Per USDA, the school day is defined as midnight the night before to 30 min after the end of the instructional day. Food and beverage marketing and advertising will be limited to only those foods and beverages that meet the competitive food requirements and align with the most recent Dietary Guidelines for Americans.

## **NUTRITION STANDARDS FOR OTHER FOODS AND BEVERAGES IN SCHOOLS**

### **Celebrations and Snacks**

Teacher-provided classroom celebrations and snacks served during the school day or in after-school programs will emphasize healthy choices, such as fruits and vegetables, as the primary snacks and water as the primary beverage. Schools will determine when to offer snacks based on the schedule for school meals, the nutritional needs of students, student age, and other pertinent factors.

The school wellness committee will develop a list of recommended healthy snack and beverage items to provide to teachers, after-school program personnel, and parents. This list will be utilized when planning classroom snacks, school sponsored parties, social events, and school functions.

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## **Food as Rewards**

Teachers are discouraged from using food as a reward for students and will not withhold food or beverages as a punishment. The school wellness committee will develop guidelines for appropriate alternative reward systems that incorporate social rewards, recognition and praise, privileges, and opportunities for classroom physical activity or additional recess<sup>2</sup>.

## **NUTRITION PROMOTION**

The district will encourage students to make healthy food choices using nutrition promotion techniques such as:

1. Encouraging staff to model healthy eating/drinking behaviors
2. Utilizing Smarter Lunchrooms techniques, such as signage and product placement, when appropriate and attainable
3. Sharing nutrient information with students, staff, and parents at the point of service
4. Offering taste-testing and menu planning opportunities to students to teach them about healthy fruits and vegetables options and solicit input on preferences
5. Implementing a school garden and yearly nutritional presentation.

## **NUTRITION EDUCATION**

The school board will adopt and implement a comprehensive health and physical education curriculum in line with the Idaho standards for health and physical education. Additional standards-based nutrition education will be offered in each grade as either a stand-alone unit or integrated into other core subjects, such as math, science, language arts, and social sciences.

1. Curriculum will link nutrition education with the school food environment and focus on behavior- focused skills, such as meal planning, recognizing food groups, and reading food labels to evaluate the quality of different foods.
2. School dining area will utilize regularly updated nutrition and health posters and signage to educate students on nutrition concepts.
3. Nutrition curriculums will utilize culturally relevant and developmentally appropriate opportunities to apply learning in school-wide activities such as contests, surveys, promotions, food demonstrations and taste-testing, voting for recipe names, cafeteria design or décor challenges, farm visits, and school gardens.
4. Schools shall provide families with materials that allow parents and students to apply health and nutrition lessons at home.

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## **PHYSICAL ACTIVITY**

This district's goal is to provide opportunities for every student to develop the knowledge, skills, and capacity to be physically active throughout their life. This includes providing opportunities to maintain physical fitness; reduce sedentary time; and develop and enhance social skills and self-esteem for students of all levels of physical ability.

The physical education curriculum will be aligned with state and national standards for physical education and be taught by a physical education teacher. Class sizes will be limited to a maximum of thirty (30) students per instructor and be taught weekly.

In addition to physical education, the district will provide other opportunities for physical activity for each grade by utilizing a comprehensive physical activity program (CSPAP) plan which encompasses:

1. Active transportation to and from school
2. Opportunities for physical activity before and after school, by providing intramural programs, interscholastic sports, competitive and non-competitive clubs with a physical activity emphasis
3. Daily recess for elementary students and classroom-based physical activity breaks to increase focus or teach academic content via physical movement for all students
4. Engaging staff, families, and communities to join and support physical activity initiatives
5. To promote physical fitness for students, parents, and community members, HRCS may enter into joint or shared-use agreements with governmental entities and community organizations that allow school and/or community-based organizations to use the school facilities for physical activity and recreation programs outside of school hours

Teachers and other school personnel are discouraged from withholding opportunities for physical activity such as recess or physical education as punishment. Physical activities, such as push-ups or running, will not be used as a punishment as this serves to decrease a student's intrinsic motivation to pursue these activities.

## **OTHER SCHOOL-BASED WELLNESS ACTIVITIES**

School goals regarding other school-based wellness activities will include:

1. Providing professional development related to health, nutrition, and physical activity to all staff
2. Developing and implementing a staff wellness program for the 24-25 school year that encourages school staff to serve as role models to students and practice healthy eating, physical activity, and other healthful activities
3. Sponsoring health initiatives such as: grit league, health fairs, no screen-time week, 2 school-supported events (e.g., races or fun runs, family wellness activities, or family day activities that promote health and wellness)

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4. Implementing and sustaining a school garden or Farm to School/Farm to Cafeteria activities that promote healthy eating via student participation
5. Sustaining a recycling program
6. Providing students, parents, and staff with mental health resources and prevention program information
7. Investigate applying for state and/or national awards and grants that support a healthy school environment (e.g., the Healthier US School Challenge or Fuel Up to Play 60 grants)

## **MONITORING**

SWC will monitor and ensure adherence to the wellness policy in the school and will report rate of compliance to the principal. The food service director will monitor and ensure that the school nutrition program complies with federal and state nutrition and meal pattern guidelines and report such compliance to the principal. Reporting of adherence to the wellness policy shall take place yearly. Changes to this document will be submitted to the school board for feedback.

## **ASSESSMENT**

On a triennial basis, the wellness committee will conduct an assessment and develop a summary report on school compliance. The assessment and report will include the extent to which the school is in compliance with this policy, the extent to which HRCS's school wellness policy compares to model local school wellness policies, and the progress made in attaining the measurable goals of this policy. The report will be made available to the public at the district office and posted on HRCS's website, as well as provided to the school board, the school wellness committee(s), parent/teacher organizations, school administrators, and school health services personnel.

To assist with the development of HRCS's wellness policy, HRCS conducted a baseline assessment of the school's existing nutrition and physical activity practices on 1/5/24. This information will also be used to measure the school's progress toward achieving its wellness goals.

## **NOTICE**

HRCS will include this policy and policy updates in the student handbook and provide each student and parent/guardian with a copy of the student handbook upon enrolling in classes each year. The policy will also be posted on the school website under board policies and the Nutrition Services Homepage.

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## **USDA Nondiscrimination Statement:**

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. **fax:**  
(833) 256-1665 or (202) 690-7442; or
3. **email:**  
[Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)

This institution is an equal opportunity provider.

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**LEGAL REFERENCE:**

7CFR §210.30 Local school wellness policy

42 U.S.C. § 1758b Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (PL 111-296), reauthorizing the

Child Nutrition Act

42 U.S.C. § 1751, et seq. National School Lunch Act

42 U.S.C. § 1771, et seq. Child Nutrition Act of 1966

References:

1. GenYouth Foundation, National Dairy Council, American College of Sports Medicine, and American School Health Association, comps. The Wellness Impact: Enhancing Academic Success through Healthy School Environments. Rep. GenYouth Foundation, 2013. Print.
2. Alliance for a Healthier Generation. "Non-Food Rewards." Non-Food Rewards. 2016. Web. 24 Mar. 2016.
3. <https://www.sde.idaho.gov/cnp/sch-mp/files/school-wellness/national-policy/Sample-Idaho-Wellness-Policy-Final-Rule.pdf>

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Adopted: 02/23/24

Amended: 02/23/24

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