

Holy Cross Lutheran School **Wellness Policy**

*Prepared and reviewed annually by the Wellness Committee
(Administration, Food Services, Faculty, Parents, and Students)*

Purpose

Holy Cross Lutheran School is committed to developing, implementing, monitoring, and reviewing the nutrition and physical activity policies in accordance with Indiana Code 20-26-9-18 and the Healthy, Hunger Free Kids Act of 2010.

Holy Cross Lutheran School has a Wellness Coordinator who is responsible for monitoring this wellness policy. There is a Wellness Committee that helps develop, implement, evaluate, and update this wellness policy.

Holy Cross Lutheran School is committed to following USDA meal requirements, and will follow nutritional guidelines for any additional foods and beverages sold separately on campus.

The Gospel Motivates

As leaders of Holy Cross Lutheran School, we believe that God created us and gives us all things, including our health. Therefore, we thank God for the gift of life and health He has given us – imperfect as it may be with problems of illness and diseases as a result of sin. But knowing what God has done for us through Jesus Christ – forgiveness of sins, life, and salvation – our response is to care for the body that is on loan to us as a way of thanking and praising God. If we view our bodies as His temple, we can begin to see the importance of daily maintenance in order to keep it usable for his service. By keeping our bodies well-maintained and filled with the right kinds of fuel (foods) needed to sustain us, we will be ready at a moment's notice for the demands and tasks He is calling us to do.

I. Nutrition Education

- A. Nutrition education will reinforce lifelong balance, emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
- B. Nutrition education resources will be provided to parents/guardians.
- C. Healthy items, such as salads and fruits, will be displayed prominently in the cafeteria to make healthier choices more appealing.

II. Nutrition Promotion

- A. Mealtimes are scheduled for all classes so there is minimum disruption by recess and other special programs or events.
- B. School will provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school cafeteria.
- C. Foods of minimal nutritional value, including brands and illustrations, shall not be advertised or marketed in educational materials.

III. Physical Activity

- A. The student teacher ratio for physical education classes will be no larger than other classes (30-1).

- B. School will allow and encourage walking and bicycling to school.
- C. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.
- D. If outdoor recess is not possible, due to inclement weather, teachers will provide an indoor physical activity break in the classroom or gym.
- E. Parish community use of school facilities will be permitted. Fitness groups, adult recreation leagues, etc. are encouraged.
- F. After-school enrichment providers will include physical activity in their programs, to the extent space and equipment allow.
- G. Taking away recess as a consequence will be limited and assessed case-by-case..

IV. Other Activities

- A. A wide variety of healthy, alternative rewards are used to provide positive reinforcement for children's behavior and academic performance.
- B. Students will have access to free palatable drinking water during the school day. Teachers may offer the option of student water bottles at the student desk.
- C. School cafeteria staff will be hired with the understanding that they are responsible to adhere to the policies the school has in place.
- D. School cafeteria staff will be provided continuing staff development that includes training programs for good child nutrition and appropriate training on any nutrition updates or revision to the policy.
- E. After school child care and enrichment programs will provide daily periods of moderate to vigorous physical activity for all participants.

Evaluation Plan

Members of the Wellness Committee will complete a triennial assessment and summarize the three required components

- 1) Compliance with the Wellness Policy
- 2) How the Wellness Policy compares to model wellness policies
- 3) Progress made in attaining the goals of the Wellness Policy

Staff Wellness: Holy Cross supports the health and well-being of our staff by creating and promoting policy and environmental supports to provide physical activity and healthy eating opportunities.

1. Holy Cross will promote programs to increase knowledge of physical activity and healthy eating for faculty and staff. Presentations on health and wellness will be provided at least twice each school year.
2. Holy Cross will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs and individual use.

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