

HOLY TRINITY CATHOLIC SCHOOL



WELLNESS POLICY



Rationale:

The link between nutrition, physical activity, and learning is well documented. If children are to be successful in school they cannot be tired, hungry, sick, suffering from drug abuse, or worried that school is an unsafe environment in which they could become a victim of a violent act. It has become apparent that problems such as poor nutrition, lack of physical activity, obesity and more – can adversely affect not only a child’s health, but also his or her ability to learn. A coordinated approach to school health improves the health and learning capacity of students through the support of families, schools, and communities working together. Coordinated school health promotes lifelong healthy lifestyles, reinforces positive healthy behaviors throughout the school day, and supports the relationship between good health and academic achievement.

Goal:

All students in Holy Trinity Catholic School shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff at Holy Trinity Catholic School is encouraged to model healthful eating and physical activity as a valuable part of daily life. The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. The use of food and/or physical activity used as a reward or punishment is discouraged.

To meet this goal, Holy Trinity Catholic School adopts this school wellness policy with the following commitments to implementing a coordinated approach to school health. This policy is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff, taking into consideration differences in culture.

Commitment to Student and Staff Nutrition

Holy Trinity Catholic School will:

- Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs.
- Offer school breakfast and snack programs (where approved and applicable) with menus that meet the meal patterns and nutrition standards established by the U. S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs.
- Encourage school staff and families to participate in school meal programs.
- Operate all Child Nutrition Programs with school foodservice staff who are properly qualified according to current professional standards (Mississippi State Board of Education Policy, 2001).
- Establish food safety as a key component of all school food operations and ensure that the food service permit is current for all School Food Service sites.
- Follow State Board of Education policies on competitive foods and extra food sales (Mississippi State Board of Education Policy, 2002).
- Implement Nutrition Standards as adopted by the Mississippi State Board of Education in accordance with The Healthy Hunger Free Act of 2010
 - Healthy food and beverage choices
 - Healthy food preparation
 - Marketing of healthy food choices to students and staff
 - Food preparation ingredients and products
 - Minimum/maximum time allotted for students and staff lunch and breakfast
 - Availability of food items during the lunch and breakfast periods of the child nutrition breakfast and lunch programs
 - Methods to increase participation in the child nutrition school breakfast and lunch programs
- Ensure all foods during the school day comply with the Mississippi Beverage and Snack Regulations
 - Foods must promote student health and reduce childhood obesity
- Work toward eliminating the use of foods as rewards for student accomplishment and the withholding food as punishment (e.g., restricting a child's selection of flavored milk at mealtime due to behavior problems). See Appendix B for non-food reward ideas.
- Encourage all school-based organizations to use services, contests, non-food items, and/or healthful foods for fundraising programs. The sale of candy as a fund-raiser is strongly discouraged. See Appendix C for alternative fundraising ideas.

Commitment to Food Safe Schools

Holy Trinity Catholic School will:

- Implement a district food safety program based on HACCP principles for all school meals as required by the U.S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs and ensure that the food service permit is current for each school site
 - Conduct no less than two (2) HACCP trainings per school year for Child Nutrition staff
- Develop a food safety education plan for all staff and students, consistent with the State Board of Health and national standards for safe food handling at home and in school
- All school personnel (school board members, administrators, teachers, foodservice staff, custodians, and administrative support staff) will have access to the Local School Wellness Policy to include food safety policies and procedures and relevant professional development.
- Adequate access to handwashing facilities and supplies will be available whenever and wherever students, staff, and families prepare, handle, or consume food.
- Implement a food safety assurance plan to address strategies to minimize the nutrition related risks for students and staff who have food allergies and intolerances

Commitment to Physical Activity/Physical Education

Holy Trinity Catholic School will:

- Provide 150 minutes per week of activity-based instruction for all students in grades PK3-6 (in accordance with section 37-13-134, Mississippi Code of 1972, ann., references 2008 Mississippi Public Schools Accountability Standard 33)
- PreK and Kindergarten students will participate in physical activity for a minimum of 40 minutes per school day. The 40 minutes does not have to take place continuously. This time should be used to help the child increase the skills involved in physical coordination (Kindergarten Guidelines)
- Provide Physical Education/Activity in accordance with the Physical Education Rules and Regulations as approved by the Mississippi State Board of Education in compliance with the Mississippi Healthy Students Act of 2007 (State Board of Education Policy 4012)
- Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment
- Instruction must be based on the 2006 Mississippi Physical Education Framework
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369)
- Encourage student and staff physical activity opportunities through participation in school district and civic events

Commitment to Comprehensive Health Education

Holy Trinity Catholic School will:

- Implement the requirements of the Mississippi Healthy Students Act of 2007, which requires 45 minutes per week of health education instruction as defined by the State Board of Education for grades K-8

Commitment to a Healthy School Environment

Holy Trinity Catholic School will:

- Ensure that there are no pad locks or chains on exit doors; exits should never be obstructed (in accordance with Mississippi State Fire Code). Ensure that all exit signs are illuminated and clearly visible.
- Ensure that all chemicals are stored properly (in accordance with the Material Safety Data Sheet www.msdssearch.com) & staff trained on available MSDS manuals.
- Refer to the U.S. Consumer Product Safety Commission's Handbook for Public Playground Safety for federal guidelines for playground safety & perform routine inspections of said playgrounds
- Ensure that fire extinguishers are inspected each year and properly tagged
- Complete yearly maintenance of the heating and cooling system in your school; check coils, filters, belts, etc. in order to maintain safe operation and healthy air quality
- Conduct at least one emergency evacuation drill per month
- Ensure that two means of egress are available in each classroom in case of an emergency; if there is only one door, designate a window (properly sized) as a means of egress
- Never use extension cords as a permanent source of electricity anywhere on a school campus

Comply with the applicable rules and regulations of the State Board of Education in the operation of its transportation program (in accordance with MS Code 37-41-53; State Board of Education Policies 7903, 7904, 7909; and the Mississippi Public School Accountability Standard 35

- Inspect all buses on a quarterly basis and ensure that they are well maintained and clean
- Require that all bus drivers have a valid bus driver certificate and a commercial driver's license and operates the bus according to all specified safety procedures. Maintain a record of yearly motor vehicle reports on each bus driver and evidence that each driver has received two hours of in-service training per semester. (State Board of Education Policy 7903)
- Ensure arrival of all buses at their designated school sites prior to the start of the instructional day
- Conduct bus evacuation drills at least two times each year. (State Board of Education Policy 7904)

Provide facilities that meet the following criteria: (Mississippi Public School Accountability Standard 36)

- Provide facilities that are clean
- Provide facilities that are safe
- Provide operational facilities that are equipped and functional to meet the instructional needs of students and staff (in accordance with the Mississippi School Design Guidelines at www.edi.msstate.edu)
- Provide air conditioning in all classrooms, code 37-17-6(2)

Comply with the requirements for Safe and Healthy Schools:

- Maintain a comprehensive School Safety Plan on file that has been approved annually by the local school board (in accordance with MS Code 37-3-81 and 37-3-83 (2); and the Mississippi Public School Accountability Standard 37.1) See the School Safety Manual and the MDE School Occupational Safety and Crises Response Plan at: http://healthyschoolsms.org/healthy_school_environment/school_safety.htm
- Prohibit the possession of pistols, firearms, or weapons by any person, other than duly authorized law enforcement, on school premises or at school functions; regardless of whether any such person possesses a valid permit to carry such pistols, firearms, or weapons (Mississippi State Board of Education Policy 9500). MS Code 37-11-18 requires any student who possesses a knife, a handgun, other firearm or any other instrument considered dangerous and capable of causing bodily harm or who commit violent act on educational property be subject to automatic expulsion for one calendar year. The principal of the school is authorized to modify the period of time for expulsion on a case-by-case basis.
- MS Code 97-32-9 prohibits students from possessing tobacco on any educational property. MS Code 97-32-29 further prohibits the use of tobacco on any educational property for adults who, if in violation, would be subject to a fine and issued a citation by a law enforcement officer. Educational property is defined as any public school building or bus, campus grounds, athletic field, or other property used or operated during a school related activity.

Commitment to Quality Health Services

Holy Trinity Catholic School will:

- Promote healthy lifestyles through school and community events (PTA meetings, open houses and other events)

Commitment to Implementing a Quality Staff Wellness Program

Holy Trinity Catholic School will:

- Provide student, staff, and community opportunities for physical activity, nutrition education, weight management, smoking cessation, and stress reduction management

Commitment to Marketing a Healthy School Environment

Holy Trinity Catholic School will:

- Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce these positive messages.
- Involve students in planning for a healthy school environment. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments.
- Eliminate advertising and other materials on the school campus that promote foods of minimal nutrition value.

Commitment to Implementation

Holy Trinity Catholic School will:

- Establish a plan for implementation of the school wellness policy.
- Designate one or more persons to insure that the school wellness policy is implemented as written.
- Conduct a review of the progress toward school wellness policy goals each year to identify areas for improvement.
- Prepare and submit a yearly report to school advisory council regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary

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Appendix A: Nutrition Guidelines

GOAL: The goal of establishing guidelines for all foods and beverages served or sold during the school day (outside of Child Nutrition Programs that follow USDA guidelines) is to improve the nutritional intake of Mississippi children. This can be done with a combination of two strategies.

- 1. Adding more nutrient-rich, appealing options** whenever foods and beverages are sold (or otherwise offered), including vending machines, school stores, parties, celebrations, social events, concessions stands at sporting and academic events, and other school functions. Possible options include fruits and vegetables (fresh, canned, and dried); nuts, seeds, and trail mix; beef jerky and peanut butter; reduced-fat dairy products (milk, cheese, yogurt, frozen yogurt, and smoothies); 100% juice, and water.
- 2. Limiting intake of discretionary calories** (in the venues described above). These are calories from fat and added sugar that provide few if any important nutrients (like protein, vitamins, minerals, fiber, etc.). As described in the 2005 Dietary Guidelines for Americans, discretionary calories **include intrinsic fats in the basic food groups** (like the fat in whole milk versus low-fat milk), **most solid fats** (like butter and margarine), and **all added sugars**. Limiting intake of discretionary calories can be done both by limiting portion size of and access to regular soft drinks, sweetened tea, candy, cookies, and high-fat snacks (regular potato chips, corn chips, crackers, sausage sticks, etc.).

MARKETING:

The goal of improving nutritional intake can also be accomplished by applying basic marketing strategies to sales of healthful options. Schools can consider the four P's when establishing guidelines for foods and beverages served or sold during the school day:

- **Product:** Vendors and companies have increasing numbers of products available – many with a more healthful profile than traditional snack foods and beverages.
- **Placement:** The sales of more nutrient-rich foods and beverages can be increased by placing them in “prime” locations –like at students’ eye level in a vending machine.
- **Price:** Another way to increase the sales of healthful items is to offer them at a lower cost. For example, water can be sold for \$.25 to .50 less than regular soft drinks.
- **Promotion:** There are many creative ways to promote healthy options – like offering samples of new healthful products or giving discount coupons during the introductory period.

For more information on these strategies and schools that have successfully increased healthful food and beverage options, read: **Making It Happen! School Nutrition Success Stories**

www.fns.usda.gov/tn/Resources/makingithappen.html

EXAMPLES: The following two sets of guidelines are for discussion purposes only. Schools can use these guidelines and others from the sources listed below to begin the discussion on what is appropriate for the health of students, based on the community input mandated by **PL # 108-265**.

Colorado Department of Education:

www.cde.state.co.us/cdenutritran/nutriSB04-103.htm

Philadelphia Public Schools:

www.philsch.k12.pa.us/offices/foodservices/bevpol04.pdf

South Carolina Department of Education:

www.fns.usda.gov/tn/Healthy/SC_report.pdf

Texas Department of Agriculture School Nutrition Policy:

www.squaremeals.org/

NUTRITION STANDARDS FOR VENDING

Nutrition Standards Intent/Rationale:

Holy Trinity Catholic School strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the school has adopted the following nutrition standards governing the sale of food, beverage, and candy on school grounds. Schools are encouraged to study these standards and develop building policy using the following Nutrition Standards as minimal guidelines.

Food:

- Encourage the consumption of nutrient dense foods, i.e. WHOLE GRAINS, FRESH FRUITS, VEGETABLES, and REDUCED-FAT DAIRY PRODUCTS.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more than 30% of its total calories derived from fat.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more that 10% of its total calories derived from saturated fat.
- Nuts and seeds with minimal added fat in processing (no more than 3 grams of added fat per 1.75 ounce or less package size) and reduced-fat dairy products are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat.
- It is recognized that there may be rare occasions when the school principal may allow a school group to deviate from these Standards, but those special occasions must be recorded and included in the Nutrition & Physical Activity Advisory Council Annual Report.

Beverages:

- Bottled Water – Any Size
- Low-Fat or Non-Fat regular or Flavored Milk – no more than 160 calories/8 fl oz
- 100% Juice w/no added sweeteners – no more than 120 calories/8 fl oz

Candy:

- Candy is defined as any processed food item that has:
 1. Sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose (dextrose), high fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar (sucrose), syrup) listed as one of the first two ingredients
 - AND
 2. Sugar as more than 25% of the item by weight.
- Vending sales of candy will not be permitted on school grounds.
- Non-vending sales of candy will be permitted ONLY at the conclusion of the instructional school day.

EXAMPLE OF NUTRITION STANDARDS FOR VENDING

Suggested Items for Vending Machines and Concession Stands

Organizations operating concessions at school functions should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

SNACKS

Best	Acceptable	Limited
Animal crackers, graham crackers, whole grain crackers	Granola bars, whole-grain fruit bars	Cookies (including lowfat)
Candy, candy bars, chocolate bars, toaster pastries, marshmallow/cereal treats		
Pretzels	Baked chips, corn nuts, rice cakes, cereal/nut mix	Regular chips, cheese-flavored crackers, cracker sandwiches
Nuts and seeds- plain or with spices	Nuts with light sugar covering; honey coated	Candy-or-yogurt-coated nuts
Trail mix (plain)	Popcorn/nut mix	Trail mix with chocolate, yogurt, or candy
Fresh vegetables and fruit, single-serve canned fruit, dried fruit	Fruit-flavored snacks, fruit leathers	Candy- or sugar-coated dried fruit
Fat-free popcorn	Light popcorn	Buttered popcorn
Beef jerky 95% fat free	Sausage, pork rinds	
Yogurt, preferably non-fat, low-fat or light		
Sugar-free gelatin, fat-free pudding		

BEVERAGES

Best	Acceptable	Limited
Milk, any flavor- preferably non-fat or low fat (1%)	Milk, 2%, whole	
Juice- fruit and vegetable that contains 100% juice	Juice- fruit or vegetable that contains at least 50% juice	
Water, pure	Flavored or vitamin-enhanced fitness water, sparkling water	
Low-calorie, diet sodas, low-calorie iced tea, low-calorie coffee	Regular soft drinks, sports drinks, sweetened tea	

Adapted from Mississippi Action for Healthy Kids
Action for Healthy Kids at: www.actionforhealthykids.org

Appendix B: Non-Food Rewards

Kids naturally enjoy eating nourishing foods and being physically active. Schools and teachers can provide them with an environment that supports these healthy behaviors by using non-food rewards. Here are effective alternatives – from outstanding educators across the country – to offering food as a reward to individual students or entire classes.

Read a book.

Sit by friends.

Read outdoors.

Teach the class.

Have extra art time.

Enjoy class outdoors.

Have an extra recess.

Play a computer game.

Read to a younger class.

Get a no homework pass.

Sing a silly song together.

Make deliveries to the office.

Listen to music while working.

Play a favorite game or puzzle.

Earn play money for privileges.

Walk with a teacher or principal.

Eat lunch outdoors with the class.

Be a helper in another classroom.

Eat lunch with a teacher or principal.

Start and maintain a vegetable garden.

Dance to favorite music in the classroom.

Get a “free choice” time at the end of the day.

Listen with a headset to a book on audiotape.

Have a teacher perform special skills (i.e. sing).

Be first in line when the class leaves the room.

Have a teacher read a special book to the class.

Take a trip to the treasure box (filled with stickers, pencils, erasers, bookmarks, etc.).

Appendix C: Healthy Fundraising

Fundraising Alternatives

Many new school fundraising strategies are being developed with school financial needs and concerns about student nutrition in mind. Instead of candy, schools are selling:

- Fresh and exotic fruit, like cases of citrus fruit
- High quality potatoes, onions, or other produce items
- Nuts and trail mix
- Popcorn

Schools are also selling an ever-expanding variety of non-food items such as:

- Gift wrap
- Magazine subscriptions
- Garden seeds
- Candles
- Discount coupon books
- Raffles of gift baskets
- Plants and flowers
- School spirit items

Schools are also utilizing a wide variety of traditional and non-traditional fundraising events such as:

- Car washes
- Walk-a-thons, bike-a-thons, jog-a-thons, skate-a-thons, etc.
- Family game nights
- “Hire a student day” for odd jobs (with proceeds going to the school)
- 3-on-3 basketball tournaments
- Silent auctions
- Talent shows

Appendix D: Marketing

Promoting Healthy School Meals: Marketing strategies that work

There are many reasons to do promotions for school food and nutrition programs. First and foremost, the students, faculty, and staff are customers. They have choices to make in deciding what to purchase and what not to purchase. Promotions are powerful marketing tools that have a direct, meaningful impact on customers and their purchasing decisions.

Promotions do not necessarily have to promote one particular product or event. After all, nutrition is something to promote all of the time. Some effects promotions might have:

- Show customers that the school food and nutrition department cares about them.
- Get customers excited or interested in the programs so that they keep participating.
- Highlight specific services or products.
- Introduce new items on a continual basis, for instance to highlight a new recipe on the menu. Perhaps one new item might be featured each month.
- Introduce or reinforce an identity or a marketing theme, such as National School Lunch Week or School Breakfast Week.
- Celebrate a nutrition and health awareness event, such as National 5 A Day Month or National Diabetes Month.
- Establish a distinctive image or “brand” for the school food and nutrition department.
- Reinforce the school food and nutrition departments’ role in the total school environment through promotions around special school activities and events.

Keep in mind that promotions do not make a poorly run operation better. If promotions are poorly planned or done at the wrong time, they may create problems or make problems worse.

Measure Your Promotion Success

Promotions are designed to cause **action**. Ultimately, a promotion is designed to change some attitude or belief and/or cause customers to buy something. For instance, a promotion may be designed to convince students that the fruits and vegetables on the school salad bar are good for them or just that they want to eat breakfast at school. National School Lunch Week and School Breakfast Week, for example, are designed around annual themes to promote the value of school meals to the entire school community. A promotion may strive to influence students to buy the reimbursable meal in general or to try a new product in particular.

Because promotions are supposed to change attitudes or behaviors, the effect of promotions should be evaluated -- that means that they need to be measured. How might a promotion be measured? That depends on what the goals of the promotion are. In general, the school nutrition department might measure:

- Sales, overall or of a particular product
- Participation
- Customer satisfaction
- Customer attitudes or customer perception