



# Holy Family Catholic School

3005 W. Kathleen Avenue

Coeur d'Alene, ID 83815

[www.hfcs-cda.org](http://www.hfcs-cda.org)

208.765.4327



## HFCS WELLNESS POLICY

HFCS Mission Statement: The mission of our Roman Catholic school is to promote excellence in education, spiritually, academically, and physically – for the whole person, thereby nourishing the gifts uniquely given to each by God.

Wellness Committee Purpose Statement: The purpose of the Wellness Committee is to promote physical, spiritual, and mental health by empowering students, families, and staff to create a culture of knowledge and leadership while developing balanced healthy habits and wellness for the whole body.

### WELLNESS PROGRAM

HFCS is committed to the optimal development of each student, spiritually, academically, and physically throughout the year. Our wellness program outlines our approach to the the physical and nutritional well being of our students throughout the year.

Studies show that there is a strong correlation between good nutrition, physical activity and positive student outcomes. This policy outlines HFCS approach to ensure that:

- Students have access to healthy food in accordance with Federal and state nutritional standards;
- Students have the opportunity to be physically active before, during, and after school;
- Students participate in nutritional and physical activities that promote student wellness;
- The community is engaged and supportive of HFCS development of life-long healthy habits; and
- HFCS establishes and maintains an infrastructure for management, implementation, and communication about the policy and its goals.

#### *School Wellness Committee*

The school wellness committee will meet four times each year and be made up of (to the extent possible), parents, students, school nutrition program, PE teacher, school administration, advisory board members, health care professionals, and the general public.



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The committee will establish goals for the program, will oversee the program's development and implementation, and will review and update the School Wellness Policy in conjunction with the Diocesan Wellness Policy.

These Wellness Policies can be found on the school website, posted on the school bulletin board, and committee meeting minutes can be found in the meeting binder in the office. Documentation of compliance of the wellness policy can be found in the school office.

## *Annual Progress Reports*

The committee will compile and make available to parents and general public an annual report regarding the progress of the school in meeting the wellness goals and share basic information on the wellness policy. This report will be published annually, around the same time in January each year. The school will notify parents of the report through the family communication packet.

## *Nutrition*

Our school is committed to providing and serving healthy meals to children that meet or exceed the national and state requirements. We do this by ensuring there are plenty of (fresh when available) fruits and vegetables, whole grains, fat-free and low-fat milk options. We make sure our meals are low in sodium, contain zero trans fat per serving, and meet the caloric needs of our students.

Our school participates in USDA nutrition programs including National School Lunch Program (NSLP) and the Farm to School program.

We are committed to offering school meals that:

- are accessible to all students;
- are appealing and attractive;
- are served in a clean and pleasant environment; and
- meet or exceed nutritional requirements established by state, and Federal statutes and regulations. Our school offers reimbursable meals that meet USDA nutrition standards.



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## *Staff Qualifications*

All school nutrition staff will meet or exceed hiring or annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

## *Water*

To promote hydration, free, clean safe, unflavored drinking water is available throughout the school day. All water sources and containers are maintained on a regular basis to ensure good hygiene standards.

## *Physical Activity*

Children and adolescents should participate in 60 minutes of physical activity every day. The school is committed to providing and encouraging various activities to promote active lifestyle choices.

Physical activity during the day will include, but is not limited to, recess time and physical education classes, after school recreational sports skills clinics, and competitive (no-cut) sports teams. We encourage, when age appropriate, riding bikes or walking to and from school. Through regular inspection, the school ensures that its grounds and facilities are safe and that equipment is available to students to be active.

## *Physical Education*

The school will provide students with physical education, using age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active life style and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students will be provided equal opportunity to participate in physical education classes. The physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion-based reporting for each student.



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## *Recess*

The school will offer at least 20 minutes of recess on all or most days during the school year. This policy may be waived on early dismissal days.

Outdoor recess will be offered when weather is feasible for outdoor play. Students will be allowed outside for recess except when outdoor temperature is below 10 degrees, inclusive of wind chill factors, or at the discretion of the school administrator based on his/her best judgment of safety conditions.

In the event the school must conduct indoor recess, teachers and staff will promote physical activity for students, to the extent practicable.

Recess will complement, not substitute for physical education class. Recess monitors or teachers will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible.

## *Physical Activity Breaks*

The school recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. The students will be provided opportunities to be active or stretch on all or most days during a typical school week. The breaks will complement, not substitute, for physical education class, recess, or class transition.

## *Before and After School Activities*

The school offers opportunities to participate in physical activity either before/and or after the school day through a variety of methods. The school will encourage students to be physically active before and after school by:

- providing sports skills camps after school and encouraging student participation regardless of experience;
- providing opportunities to participate in intramural sports such as cross country, volleyball, and basketball; and
- providing opportunities and encouraging physical activity in after school care program.



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## *Active Transport*

The school supports active transport to and from school, such as walking or biking. We encourage this behavior by:

- providing storage area for bikes and helmets and
- ensuring and maintaining crosswalks and bike paths on streets leading to school.

## *Other Activities That Promote Student Wellness*

The school will integrate wellness activities across the entire school setting, not just in the Cafeteria and physical activities facilities. The school will coordinate and integrate other initiatives related to wellness components so all efforts are complementary and work towards the goal of student well-being, optimal development, and strong educational outcomes.

School-sponsored events will adhere to the wellness policy. All school-sponsored wellness events will include physical activity opportunities. Other activities include, but are not limited to:

- Jog-a-thon
- Bike Rodeo
- School Health Night
- School/Community Garden

## *Community Health Promotion and Engagement*

Families will be informed and invited to participate in school sponsored activities and will receive information about health promotion efforts.

The School will use electronic mechanisms, such as e-mail, reader board notification, and notices on school website, as well as non-electronic mechanisms such as school newsletters, to ensure all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.



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## *Celebrations and Rewards*

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties. The school will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas from the Alliance for a Healthier Generation and from the USDA.
2. Classroom snacks brought by parents. The School will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards; and
3. Celebrations that include food will be held after lunch on full school days unless approved by the administration.
4. Rewards and incentives. The School will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.
5. For a list of ideas for Non-food Classroom Rewards please visit:  
<https://www.oakparkusd.org/cms/lib/CA01000794/Centricity/Domain/17/NonFoodIdeasforRewards.pdf>



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## DIOCESE OF BOISE WELLNESS POLICY

### Preamble

Holy Family Catholic School, (a school in the Catholic Diocese of Boise, Idaho...hereafter referred to as the School) is committed to the optimal development of every student. The School believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities do better academically.

This policy outlines the School's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the School have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;



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- The community is engaged in supporting the work of the School in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The School establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff, and schools in the School.

The School will coordinate the wellness policy with other aspects of school management, including the School's School Improvement Plan, when appropriate.

NOTE: Will also include any relevant data or statistics from state or local sources supporting the need for establishing and achieving the goals in this policy.

## I. **School Wellness Committee**

### *Committee Role and Membership*

The School will convene a representative school wellness committee (hereto referred to as the DWC or work within an existing school health committee) that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this school-level wellness policy (heretofore referred to as "wellness policy").

The DWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (ex., school nutrition director); physical education teachers; health education teachers; school health professionals (ex., health education teachers, school health services staff [i.e., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [i.e., school counselors, psychologists, social workers, or psychiatrists]; school administrators (ex., superintendent, principal, vice principal), school board members; health professionals (ex., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community.





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- Each school within the School will establish an ongoing School Wellness Committee (SWC) that convenes to review school-level issues, in coordination with the DWC.]

## *Leadership*

The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy. Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy. Refer to Appendix A for a list of school level wellness policy coordinators.

## **II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement Implementation Plan**

The School will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to each school, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness. It is recommended that the school use the Healthy Schools Program online tools to complete a school level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation, and generate an annual progress report.

- This wellness policy and the progress reports can be found at:  
<https://hfcs-cda.org/hfcs-student-life/wellness-nutrition/>.

## *Recordkeeping*

The School will retain records to document compliance with the requirements of the wellness policy at School's Administrative Offices and/or on [School's central computer network Documentation maintained in this location will include but will not be limited to:



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- The written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit DWC membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of annual policy progress reports for each school under its jurisdiction; and
- Documentation of the triennial assessment\* of the policy for each school under its jurisdiction;
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of wellness policy.

## *Annual Progress Reports*

The School will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the school in meeting wellness goals. This annual report will be published around the same time each year and will include information from each school within the School. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- A description of each school's progress in meeting the wellness policy goals;
- A summary of each school's events or activities related to wellness policy implementation;
- The name, position title, and contact information of the designated School policy leader(s) identified in Section I; and
- Information on how individuals and the public can get involved with the DWC or SWC.

The annual report will be available in each individual schools and will actively notify useholds/families of the availability of the annual report.

The DWC, will establish and monitor goals and objectives for the School's schools, specific and appropriate for each instructional unit (elementary or secondary OR elementary, middle, and high school, as appropriate), for each of the content-specific components listed in Sections III-V



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of this policy.

### *\*Triennial Progress Assessments*

At least once every three years, the School will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the School are in compliance with the wellness policy;
- The extent to which the School's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the School's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Allie Llnscott, Director Nutritional Services: 208-765-4327; [alinscott@hfcs-cda.org](mailto:alinscott@hfcs-cda.org).

The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

Each Catholic school will actively notify households/families of the availability of the triennial progress report.

### *Revisions and Updating the Policy*

The DWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as School priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

### *Community Involvement, Outreach, and Communications*

The School is committed to being responsive to community input, which begins with awareness of the wellness policy. The School will actively communicate ways in which representatives of DWC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that school. The



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School will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The School will use electronic mechanisms, such as email or displaying notices on the school's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.

The School will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the school and individual schools are communicating other important school information with parents.

The School will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The School will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

### III. Nutrition

#### *School Meals*

Our school school is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the School participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and Fresh Fruit & Vegetable Program (FFVP), Special Milk Program (SMP), Summer Food Service Program (SFSP), Supper programs, or others.

The School also operates additional nutrition-related programs and activities including Breakfast in the Classroom, Mobile Breakfast carts, Grab 'n' Go Breakfast, or others. All schools



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within the School are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The School offers reimbursable school meals that meet USDA nutrition standards.)
- Promote healthy food and beverage choices

### *Lunchroom techniques:*

- Whole fruit options are displayed in attractive bowls or baskets (instead of chafing dishes or hotel pans)
- Sliced or cut fruit is available daily
- Daily fruit options are displayed in a location in the line of sight and reach of students
- All available vegetable options have been given creative or descriptive names
- Daily vegetable options are bundled into all grab and go meals available to students
- All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
- White milk is placed in front of other beverages in all coolers
- Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas
- A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.)
- Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas
- Student artwork is displayed in the service and/or dining areas
- Daily announcements are used to promote and market menu options

### Language Includes:

- Menus will be posted on the School website or individual school websites.
- Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.



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- The School child nutrition program will accommodate students with special dietary needs.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets HSP Gold level). Students are served lunch at a reasonable and appropriate time of day.
- Lunch will follow the recess period to better support learning and healthy eating.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.
- The School will implement at least four of the following five Farm to School activities (meets HSP Gold level; mark/circle the four activities the School plans to do):
  - Local and/or regional products are incorporated into the school meal program;
  - Messages about agriculture and nutrition are reinforced throughout the learning environment;
  - School hosts a school garden;
  - School hosts field trips to local farms; and
  - School utilizes promotions or special events, such as tastings, that highlight the local/ regional products.

### *Staff Qualifications and Professional Development*

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

### *Water*

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day\* and throughout every school campus\* ("school campus" and "school day" are defined in the glossary). The School will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.



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- Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water.]

### *Competitive Foods and Beverages*

The School is committed to ensuring that all foods and beverages available to students on the school campus\* during the school day\* support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.

A summary of the standards and information are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at [www.healthiergeneration.org/smartsnacks](http://www.healthiergeneration.org/smartsnacks) and <https://www.healthiergeneration.org/take-action/schools/wellness-topics/smart-snacks/celebrations>

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day.

These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

### *Celebrations and Rewards*

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:



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6. Celebrations and parties. The school will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas from the Alliance for a Healthier Generation and from the USDA.
7. Classroom snacks brought by parents. The School will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards; and
8. Rewards and incentives. The School will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.
9. For a list of ideas for Non-food Classroom Rewards please visit:  
<https://www.oakparkusd.org/cms/lib/CA01000794/Centricity/Domain/17/NonFoodIdeasforRewards.pdf>

### *Fundraising*

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus\* during the school day\*. The School will make available to parents and teachers a list of healthy fundraising ideas [examples from the Alliance for a Healthier Generation and the USDA].

### *Nutrition Promotion*

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community. The School will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that the School and individual





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schools may use are available at [www.healthiergeneration.org/smartsnacks](http://www.healthiergeneration.org/smartsnacks).

## *Nutrition Education*

The School aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services;
- Teach media literacy with an emphasis on food and beverage marketing; and
- Include nutrition education training for teachers and other staff.
- In elementary schools, nutrition education will be offered at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards (meets HSP Silver/Gold level).
- All health education teachers will provide opportunities for students to practice or rehearse the skills taught through the health education curricula (meets HSP Silver/Gold level).]

## *Essential Healthy Eating Topics in Health Education*

The School will include in the health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention



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- Food guidance from MyPlate
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

USDA's Team Nutrition provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

### *Food and Beverage Marketing in Schools*

The School is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The School strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened



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if students are subjected to advertising on School property that contains messages inconsistent with the health information the School is imparting through nutrition education and health promotion efforts. It is the intent of the School to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the School's wellness policy.

## IV. Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities and the school is committed to providing these opportunities. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). All schools in the school will be encouraged to participate in Let's Move! Active Schools ([www.letsmoveschools.org](http://www.letsmoveschools.org)) in order to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as punishment for any reason "This does not include participation on sports teams that have specific academic requirements." The school will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

To the extent practicable, the School will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The School will conduct necessary inspections and repairs.

### *Physical Education*

The School will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts



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All students will be provided equal opportunity to participate in physical education classes. The School will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All School elementary students in each grade will receive physical education for at least 60-89 minutes per week throughout the school year. All School secondary students (middle and high school) are required to take the equivalent of one academic year of physical education.

The School physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion-based reporting for each student.

- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions (meets HSP Silver level).
- Waivers, exemptions, or substitutions for physical education classes are not granted.

## *Essential Physical Activity Topics in Health Education*

The School will include in the health education curriculum the following essential topics on physical activity: when health education is taught OR semesters when student is enrolled in health or physical education OR in all year(s) of school.

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, that is, warm up, workout, and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity



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- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity

### *Recess (Elementary)*

All elementary schools will offer at least 20 minutes of recess on all or most days during the school year. This policy may be waived on early dismissal or late arrival days. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built into the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play. "Students will be allowed outside for recess except when outdoor temperature is above/below School-set temperature, inclusive of wind chill factors, during "code orange" or "code red" days, during storms with lightning or thunder, or at the discretion of the building administrator based on his/her best judgment of safety conditions."

In the event that the school or school must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Each school will maintain and enforce its own indoor recess guidelines.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.



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## *Physical Activity Breaks (Elementary and Secondary)*

The School recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The School recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

## **V. Other Activities that Promote Student Wellness**

The School will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The School will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

Schools in the School are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the School's curriculum experts.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC/SWC.

All school-sponsored events will adhere to the wellness policy. All school-sponsored wellness events will include physical activity opportunities.

### *Community Partnerships*

The School will develop, enhance, or continue relationships with community partners (i.e. hospitals, universities/colleges, local businesses, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated



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to ensure that they are consistent with the wellness policy and its goals.

### *Community Health Promotion and Engagement*

The School will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the “Community Involvement, Outreach, and Communications” subsection, the School will use electronic mechanisms (such as email or displaying notices on the school’s website), as well as non-electronic mechanisms, (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

### **Glossary:**

Extended School Day - time during before and afterschool activities that includes clubs, intramural sports, band and choir practice, drama rehearsals, etc.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities such as the school building or on the school campus, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g. on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day - midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.





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## Appendix A: School Level Contacts

School: Holy Family Catholic School

Name: Sue Styren

Title: Principal

Email Address: [sstyren@hfcs-cda.org](mailto:sstyren@hfcs-cda.org)

Role: Oversee all school, staff, and student operations

School: Holy Family Catholic School

Name: Jana Holter

Title: Vice Principal/MTSS Director

Email Address: [jholter@hfcs-cda.org](mailto:jholter@hfcs-cda.org)

Role: Assists oversight of all school, staff, and student operations

School: Holy Family Catholic School

Name: Sharon Kavanaugh

Title: Menu Development/School Cook

Email Address: [skavanaugh@hfcs-cda.org](mailto:skavanaugh@hfcs-cda.org)

Role: Develops nutritious menus, cook

School: Holy Family Catholic School

Name: Anna Taylor

Title: PE Teacher

Email Address: [ataylor@hfcs-cda.org](mailto:ataylor@hfcs-cda.org)

Role: Physical Education at HFCS

School: Holy Family Catholic School

Name: Danell Harrison

Title: Teacher

Email Address: [dharrison@hfcs-cda.org](mailto:dharrison@hfcs-cda.org)

Role: Teacher member HFCS Wellness committee

School: Holy Family Catholic School

Name: Allie Linscott

Title: Director Nutritional Services



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Email Address: [alinscoatt@hfcs-cda.org](mailto:alinscoatt@hfcs-cda.org)

Role: Oversee all lunch program operations

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