

# Holy Cross Academy

## Wellness Policy

### 2021-2024 Triennial Assessment

#### Overview & Purpose

In accordance with the Final Rule of the Federal Healthy, Hunger Free Kids Act of 2010 and the Virginia Administrative Code: 8VAC20-740, Holy Cross Academy presents the 2021-2022 Triennial Assessment. The Triennial Assessment indicates updates on the progress and implementation of Holy Cross Academy Wellness Policy and wellness initiatives, and provides required documentation of actions, steps, and information as outlined in the Final Rule.

#### Wellness Policy

The Holy Cross Academy Wellness Policy can be found at [www.holycrossweb.com](http://www.holycrossweb.com) under attachments page. Holy Cross Academy updates or modifies the Wellness Policy as appropriate. [www.holycrossweb.com](http://www.holycrossweb.com)

#### School Wellness Committee

Holy Cross Academy established a Wellness Policy leadership of one or more school officials who has the authority and responsibility to ensure each school complies with the Wellness Policy. The Wellness Policy committee meets at least once a year (and more often if indicated) for periodic review and update of the Wellness Policy. The public and the school community are allowed and encouraged to participate in the Wellness Policy process. This may include parents, students, and representatives of the School Food Authority, teachers, school health professionals, and school administrators. The school community is able to participate with input via PTO meetings, and by contacting the Wellness Policy leadership at [hcakitchen@holycrossweb.com](mailto:hcakitchen@holycrossweb.com) and [jwolf@holycrossweb.com](mailto:jwolf@holycrossweb.com).

#### Wellness Policy Compliance

Holy Cross Academy must conduct an assessment of the Wellness Policy every three years, at a minimum. The final rule requires State Agencies to assess compliance with the Wellness Policy requirements as a part of the general areas of the Administrative Review every three years.

The Holy Cross Academy wellness policy is currently in compliance with all of the USDA and Virginia required wellness policy regulations.

USDA requirements include the following:

-Leadership is in place to ensure wellness policy oversight.

- There is public involvement in the wellness policy process.
- School meals served meet USDA regulations.
- Foods sold outside of meal programs meet USDA standards.
- Guidelines are in place for other foods provided during the school day.
- School based marketing of foods meets USDA standards.
- Goals are developed in the following areas: nutrition education, nutrition promotion, physical education/physical activity, and other activities that promote student wellness.
- A triennial assessment of the wellness policy is completed and made available to the public.
- The public is provided with information about the wellness policy annually.

Virginia requirements include the following:

- Information is included regarding compliant fundraisers, including allowable times and the designation of a person to monitor food and beverage fundraisers.

**The charts below are used to assess whether requirements are met during the triennial period. Requirements which are met are indicated as such. If requirements are not met an X is in the "Not Met" column.**

**Standards and Nutrition Guidelines for all Foods and Beverages Sold**

<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>
We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	X	
We have implemented Smart Snacks nutrition standards for ALL items sold during school hours, including: a la carte offerings, and items in school stores.	X	
We follow Holy Cross Academy's policy on exempt fundraisers as outlined in our Division's Wellness Policy.	X	
Meal accommodations are made for students with documented special dietary needs. These include, but are	X	
<b>Standard/Guideline</b>	<b>Met</b>	<b>Not Met</b>

not limited to, students with food allergies, and celiac disease.	X	
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**Standards and Nutrition Guidelines for all Foods and Beverages Provided Outside of the School Meal Program, but not Sold**

Standard/Guideline	Met	Not Met
We follow Holy Cross Academy's policy on standards for all foods and beverages provided, but not sold, as outlined in our Division's Wellness Policy.	X	
Students have access to free drinking water throughout the day.	X	
We follow Holy Cross Academy's policy on exempt fundraisers as outlined in our Division's Wellness Policy. "Fundraising groups may not sell foods or beverages during any breakfast and lunch periods. Foods or beverages that are sold outside of meal periods, but during the school day through 30 minutes following dismissal, must meet the same nutritional standards as a la carte items sold through the School Nutrition Program as regulated by the federal Healthy, HungerFree Kids Act of 2010 and as defined in the School Board Regulation #445-R - School Wellness. Up to five one day exemptions for fundraising events where foods sold do not meet federal regulations will be allowed per school per year at the discretion of the building principal. A record of exemptions must be kept on file at each school office. Fundraising groups are encouraged to consider non-food fundraising ideas. The district will maintain a resource list of options for non-food fundraising on the School Nutrition webpage."	X	

**Policy for Food and Beverage Marketing**

Standard/Guideline	Met	Not Met
All food and beverage marketing meets Smart Snacks standards.	X	

**Description of Public Involvement**

Standard/Guideline	Met	Not Met

Holy Cross Academy permits participation by the general public and the school community in the Wellness Policy process. This includes parents, students, and representatives of the School Food Authority, teachers of physical education, school health professionals, and school administrators.	X	
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**Description of Public Updates**

Standard/Guideline	Met	Not Met
The Wellness Policy is made available to the public on an annual basis, at minimum. This includes any updates to and about the Wellness Policy.	X	
The Triennial Assessment, including progress toward meeting the goals of the policy, will be made available to the public on or before June 30, 2022.	X	

**Description of Policy Leadership**

Standard/Guideline	Met	Not Met
Holy Cross Academy established a Wellness Policy leadership of both school nurses, who have the authority and responsibility to ensure each school complies with the policy.	X	

**Description of Evaluation Plan**

Standard/Guideline	Met	Not Met
This policy will be revised and updated based on the results of the triennial assessment and/or as the community needs change, wellness goals are met; new health science, information and technology emerges; and when new federal or state guidance or standards are issued. Updates and revisions will be actively shared with families and the public.	X	

**Quality of Wellness Policy**

Thoroughly reviewed by USDA Food and Nutrition Service, the Alliance for a Healthier Generation's model policy template is in compliance with the requirements set forth in the final rule.

The content and language contained in the Holy Cross wellness policy is generally aligned with the model wellness policy language put forth by the Alliance for a Healthier Generation.

Suggested revisions to the wellness policy to provide additional alignment include:

- Strengthen language around availability of free drinking water throughout the school day.
- Add language to encourage student surveys on meal planning, taste tests, and new foods to be offered.

### Progress towards Goals

Holy Cross Academy meets the goals and standards as outlined in the wellness policy. Areas to focus on during the upcoming triennium are as follows:

- Building upon farm to school procurement efforts with an increased focus on agricultural education.
- Start looking at food waste reduction strategies.
- Developing and implementing nutrition and physical activity programs for Holy Cross Academy staff.

### Progress towards Nutrition Promotion and Education Goals

Description	Met	Not Met
Nutrition education is presented for each grade level through the Diocese of Arlington Health and Science Curriculums.	X	
Food service staff participates in professional development activities that address requirements for child nutrition programs,	X	
Description	Met	Not Met
menu planning and preparation, food safety and strategies for promoting healthy eating behaviors.		

### Progress towards Physical Activity Goals

Description	Met	Not Met
The importance of 60 minutes of physical activity per day is encouraged in PE and during lunch recess for all grades. Kindergarten has an additional afternoon recess. Time permitting, grades 1-5 have an additional afternoon recess. Middle School has after school sports offered.	X	

<p>In accordance with the Office of Catholic Schools, PE will not be withheld as a consequence of negative behavior or incomplete course work. Withholding recess should be a last resort since physical activity promotes the release of negative energy.</p>	<p>X</p>	
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**Progress towards other School-Based Wellness Activity Goals**

<b>Description</b>	<b>Met</b>	<b>Not Met</b>
<p>An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities (20 minutes from the time the student has received a meal at lunch).</p>	<p>X</p>	
<p>All children who participate in the free and reduced price meal program are able to obtain meals in a non-stigmatizing manner.</p>	<p>X</p>	