

# Holy Cross Academy Wellness Policy

*Revised June 2015 / Reviewed June 2016, 2017, 2018 Revised September 2019,*

*reviewed September 2020 revised May 2022*



**2021/2022**

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# Holy Cross Academy Wellness Policy

## I. Physical Education and Activity

- The Diocese of Arlington Physical Education Curriculum is implemented under the direction of a part time PE teacher, with an emphasis on personal fitness.
- All grades participate in the Presidential Fitness Challenge.
- The importance of 60 minutes of physical activity per day is encouraged in PE and during lunch recess. Kindergarten has an additional afternoon recess. Time permitting, grades 1 – 5 have an additional afternoon recess. Middle School has weekly intramurals and a variety of health promotion electives are offered.
- Community sports and activities such as “The Great Train Race” are promoted in the school newsletter. After school sports are offered to middle school students. Parents are encouraged and welcome to hold sports clinics or walking/running clubs on school grounds after school and during school breaks.
- 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.

- The Diocese of Arlington school safety policies are implemented to minimize injury and illness related to physical activity. Routine assessments of school grounds, playground, fields, and sports equipment are conducted by the PE teacher, playground monitors, facility manager, athletic coordinator, and extended day staff.

## **II. School Nutrition**

### **Education**

- Nutrition Education is presented for each grade level through the Diocese of Arlington Health and Science Curriculums.
- Healthy eating habits are encouraged through displays in the cafeteria and clinic, and information on the school website.
- Food service staff participates in professional development activities that address requirements for child nutrition programs, menu planning & preparation, food safety and strategies for promoting healthy eating behaviors.

### **Lunch Program**

- The cafeteria provides nutritious meals in compliance with USDA nutrition standards, Smart Snack Standards and the Dietary Guidelines for Americans. Drink choices include water, low fat and fat free milk. Soda and energy drinks are not permitted in the lunchroom. A salad bar featuring a variety of fresh fruits and

- vegetables, lean proteins and whole grains is available for middle school students and staff members.
- Eligibility Status of children for free or reduced-price meals will be kept confidential.
- With appropriate **medical documentation**, modified meals will be provided to students with food allergies or other special dietary needs.
- Parents are discouraged from providing students fast food meals at school.
- Soda and energy drinks are not permitted with lunch or snack.
- Students are not permitted to share food.
- Food brought from home for parties and celebrations will not be shared during lunch in the cafeteria.
- Lunchroom accommodations are made for students with food allergies (*see Appendix A*).
- Twenty minutes of sit down time is allowed for lunch following recess.
- Lunch is scheduled between 11AM – 1PM
- Students have the opportunity to wash their hands or use hand sanitizer before eating lunch.
- Tables and benches are washed with soap and water after each lunch period and sanitized daily.
- Marketing of any foods and/or beverages on the school campus during the school day must meet USDA smart snack standards.

## Classroom Snacks

Holy Cross Academy strives to build a school environment that encourages students to make healthy choices in regards to nutrition. Research shows that children who eat nutritious meals and snacks can concentrate better in class, have more energy, and fewer behavior issues.

- Parents are encouraged to send healthy snacks and refrain from including foods and beverages that do not meet the Dietary Guidelines for Americans.
- Teachers and staff will not withhold snacks as a punishment.
- Teachers and staff should not routinely distribute candy, food or beverages as a reward for academic performance or good behavior.
- Nuts are the most common food allergen, and the most likely to cause a serious reaction, therefore, **ALL CLASSROOMS ARE NUT FREE.**

## Fundraising

- School fundraisers conducted on grounds during school hours must meet the Smart Snack Standards (*see Appendix B*).
- Non-food fundraisers are encouraged (*see Appendix E*).
- School will have a fundraiser designee to monitor fundraisers.

## Class Parties & Birthday Celebrations

- Non-food celebrations and rewards are encouraged :
  - Gift bags with party favors
  - Bring supplies to do a craft with the class
  - Play an indoor or outdoor game during an extra recess
  - Read the student's favorite book to the class
- Parents should consult the classroom teacher and the classroom allergy list before bringing in food, and follow the nutrition guidelines for serving size and fat content when bringing in treats for class parties. A list of suggested snacks is provided (*see Appendix D*).
- Ice cream (nut and dairy free options for students with allergies) or cookies (nut free) can be purchased through the front office.
- Nuts are the most common food allergen, and the most likely to cause a serious reaction, therefore, **ALL CLASSROOMS ARE NUT FREE.**
- Special occasion, school wide treats, are at the discretion of the principal.



### **III. Aviat Care**

- Snacks provided in Aviat Care meet USDA guidelines.
- Snacks will not be withheld as punishment.
- At least 30 minutes of physical activity is scheduled each day.

### **IV. Communication**

- Healthy eating habits and physical activity are promoted in the family newsletter.
- Copies of the wellness policy are on the website in the clinic, lunchroom and front office.
- The school nurse will meet at least annually with the PTO and any interested parents to review and update the wellness policy as needed.

## **V. Staff Wellness**

Staff members are encouraged to improve/maintain their own personal health and wellness and to serve as role models for students.

The following services are available to staff:

- Blood pressure checks by the school nurse
- Flu shots
- Life Assistance Benefit through the Diocese of Arlington offers 24 hour access to services for work/life issues and crisis support.

## **IV. Policy Implementation**

The school nurse will coordinate the Wellness Committee.

Members will include the PE teacher, guidance counselor, at least one other faculty member, the cafeteria supervisor and at least one PTO member.

The committee will meet at least once a year and more often if indicated.

## **VII. Evaluation**

The wellness committee will complete the School Health Index Modules annually to assess growth areas needing improvement. The report is due to the Diocesan Wellness Coordinator by the 10<sup>th</sup> business day after the end of school in June and no earlier than June 1<sup>st</sup>.

Public can access the most recent triennial assessment of the wellness policy at the Holy Cross Academy website, [www.holycrossweb.com](http://www.holycrossweb.com), under Health and Wellness in attachments page and at the main office.

The division will complete a triennial assessment of the wellness policy at least once every three years. The assessment will include the extent to which each school is in compliance with the policy, the extent to which the policy compares to a model policy, and a description of progress made in attaining wellness goals.

## Appendix A

# FOOD ALLERGY PREVENTION & MANAGEMENT PLAN

Since food allergic children can experience a **life threatening** reaction through ingestion, inhalation, or inadvertent contact with an allergen, vigilance on the part of all staff, parents and students is necessary. Although it is impossible to guarantee an allergen free environment, we ask that you follow these guidelines in an effort to minimize risk of exposure to allergens.

## **Parent and Student Responsibilities**

The student and parent are the first line of safety in preventing an accidental ingestion of questionable or known food allergens. The student with a food allergy needs to be educated by his/her parents on food safety, label reading and not consuming any food if they are not sure of the ingredients.

It is the parent's responsibility to provide Emergency Medications, and an Allergy Action Plan, signed by a physician, ON OR BEFORE the first day of school. Forms must be updated yearly, and medications must be current. Expired

medications cannot be relied on in emergencies. Medication policies in the handbook must be followed.

Parents of students with food allergies listed on their emergency or health update form that do not provide an action plan and medication are required to sign a waiver of liability/refusal to provide medication form.

### **Faculty and Staff Responsibilities**

All faculty, kitchen, office and Aviat staff complete allergy training annually.

The school nurse will keep the kitchen, classroom lists and website updated on any new food allergies.

Epi-Pens and a copy of the allergy action plan with a current student photo will be kept in the main office in an unlocked cupboard for accessibility in an emergency. Instructions on the action plan will be followed.

Teachers will alert substitute teachers to children in the class with food allergies.

### **Lunchroom**

Students are not permitted to share food for lunch or snack.

Peanut butter and nut products are not restricted. Students who eat any type of nut product will wash their hands before going back to class. They are not permitted to sit at the nut free table.

Areas designated “nut free” are provided at the end of the tables for each grade so students are not separated from their classmates. Lunch room monitors are aware of students with

nut allergies. Should a parent of a student with ANY food allergy request separate seating, accommodations will be made.

**EXEMPTION** – if a student does not want to sit in the designated area, the parent or guardian must submit, **IN WRITING** that their child is not required to sit at the designated nut free table. The exemption form must be submitted each year.

All lunch tables and benches will be washed with soap and water after each lunch period and sanitized daily.



\_\_\_\_\_  
DATE

Areas designated “nut free” are provided @ the end of the lunch tables for each grade. Lunch room monitors are aware of students with nut allergies. **EXEMPTION** – if a student does not want to sit in the designated area, the parent or guardian must submit **IN**



WRITING that their child is not required to sit @ the designated nut free table.

---

STUDENTS NAME

**Does not have to sit at the nut free lunch table**

---

PARENTS NAME

PARENTS SIGNATURE

### Classroom

Students are not allowed to share food for lunch or snack.

A list of classroom food allergies will be posted on the website attachments and in each classroom.

On days when students eat lunch in the classroom due to the lunchroom being used for a special event, students will eat at their own desks. After lunch desks will be washed with soap and water or cleaning wipes.

Nuts are the most common allergen, and the most likely to cause a serious reaction, therefore, **ALL CLASSROOMS ARE NUT FREE.**

### Class Parties and Celebrations

The following guidelines should be followed for any food or beverage provided for school parties or celebrations:

- Consult the classroom teacher and check the classroom allergies list before planning any activities that involve food or serving food products.

- Nuts are the most common allergen, and the most likely to cause a serious reaction, therefore, **ALL CLASSROOMS ARE NUT FREE.**
- A list of ingredients **must** accompany any food brought into the classroom.
- Parents of students with food allergies are encouraged to provide snacks labeled with the child's name to be kept in the classroom &/or clinic.
- If there is any question about a food distributed in the classroom, it should not be consumed, but may be sent home with a list of ingredients for parent review.

## **Field Trips**

- A MAT trained staff member will be responsible for administering medications on field trips. Individual Action Plans and medication administration will be reviewed with the school nurse and the designated staff member will sign for the medications.

- With physician authorization and school nurse approval, students may, and are encouraged to, carry their own emergency medications on field trips.
- When transportation is by private car, a parent or guardian of a student with food allergies is required to provide transportation. (Diocesan policy does not permit students to ride in a car with a staff member)
- Nut free tables can be provided at the teachers or chaperones discretion.

## **Bullying**

Verbal or physical bullying or taunting related to a food allergy or restriction will not be tolerated. If a student with an allergy experiences any type of bullying related to his/her food allergy, he/she needs to bring it to the teacher's attention and it

will be followed up according to the handbook regulations.  
The school nurse will educate students regarding the severity of food allergies.

# Appendix B

## Smart Snacks in School USDA's "All Foods Sold in Schools" Standards

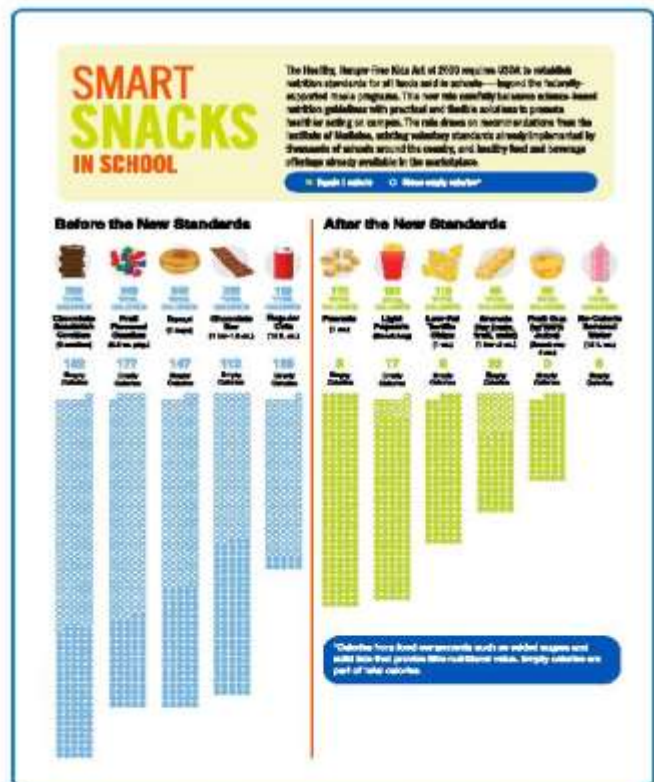
USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The *Smart Snacks in School* standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

*Smart Snacks in School* also support efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

### Nutrition Standards for Foods

- **Any food sold in schools must:**
  - Be a "whole grain-rich" grain product; or
  - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
  - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
  - Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).\*
  
- **Foods must also meet several nutrient requirements:**
  - **Calorie limits:**
    - Snack items: ≤ 200 calories
    - Entrée items: ≤ 350 calories
  
  - **Sodium limits:**
    - Snack items: ≤ 230 mg\*\*
    - Entrée items: ≤ 480 mg
  
  - **Fat limits:**
    - Total fat: ≤35% of calories
    - Saturated fat: < 10% of calories
    - Trans fat: zero grams
  
  - **Sugar limit:**
    - ≤ 35% of weight from total sugars in foods



\*On July 1, 2016, foods may not qualify using the 10% DV criteria.  
\*\*On July 1, 2016, snack items must contain ≤ 200 mg sodium per item

## Nutrition Standards for Beverages

- **All schools may sell:**
  - Plain water (with or without carbonation)
  - Unflavored low fat milk
  - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
  - 100% fruit or vegetable juice and
  - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- **Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.**
- **Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students.**
  - No more than 20-ounce portions of
  - Calorie-free, flavored water (with or without carbonation); and
  - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
  - No more than 12-ounce portions of
  - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

## Other Requirements

- **Fundraisers**
  - The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
  - The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
  - The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.
- **Accompaniments**
  - Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
  - This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.

## Public Comment

USDA is seeking comments on these standards. The formal 120-day comment period is open through October 28, 2013. We also want to continue to receive feedback during implementation of the standards, so that we are able to make any needed tweaks to the standards based on real-world experience. Feedback from students, parents, school food staff, school administrators, State agencies and other interested parties is critical to ensuring successful standards.

To find the standards online, simply go to <http://www.regulations.gov> and search by the docket number, which is FNS-2011-0019, or you may type in the name of the rule "Nutrition Standards for All Foods Sold in School".

Comment Online:  
<http://www.regulations.gov>

Comment by Mail:  
William Wagoner  
Section Chief, Policy and  
Program Development Branch  
Child Nutrition Division  
Food and Nutrition Service  
P.O. Box 66874  
St. Louis, MO 63166



## Appendix D

### Suggested foods for classroom activities:

(Food should have  $\leq$  200 calories

&no more than 7 grams of fat per serving)

- 100% juice with no added sugar
- Sparkling water with no sugar/sweetener
- Pretzels, popcorn, trail mix, granola bars (no nuts)
- Graham crackers, animal crackers, rice cakes.
- Tortilla chips with salsa, guacamole or bean dip
- Fresh fruit, fruit and cheese kabobs.
- Dried or canned fruit.
- Vegetable tray with low fat dip
- Jello jigglers
- String cheese.
- Angel food cake with unsweetened fruit.
- Low-fat yogurt.
- Low fat pudding or fruit smoothies.
- For “allergy friendly” snack ideas try these websites:  
[snacksafely.com/snackguide](http://snacksafely.com/snackguide), [enjoylifefoods.com](http://enjoylifefoods.com), &  
[drlucys.com](http://drlucys.com)
- Ice cream treats for the class can be purchased through the office, with nut and dairy free choices for students with allergies.
- Nut free cookies for classes can be purchased through the office with at least 1 day notice.



## **Appendix E**

### **Fundraising recommendations**

Fund- raising activities at Holy Cross Academy should support healthy lifestyles. Classrooms and other groups are encouraged to sell items other than food for fund-raising.

No food or beverages may be sold during breakfast and lunch period.

Items to sell other than food:

- Candles
- Gift wrap
- Cookbooks
- T-shirts and sweatshirts
- Calendars
- First aid kits / Emergency kits for cars
- School spirit gear
- Plants, flowers, poinsettias, and seeds
- Coffee cups and mugs
- License plate holders with school logo
- Bumper stickers
- Christmas ornaments

The following website is an outstanding resource for fund-raising:

[www.actionforhealthykids.org](http://www.actionforhealthykids.org)