Holy Cross Catholic School
Wellness Plan

2025-2026

Holy Cross School Wellness Policy

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1. Purpose and Scope

Holy Cross School recognizes that student health and academic success are interdependent. This Wellness Policy establishes the framework for promoting physical health, mental health, and a positive school climate, while supporting staff development and collaboration with families and the community. The policy aligns with federal, state, and diocesan requirements.

2. Promoting Physical Health

Nutrition Education and Promotion

Goal/Objective:
To provide nutrition education experiences that improve students' eating behaviors, foster lifelong healthy habits, and engage families in supporting nutrition at home.

Standards:

- Nutrition education will be integrated into a comprehensive health curriculum.
- Programs will be evidence-based and age-appropriate.
- Holy Cross will continue partnerships with community health providers (e.g., Healthy Kids Screenings, Seton Center Dental, Circle of Grace, Friendzy, Temple Made Fitness, Parochial sports).

Nutrition Guidelines for Foods Available During the School Day

Goal/Objective:
To ensure all foods and beverages served or sold support student health, meet federal standards, and encourage participation in school meal programs.

Standards:

- Meals will comply with USDA guidelines, emphasizing fruits, vegetables, whole grains, lean protein, and low-fat dairy.

- Foods and beverages outside of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) will meet USDA Smart Snacks in School standards.

- Nonfood rewards are encouraged. If food is provided (e.g., for celebrations), it must meet Smart Snacks standards.

- Drinking water will be available at no cost throughout the school day.

- Fundraisers must follow diocesan policy and federal standards if food/beverages are consumed during the school day.

Physical Education and Physical Activity

Goal/Objective:
To provide quality physical education and ensure students have daily opportunities for physical activity.

Standards:

- All students K–8 will participate in sequential, standards-based physical education.

- Elementary students (K–5) will receive a minimum of 90 contact hours annually in health and physical education.

- Middle school students (grades 6–8) will receive health and physical education instruction on an annual basis.

- Daily recess (minimum 20 minutes) will be provided for elementary students.

- Extended periods of inactivity are discouraged; brain breaks will be implemented during long instructional sessions to promote mental and physical well-being.

- Extracurricular programs (Parochial League sports, Soccer for Success, Fun Run, Walk to School Day) will be promoted.

- Physical activity will not be withheld or used as a form of punishment.

Access to Healthcare

Goal/Objective:
To support students' physical health by ensuring access to preventive and responsive healthcare.

Standards:

- The school will provide annual screenings for vision, hearing, BMI, and dental health.
- Partnerships will be maintained with community health organizations for screenings and referrals.

3. Mental Health Support

Goal/Objective:
To promote mental health awareness, provide social-emotional learning, and support students' well-being.

Standards:

- Holy Cross will implement social-emotional curricula such as Friendzy and Circle of Grace.
- A school counselor will provide individual, small-group, and crisis support.
- Mental health awareness will be incorporated into health education and parent workshops.
- Stress management strategies (mindfulness, coping skills, classroom breaks) will be integrated into instruction.
- Referral pathways will be established for students requiring external mental health services.

4. Positive School Climate

Goal/Objective:
To provide a supportive, inclusive, and safe environment that reflects Catholic values.

Standards:

- Holy Cross will maintain clear behavioral expectations and anti-bullying policies.
- Practices will reflect inclusivity, celebrating cultural diversity and equity.
- The physical environment will be clean, safe, and inviting, including dining and restroom facilities.
- Staff will serve as role models, modeling healthy behaviors and respect.
- Faith-based curricula (Theology of the Body, Circle of Grace) will reinforce dignity, boundaries, and respect.

5. Teacher Training and Professional Development

Goal/Objective:
To equip educators with knowledge and skills to support student health and their own well-being.

Standards:

- Staff will receive professional development in:
    - Trauma-informed practices
    - Mental health awareness and intervention
    - Nutrition education
    - Stress management and self-care
- Staff will maintain certification in CPR, AED, and first aid, in accordance with diocesan policy.
- Staff will be encouraged to participate in diocesan wellness programs.

6. Collaboration with Families, Community, and Health Services

Goal/Objective:
To foster partnerships that strengthen student and family wellness.

Standards:

- Families will be engaged through workshops, fitness nights, and school-sponsored wellness events.

- Collaboration will continue with community partners (Seton Center, Healthy Kids, Temple Made Fitness, parishes) to provide screenings, education, and resources.

- Holy Cross will share resources on nutrition, mental health, and wellness via school communications.

- Service opportunities will promote wellness values (e.g., food drives, community health campaigns).

7. Communication

Goal/Objective:
To promote consistent, positive messages about wellness to students, staff, families, and the community.

Standards:

- Wellness information will be shared through newsletters, Class Dojo, Sycamore Education, and the school website.

- Messaging will emphasize:

    - Healthy eating is enjoyable and beneficial

    - Fitness is fun

    - Mental health is essential to learning

    - Healthy lifestyles improve quality of life

- Parents will be encouraged to practice wellness at home and engage in school-sponsored activities.

8. Implementation and Evaluation

Goal/Objective:
To ensure the effective execution and regular review of the Wellness Policy.

Standards:

- A Wellness Council composed of staff, parents, and community partners will oversee policy implementation.
- Compliance will be evaluated at least once every three years.
- Results of evaluations and updates will be shared with families and stakeholders.
- Adjustments will be made to address emerging needs.

9. Appendix

- Recommended List of Healthy Snacks
- Sample Daily Physical Activity Schedule
- Parent Resources on Nutrition and Mental Health
- Contact Information for Community Health Partners

Appendix

Recommended List of Healthy Snacks

[25 Healthy Snacks for Kids]

Sample Daily Physical Activity Schedule

Arrival 7:30 - 8:00	Arrival 7:30 - 8:00	Arrival Mass
8:20-9:10 8 PE		9:40-10:25 3 PE
9:15-10:00 3 PE	9:20-10:10 7 PE	
10:20-11:10 5/6 PE	10:15-11:00 4 PE	11:40-12:20 1 PE
	11:40-12:25 K PE	12:20-1:00 K PE
12:10-12:55 4 PE	12:30-1:15 1 PE	1:20-2:05 2 PE
1:15-2:00 2 PE	1:20-2:10 5/6 PE	

Parent Resources on Nutrition and Mental Health

Parent resources on nutrition and mental health include the Mental Health America website, SAMHSA's Food and Mood Project, MyPlate.gov, and organizations like the National Eating Disorders Association (NEDA). These resources offer guidance on healthy eating habits, the link between diet and mood, and support for families affected by mental health and eating disorders. For immediate help, parents can contact the 988 Lifeline.

Key Organizations & Resources

- **Mental Health America:** Offers resources on how nutrition, including omega-3s and vitamin D, can support mental wellness and provide tips for healthy eating.

- **SAMHSA (.gov) Food and Mood Project:** Aims to promote emotional wellness by highlighting the connection between diet and mental health conditions.
- MyPlate.gov provides nutrition information specifically tailored for families, helping them create balanced meals.
- **National Eating Disorders Association (NEDA):** Offers education, resources, and support to individuals and families impacted by eating disorders.
- **National Alliance on Mental Illness (NAMI):** A grassroots organization dedicated to improving the lives of individuals and families affected by mental illness, providing advocacy, education, and support.

Tips for Parents

- **Promote a Balanced Diet:** Encourage a diet rich in whole foods, fruits, and vegetables, and limit processed foods high in sugar and saturated fat.
- **Involve Children in Food Preparation:** Engage children in planning, shopping for, and cooking food to spark their interest in healthy eating.
- **Limit Sugary Drinks and Caffeine:** Be aware of the impact of high sugar and caffeine intake on children's mental and physical well-being.
- **Discuss Media Influence:** Educate children about media messages that promote unhealthy eating habits, empowering them to make informed choices.
- **Contact Information for Community Health Partners**

Seaton Center Dental Clinic
2816 E 23rd St,
Kansas City, MO 64127
Phone: (816) 231-3955

OneSight Vision Clinic

Kansas City University
1750 Independence Avenue
Kansas City, MO 64106
Phone: 816-654-7969
Contact Person: Lisa Reyes, Registered Nurse, Score 1 for Health

Oracle Health Foundation School Health Screenings

Located in: Cerner Corporation - World Headquarters Campus
2800 Rock Creek Pkwy, Kansas City, MO 64117
Phone: (816) 201-1569

Temple Made Fitness

Tel: 816.299.0242
Email: info@templemadefitness.com
Contact Person: Tony Temple

Mattie Rhodes

148 N. Topping Ave. Kansas City, MO 64123
Phone: 816-471-2536
Fax: (816) 471-2521