

Diocese of Kansas City- St. Joseph
Holy Cross School/Center
WELLNESS PROGRAM
Wellness Procedure

The primary goals of Holy Cross School's/Ce nter's wellness program are to promote student health, reduce student overweight/obesity, facilitate student learning of lifelong healthy habits and increase student achievement. The following procedures have been implemented into this school' s/center's wellness program.

Nutrition Guidelines

This school/center has designated the Missouri Eat Smart Nutrition Guidelines for foods and beverages served during the school day:

School/Center Breakfasts:

- At least 50% of cereals offered contain: no more than 35% of weight from sugar per serving.
- Foods containing whole grains are offered **1** day a week.
- Fresh, canned, dried or frozen fruits or vegetables are offered at least 3 days a week.
- At least one of the following will be offered daily: low fat (1%, ½%) or skim (nonfat) milk.

School/Center Lunches:

- A main dish with total fat s_16 g. per serving is offered at least 3 times a week.
- Dark green or orange vegetables or fruits are offered **1** time a week.
- Fresh fruits or raw vegetables are offered **1** to 3 times a week.
- A food item containing whole grains is offered at least **1** time a week.
- At least one of the following will be offered daily: low Fat (1% , ½%) or skim (nonfat) milk.
- Reduced-fat and/or fat-free salad dressings are offered.

Food Items Sold in Vending Machines and School/Center Stores:

In this school/center, the sale of foods of defined by federal regulations for the National School Lunch Program (7 C.F.R., Part 210) and the School Breakfast Program (7 C.F.R., Part 220) as having minimal nutritional value are not allowed on school property in areas accessible to students until after the end of the school day. These foods include: all soda water (includes soda); water ices (popsicles) ; chewing gum; certain candies such as hard candies, jellies and gums; marshmallow candies; fondant (candy corn and soft mints) ; lico rice ; spun candy; and candy coated popcorn; except for individual items in these categories that have been specifically exempted by the U.S. Department of Agriculture.

After School Programs:

In this school/center, on at least 3 days a week, after-school snacks meet the following standards:

- Fat - not more than 35% of total calories from fat except for cheese, nuts, seeds and nut butters.
- Sugar - not more than 35% of weight from sugar except for fruit (without added sugar)
- 100% juice
- Only low fat (1% or ½%) and/or skim (nonfat) milk.

Students are encouraged to have individual water bottles in the classroom.

Classroom Rewards:

- This school/center discourages the use of foods or beverages as rewards. If used as rewards, only nutritious foods or beverages are provided. The preference is to use non-food alternatives as rewards.
- This school/center does not withhold foods and beverages as a form of punishment for academic performance or student behavior.

Celebrations and Parties:

Classroom parties and celebrations are scheduled after the lunch period. If foods and beverages are served nutritious foods and beverages are available.

Fundraisers and Intramural Activities:

Our fundraising and intramural activities are supportive of physical activity and healthy eating.

Nutrition Education

This school/center integrates sequential nutrition education in the health education program. The core curriculum taught at every grade level provides students with the necessary knowledge and skills to make healthy nutrition decisions. In order to achieve the nutrition education goal, this school/center:

1. Provides students at all grade levels with adequate nutritional knowledge including, but not limited to:
 - The benefits of healthy eating.
 - Essential nutrients.
 - Nutritional deficiencies.
 - Principles of healthy weight management.
 - The use and misuse of dietary supplements.
 - Safe food preparation, handling and storage.
2. Provides students with nutrition-related skills that minimally include the ability to:
 - Plan healthy meals.
 - Understand and use food labels.
 - Apply the principles of the Dietary Guidelines for Americans (DGA) and MyPyramid.
 - Critically evaluate nutrition information, misinformation and commercial food advertising.
 - Assess personal eating habits, nutrition goal setting and achievement.

3. Provides instructional activities that stress the appealing aspects of healthy eating and are hands-on, behavior based, culturally relevant, developmentally appropriate and enjoyable. Examples of activities include, but are not limited to: food preparation, contests, promotions, taste testing, school gardens and field trips.

4. Encourages school staff to cooperate with local agencies and community groups to provide students with opportunities for volunteer work related to nutrition, such as in food banks , soup kitchens or after-school programs.

5. Ensures that school counselors and school health services staff consistently promote healthy eating to students and other staff and that these professionals are prepared to recognize conditions such as unhealthy weight, eating disorders and other nutrition-related health problems among students and staff as well as assure access to healthcare.

6. Coordinates the food service program with nutrition instruction. Food service staff works closely with those responsible for other components of the school health program to achieve common goals.

Physical Activity

This school's/center's physical activity goal is to assist students in learning to value and enjoy physical activity as an ongoing part of a healthy lifestyle by ensuring that every student has the opportunity to develop the knowledge and skills necessary to perform a variety of physical activities, maintain physical fitness and regularly participate in physical activity. In order to achieve the physical activity goal, this schools/center:

1. Developed a sequential program of appropriate physical education for every student. The program:

- Provides at least 120 minutes of physical education for students in the elementary grades during the school week; at least 180 minutes during each school week for students in middle school.
- Emphasizes knowledge and skills for a lifetime of regular physical activity.
- Devotes at least 70% of physical education class time to actual physical activity with at least 18 minutes of time spent in moderate to vigorous physical activity for target heart rate work.
- Meets the needs of all students, especially those who are not athletically gifted or who have special needs.
- Gives close observation of gait pattern and locomotor skills assessment for pre-K and kindergarten students.
- Provides a variety of activity choices, features cooperative as well as competitive activities, and accounts for gender and cultural differences in students' interests.
- Prohibits exemptions from physical education courses on the basis of participation in an athletic team, community recreation program, marching band or other school or community activity.
- Ensures appropriate class size so all students may have an opportunity to adequately participate in the activities.
- Is closely coordinated with the other components of the overall school health program.

2. Provides time in elementary grades for supervised recess. All students have at least two (2) twenty (20) minute periods of adequately supervised physical activity per day. Recess is at least 10 minutes of vigorous activity. Recess is scheduled before lunch and held outdoors when possible.

3. Provides opportunities and encouragement for students to voluntarily participate in before and after-school physical activity programs, such as intramural activities, interscholastic athletics and clubs by:

- Providing a diverse selection of competitive and noncompetitive, as well as structured and unstructured, activities to the extent that staffing and district/community facilities permit.
- Offering intramural physical activity programs that feature a broad range of competitive and cooperative activities for all students.
- Encouraging partnerships between schools and businesses. Promotion of such partnerships is appropriate and in accordance with Diocesan policy and procedures.

4. Strives to provide joint school and community recreational activities by:

- Actively engaging families as partners in their children's education and collaborating with community agencies and organizations to provide ample opportunities for students to participate in physical activity beyond the school day.
- Working with recreation agencies and other community organizations to coordinate and enhance opportunities available to students for physical activity during their out-of-school time.
- Negotiating mutually acceptable, fiscally responsible arrangements with community agencies and organizations to keep school facilities open for use by students, staff and community members during non-school hours and vacations.
- Working together with local public works, public safety, police departments and/or other appropriate state and federal authorities in efforts to make it safer and easier for students to walk and bike to school.

5. Prohibits the use of physical activity as a form of discipline or punishment and ensures that physical education and recess will not be withheld as punishment.

6. Discourages periods of inactivity that exceed two (2) or more hours. When activities such as mandatory school wide testing make it necessary for students to remain indoors for long periods of time, staff gives students periodic breaks during which they are encouraged to stand and be moderately active.

7. Provides and encourages--verbally and through the provision of space, equipment and activities--daily periods of moderate to vigorous physical activity for all participants in onsite after-school childcare and enrichment programs sponsored by the school.

8. Provides opportunities and encouragement for staff to be physically active by:

- Planning, establishing and implementing activities to promote physical activity among staff and providing opportunities for staff to conveniently engage in regular physical activity.

- Working with recreation agencies and other community organizations to coordinate and enhance opportunities available to staff for physical activity during their out-of-school time.
- Promoting participation in the diocesan human resources wellness program including webinars, physical activity programs, healthy lifestyle newsletters, literature and other nutrition and physical activity resources.

Other School-Based Activities

This school's/center's goal for other school/center-based activities is to ensure an integrated whole-school approach to the wellness program.

Community Involvement

This school's/center's instructional staff collaborates with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families. Guest speakers invited to address students will receive appropriate orientation to the relevant policies of this school/center.

Our wellness program makes effective use of school/center and community resources and equitably serves the needs and interests of students and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities and fitness level.

Family Involvement

This school/center strives to engage families as partners in their children's education by supporting parental efforts to motivate and help their children with maintaining and improving their health, preventing disease and avoiding health-related risk behaviors.

Strategies implemented to achieve family involvement may include:

1. Providing nutrition information to parents /guardians in the forms of newsletters, handouts , presentations or other appropriate means.
2. Posting nutrition tips on school/center websites.
3. Providing nutrient analyses of school/center menus.
4. Providing parents /guardians a list of appropriate foods that meet the schools ' /centers ' nutrition standards for snacks.
5. Providing parents /guardians with ideas for healthy celebrations , parties , rewards and fundraising activities .
6. Encouraging parents/guardians to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the Diocesan schools ' /centers ' nutrition standards for individual foods and beverages.
7. Providing opportunities for parents/ guardians to share their healthy food practices with others in the school/center community.

8. Designing curricular nutrition education activities and promotions to involve parents/guardians and the community.
9. Supporting efforts of parents /guard ians to provide their children with opportunities to be physically active outside of school/center.
10. Providing information about physical education and other school/center-based physical activity opportunities available to students before, during and after the school day.
11. Sharing information about physical activity and physical education via the school' s/ce nter' s website, newsletter, other take-home materials , special events or physical education homework.
12. Assembling and distributing community based summer programs and camp information for age appropriate programs that offer physical activity or enrichment to health and nutrition education to families. Identifying scholarship or grant allocations to supplement program costs for families.
13. Working with families to provide consistent sun safety information that includes an overview of the school's/center's sun safety program, an explanation of how parents/guardia ns can reinforce the program at home and how they can become involved with and support the school's/center's program.
14. Encouraging parents/guardia ns to volunteer time in the classroo m, cafeteria or at special events that promote student health.
15. Disseminating information about community programs that offer nutrition assistance to families.

This school/center provides information in a language understandable to parents /guardians.

Marketing and Advertising

Marketing in this school' s/ce nter ' s facilities are consistent with the goals of the school's wellness program and comply with Diocesan policy. This school/center strives to promote the wellness program and educate parents regarding the quality of school/center foods.

Tobacco advertising is not permitted on school/center prope rty, at school/center-sponsored events or in school/center sponsored publications. Food and beverage marketing are limited to the promotion of foods and beverages that meet the nutrition standards adopted by this school. Other examples of marketing and advertising this school/center scrutinizes includes, but are not limited to: pricing strategies that promote healthy food choices, audiovisual prog ram ming , educational incentive programs, scoreboards, book covers and vending machine displays.

Meal Times

Students are not permitted to leave school campus during the school day to purchase food or beverages. Meal time s comply with the following guidelines :

1. Meal times provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
2. Activities such as tutoring or meetings will not be held during mealtimes unless students may eat during such activities.
3. At the elementary and middle school level, lunch periods follow recess periods.
4. Drinking water facilities are available to students during meals.
5. Students have access to hand-washing facilities before they eat meals or snacks.
6. This school/center takes reasonable steps to accommodate the tooth-brushing regimens of students.
7. Students are allowed to converse during meals.
8. The cafeteria is clean, orderly and inviting.
9. Adequate seating and supervision is provided during meal times.

Outdoor Air Quality

The principal/director or designee is responsible for daily monitoring of Air Quality Index (AQI) information provided by local authorities based on the following guidelines:

1. When the AQI is "code orange" (unhealthy for sensitive groups of people), students with a history of reactions to ozone exposure will be permitted to reduce their outdoor exertion level or time spent outdoors, and the staff will arrange alternative indoor physical activities. Appropriately trained staff responsible for student supervision will monitor such students for symptoms of respiratory distress.
2. When the AQI is "code red" (unhealthy), students with a history of reactions to ozone exposure will remain indoors and participate in indoor physical activities. Appropriately trained staff responsible for student supervision will monitor such students for symptoms of respiratory distress. All other students will be allowed to engage in no more than one (I) hour of heavy exertion (i.e., activities that involve high-intensity exercise such as basketball, soccer and running) while outdoors.
3. When the AQI is "code purple" (very unhealthy) or "code maroon" (hazardous), all students will be kept indoors and participate in indoor physical activities. Appropriately trained staff responsible for student supervision will monitor all students for symptoms of respiratory distress.

Staff Development and Training

All staff are provided ongoing training and professional development related to all areas of student wellness. The pre-service and ongoing in-service training includes teaching strategies for behavior change and focus on giving teachers the skills they need to use non-lecture,

active learning methods. Staff responsible for nutrition education is adequately prepared and regularly participate in professional development activities to effectively deliver the nutrition education program as planned. All PE Teachers are qualified and participate in Diocesan PE professional development. Qualified is defined as certification in PE or diocesan approved via experience.

Qualified nutrition professionals will administer the Diocesan school s /ce nters meal programs and will receive ongoing, area-specific professional development. The schools/centers will provide continuing professional development for all school nutrition professionals. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school/center nutrition managers and cafeteria workers, according to their levels of responsibility.

Staff Wellness

This school/center highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. This school/center in conjunction with the diocese offers staff wellness programs that include education on nutrition, healthy eating behaviors and maintaining a healthy weight for optimal health. The diocese has established and maintains a staff wellness committee that develops, promotes and oversees a multifaceted plan to promote staff health and wellness. The plan is based on input solicited from diocesan staff and outlines ways to encourage healthy eating, physical activity, sun safety and other elements of a healthy lifestyle.

Sun Safety

"Sun safety" describes a range of behaviors that include wearing appropriate clothing, applying sunscreen and limiting sun exposure.

This school's/center's sun safety program focuses on outdoor behavior and is developmentally appropriate, active, engaging and taught in lessons that emphasize the positive benefits of sun safety. Sun safety education is designed to assist students with:

1. Knowledge about the harmful effects of the sun and ways to protect skin.
2. Sun-safe skills, including the correct use of protective clothing, hats, sunglasses, sunscreen and lip balm as well as seeking shade and limiting sun exposure when possible and practical during the hours of peak sun intensity.
3. Knowledge about how to assess personal sun safety habits, set goals for improvement and achieve these goals.

Tobacco

Tobacco use prevention education focuses on all grades with particular emphasis on middle school. Instructional activities are participatory and developmentally appropriate. Tobacco use prevention education programs are implemented in accordance with diocesan policy, relevant administrative procedures and law.

Continued Oversight and Evaluation

Monitoring

As policies, procedures and laws change, the wellness program coordinator is responsible for monitoring implementation of the school wellness program by:

1. Assuming responsibility for the assessment of existing policies and procedures.
2. Prioritizing wellness goals and writing work plans for each goal.
3. Measuring implementation of the Diocesan schools/centers wellness policy and procedure.
4. Ensuring that the school/center meets the goals of the wellness policy and procedure.
5. Reporting to the Diocesan School Office on compliance and progress annually.

Food Service

The food service director/authorized representative will monitor food service areas for compliance with the Diocesan schools/centers nutrition guidelines and will report on this matter to the wellness program coordinators.

Annual Summary

The program coordinators will provide an annual summary report regarding compliance with the Diocesan Schools/Centers Wellness Policies and Procedures. The report will include a baseline of assessed indicators, impact of the policy change on those indicators, a report of progress, steps for moving to the next priority, work plans for the next year, and recommended policy revisions. The report will be provided to the Diocesan School Office and made available on the Diocesan Schools website or by other appropriate means.

Policy Review

The wellness program coordinators will provide policy revision recommendations to the Diocesan School Office based on the analysis of the compliance indicators as part of the annual report. The Diocesan School Office will revise the wellness policy as laws change and as it deems necessary. Administrative procedures will be revised accordingly.

Adopted: School Health Advisory Council, March 8, 2006

Diocesan School Board, June 13, 2006

Revised: May 9, 2011

Holy Cross School Revised June 15, 2016

Diocese of Kansas City - St. Joseph,
Wellness Policies and Procedures
Section 2. School/Center Wellness Procedure
August 2011

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HOLY CROSS SCHOOL RECOMMENDED LOW FAT SNACKS FOR TREATS AND PARTIES



BREAD/GRAINS

Breakfast Bars
Mini Rice Cakes
Non-sugar Coated Cereals
Mini Bagels
Bagels with Cream Cheese
Pretzels
Whole Grain Bread Sticks
Whole Grain Mini Muffins
Unbuttered Popcorn
Granola Mixes
Low Fat Quick ,Breads (Pumpkin,
Zucchini, Banana or Bran)
Whole Grain Blueberry Muffins
Graham Crackers
Pretzels with Whipped Cream

FRUITS

Fresh Fruit or Fruit Cups
Individual Applesauce
100% Fruit Juice Boxes
Apple Juice

Chocolate Dipped Strawberries
Chocolate Dipped Bananas
Caramel Apples
Apple Slices with Caramel Dip
Strawberries w/Low-Fat Whipped
Cream
Fruit Slices w/Low-Fat Cream Cheese Dip
Hot or Cold Apple Cider
Pear Slices with Cheese



VEGETABLES

Mini Carrots with Low Fat Dip
Cut Up Raw Vegetables w/Low Fat Dip
Salsa and Tortillas
Salads w/Low-Fat Dressing

MEAT ALTERNATIVES

Sunflower or Pumpkin Seeds
Trail Mix
Individual Tuna Salad and Crackers
Mixed Nuts



DAIRY

Mini Cheese Portions

String Cheese
Cheese Sticks
Low-Fat Milk or Milk Shakes in Drinking
Boxes
Individual Low Fat Puddings and Yogurts
Yogurt Beverages - Gogurts
Cheese Squares with Wheat Thins or
crackers
Yogurt with Fruit
Fruit Smoothies (vanilla yogurt with
frozen fruit)

sing Skim Milk

TREATS

Popcorn with Grated Cheese
Popcorn Balls
Rice Krispie Treats
Pretzels
Crackers with Canned Cheese
Fudgesicles
Chex Mix
Light Rootbeer Floats (Diet Rootbeer
with low-fat ice cream)
Angel Food Cake topped with Fruit
Animal Crackers
Mini Cupcakes

ESCUELA HOL.. IOSS
COMIDAS SALUDABLES, RELO 1\1EN DADAS PARA
MERIENDAS Y FIESTAS



PAN/GRANOS

Barras de granos y frutas
 Tortitas de arroz
 Cereales (sin azucar)
 Bagels pequeños
 Bagels con Queso Filadelfia
 Palitos de Pan Integral
 Muffin pequeños de granos enteros
 Palomitas (sin mantequilla)
 Mezclas de granola
 Pan de sabores, bajo en grasa (Calabaza, Calabacín, Plátano o Fibra)
 Muffins de grano enteros de arándano (blueberry)
 Galletas "Graham"
 Pretzels



FRUTAS

Fruta fresca o seca
 Tacitas individuales de pure de manzana
 Cajitas de Jugo (100% jugo, sin azúcar)
 Jugo de Manzana

Presas cubiertas de chocolate
 Plátanos cubiertos de chocolate
 Manzanas cubiertas de caramelo
 Pedazos de manzana con caramelo al lado
 Pedazos de fruta con queso Filadelfia
 Sidra, caliente o fría
 Pedazos de pera con queso

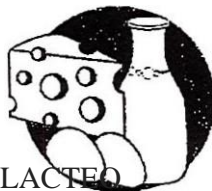


VERDURAS

Zanahorias pequeñas con aderezo bajo en grasa
 Verduras crudas, cortadas, con aderezo bajo en grasa
 Salsa y tortillas

PROTEINAS

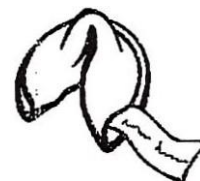
Semillas de girasol o calabaza
 Nueces surtidas con pasas
 Humus
 Ensalada de atún y galletas
 Nueces surtidas



LACTEO

Porciones pequeñas de queso
 Palitos de queso

Leche con baja grasa o batidos
 Tacitas individuales de yogur o crema Bebidas de yogur - (Gogurts)
 Queso con Galletas
 Yogur con fruta
 Batidos de fruta (yogur de vainilla con fruta congelada)
 Leche de chocolate de baja grasa



POSTRES

Palomitas con queso rayado
 Balletas de palomitas
 Galletas de cereales (Rice Crispies)
 Pretzels
 Galletas con queso
 Paletas de chocolate
 Cereales con nueces y salados
 Refrescos (lite) con helado de bajo contenido graso
 Pastel ligero con fruta
 Galletas de animalitos
 Pastelitos pequeños (mini cupcakes)