



STUDENT WELLNESS POLICY

1. Purpose

Holy Infancy School recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

2. Authority

Holy Infancy School adopts the Student Wellness Policy in accordance with federal and state laws. To ensure the health and well-being of all students, the school shall provide to students:

- A comprehensive nutrition program consistent with federal and state requirements.
- Free access to foods and beverages that meet established nutritional guidelines, as per our CEP status.
- Physical education courses and/or opportunities for developmentally appropriate physical activity during the school day.

3. Delegation of Responsibility

The Principal or designee shall be responsible to monitor the school's programs and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.

Persons responsible for programs related to student wellness shall report to the Principals or designee regarding the status of such programs.

The Principal or designee shall annually report to the Pastor on the school's compliance with law and policies related to student wellness. The report may include:

Assessment of school environment regarding student wellness issues.

Evaluation of food services program.

Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.

Listing of activities and programs conducted to promote nutrition and physical activity.

Recommendations for policy and/or program revisions.

Suggestions for improvement in specific areas.

Feedback received from staff, students, parents/guardians and community members.

The Principal or designee shall periodically conduct an assessment on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. The assessment shall include the extent to which the school is in compliance with law and policies related to student wellness, and shall describe the progress made by the school in attaining the goals of this policy. The assessment shall be made available to the public.

The School shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy.

At least once every three years, Holy Infancy School shall update or modify this policy as needed.

4. Guidelines

Nutrition Education

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards.

The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

Physical Activity

The school shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

Other School Based Activities

Drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.

Holy Infancy School shall provide adequate space for eating and serving meals.

Students shall be provided with adequate time to eat, 10 minutes for breakfast and 20 minutes for lunch.

Students shall have access to hand washing or sanitizing before meals.

Celebrations should encourage healthy choices and portion control.

All foods and beverages at Holy Infancy School shall be served to students with consideration for promoting student health and reducing obesity.

Fundraiser Exemptions

Holy Infancy School may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: up to 5 fundraisers in elementary school buildings. Exempt fundraisers are fundraisers in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards.

Nutrition Standards/Guidelines

All foods available during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.

Foods provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.

Competitive foods sold to students outside of school meal programs and during school hours shall comply with established federal nutrition standards and the Nutrition Standards for Competitive Foods in Pennsylvania Schools, as applicable.

Management Of Food Allergies In District Schools

Holy Infancy School shall adopt policies and procedures to address food allergy management in order to:

1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

References:

School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513

National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.

School Breakfast Program – 42 U.S.C. Sec. 1773

Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296

National Food Service Programs, Title 7, Code of Federal Regulations –
7 CFR Part 210, Part 220