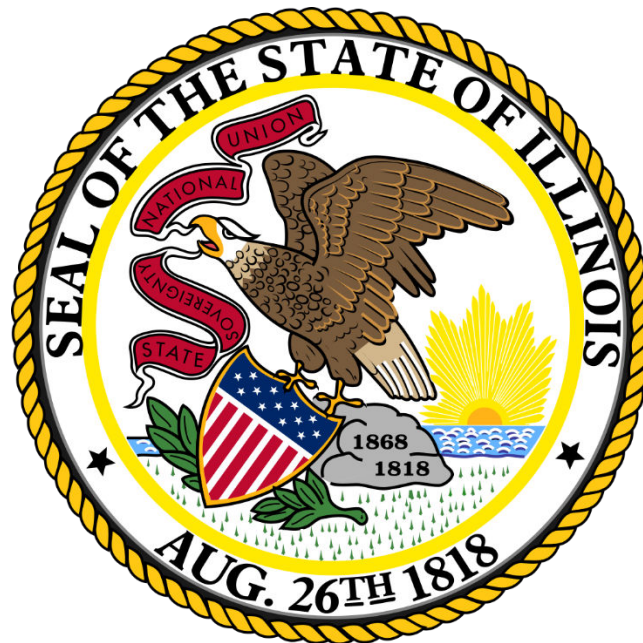


# Holy Trinity High School



## Local Wellness Policy

# Table of Contents

Preface.....	1
Wellness Policy Committee.....	2
Wellness Policy Leadership.....	2
Wellness Policy Committee Members.....	2
Wellness Policy Committee Responsibilities.....	3
Assessments.....	3
Updates.....	3
Records.....	3
Nutrition.....	5
Nutrition Standards.....	5
Nutrition Education.....	6
Nutrition Promotion.....	7
Marketing.....	7
Physical Activity.....	8
Physical Education.....	8
Other Opportunities for Physical Activity.....	8
Physical Activity Promotion.....	9
Other School-Based Activities.....	10

# Preface

In accordance with 7 CFR 210.31(c), a Local Education Agency that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. As of June 30, 2017, Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010.

Local Wellness Policies are a valuable tool in the promotion of student health and wellness through the NSLP and SBP. Schools play an essential role in preparing students for successful futures, and proper nutrition and physical activity are key to creating constructive learning environments. Local Wellness Policies provide guidance to further support schools efforts to provide students with a successful and healthy future.

# Wellness Policy Committee

## **Wellness Policy Leadership**

Name, Title of School Official #1

Contact: John Malloy, Chief Operating Officer

Phone: 773-278-4212

## **Wellness Policy Committee Members**

Name, Title of Member #1

Contact: John Malloy, Chief Operating Officer

Name, Title of Member #2

Contact: Maria Juarez, Director of Accounting

Name, Title of Member #3

Contact: Sarah Clark, Director of Marketing & Communications

Name, Title of Member #4

Contact: Colleen Malone, Food Service Provider

Name, Title of Member #5

Contact: Aaron Trinidad, Student

Name, Title of Member #6

Contact: Yosiel Montes, Student

# Wellness Policy Committee Responsibilities

## **Public Involvement**

The Local Education Agency permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, the LEA shall invite a variety of stakeholders within the general public to participate in Local Wellness Policy processes. The following methods of communication will be utilized to notify the general public of the opportunity to participate in these processes:

- Holy Trinity High School uses the school website, school newsletters, and Twitter to inform the public of the opportunity to participate in Local Wellness Policy processes.

## **Assessments**

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Holy Trinity High School shall conduct assessments of the Local Wellness Policy every three years, beginning in 2010 and occurring every three years thereafter. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare the LEA's wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in the LEA's wellness policy

## **Updates**

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of the Local Education Agency. The LEA shall make the following available to the public:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy

Through the following channels:

- Holy Trinity High School uses the school website, school newsletters, and Twitter to inform the public of updates made to the policy and reviews conducted.

# Records

The Local Education Agency shall maintain record of the Local Wellness Policy. This includes keeping a copy of the current wellness policy on file and maintaining documentation of the following actions:

- The most recent assessment of the policy
- Availability of the wellness policy and assessments to the public
- Reviews and revisions of the policy, including the individuals involved and the efforts made to notify stakeholders of their ability to participate in the process

# Nutrition

The Local Education Agency recognizes the important role nutrition plays in academic performance as well as overall quality of life. The National Education Association references numerous articles supporting the effects of nutrition on the classroom, for example, hunger often has a negative impact on students' success, attendance, and behavior.

According to the Centers for Disease Control and Prevention, approximately 18.5 percent of the nation's youth was considered obese in 2015-16. This percentage increased 1.3 percent when compared to the previous year. Conversely, 15.7 percent of American families experienced food hardship in 2017. Through participation in the U.S. Department of Agriculture's School Nutrition Programs, the LEA commits to serving nutritious meals to students in order to prevent both overconsumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

## **Nutrition Standards**

### Meals

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e. Grains, Meat/Meat Alternates, Fruits, Vegetables, and Milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans fat.

### Competitive Foods

All competitive foods and beverages sold must comply with the USDA Smart Snacks in Schools nutrition standards (7 CFR 210.31(c)(3)(iii)). Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). This includes, but is not limited to, vending machine and à la carte items.

### Other Foods and Beverages

1. The following policy refers to all foods and beverages provided, but not sold to students. The Local Education Agency will prohibit food and beverage items that do not meet Smart Snacks nutrition standards for reward and celebration purposes. More than 25 percent of children's daily calories may come from snacks, therefore, providing Smart Snacks allows for a more nutrient-dense calorie intake. Holy Trinity will provide a list of healthy party ideas, including non-food celebration idea.

### Fundraisers

- A.** All fundraisers promoting food and/or beverage items that are held on school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e.

the midnight before to 30 minutes after the end of the school day) must meet Smart Snacks nutrition standards.

The school shall also utilize non-food fundraisers to promote healthy habits and well-being. The school will implement the following non-food fundraising ideas:

- Dress Down Days (participating students are permitted to be out of uniform)
- Penny wars
- Sports tournaments (3 on 3 basketball, volleyball, etc.)
- Dances

**B.** Fundraisers promoting food and/or beverage items that are held on school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day) must meet Smart Snacks nutrition standards. However, the LEA may participate in infrequent exempted fundraising days, in which food and beverage items do not meet Smart Snacks standards, as the LEA sees fit. These exempted fundraising days shall not exceed nine days within one year. The LEA shall comply with the following procedures when managing exempted fundraising days:

- Holy Trinity High School will allow student groups, clubs, sports teams, faculty, staff, or moderators to submit application for exempted fundraising days. The request must include the date, time, location, purpose, and menu of the proposed fundraiser. These requests will be reviewed by the school's Administrative Team, which has the authority to approve or deny them. A list of all approved requests will be maintained by the school's Administrative Team.

## Nutrition Education

In accordance with the Illinois Learning Standards, the Local Education Agency shall meet all Illinois requirements and standards for Health Education. The Local Education Agency shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate. Various grade levels and curriculums shall use nutrition education information, research, and materials from the following resources:

- [MyPlate](#)
- USDA

The Local Education Agency shall incorporate nutrition education into the following curriculums for the following grade levels:

- 9<sup>th</sup> and 10<sup>th</sup> grade students take one semester physical education and one semester of health education, at an average total of 3.75 hours per week. 11<sup>th</sup> and 12<sup>th</sup> grade students may also take a one semester Wellness/Personal Fitness Course as an elective at an average total of 3.75 hours per week.



## Nutrition Promotion

Holy Trinity shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home.

Holy Trinity shall make cafeteria menus and nutrition information available through the following platforms:

- School website
- School newsletters

The Smarter Lunchrooms Movement uses behavioral economics to positively influence food choices made by children. The evidence-based techniques implemented through the Movement have been proven to increase children's consumption of nutritious foods. Holy Trinity shall participate in the Smarter Lunchrooms Movement by utilizing the Smarter Lunchrooms 60-point Scorecard and other educational and promotional tools. Holy Trinity shall implement the following Smarter Lunchrooms techniques:

- A variety of mixed whole fruits are displayed in attractive bowls or baskets
- Offer at least two kinds of fruit per day
- Pre-packaged salads are available to all students
- Signs show students how to make a reimbursable meal in a variety of ways
- Students have to ask a food service worker to select a la carte snack item if available
- A monthly menu is provided to students, families, teachers, and administrators

Farm to School efforts positively impact School Nutrition Programs by serving fresh and nutritious food items. Additionally, Farm to School programs have been linked to increased consumption of fruits and vegetables. Holy Trinity shall participate in the following Farm to School activities:

- Highlight local produce in school meals

## Marketing

- A.** The Local Education Agency will prohibit the marketing and advertising of all foods and beverages that do not meet Smart Snacks nutrition standards on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). The marketing standards described above apply, but are not limited to, oral, written, and graphic statements made for promotional purposes. Items subject to marketing requirements include, but are not limited to, posters, menu boards, vending machines, coolers, trash cans, scoreboards, and other equipment. This policy does not require schools to immediately replace equipment that does not meet this requirement, however, Holy Trinity shall implement these standards as equipment needs replaced in the future.

# Physical Activity

Physical activity is a key component of the health and well-being of all students. Physical activity lowers the risk for certain diseases, including obesity, heart disease, and diabetes. Physical activity also helps improve brain function, allowing students to perform better in school.

The Centers for Disease Control and Prevention recommends adolescents get at least 60 minutes of physical activity five days per week. Nearly 79 percent of school-age children fall short of meeting this requirement. The Local Education Agency recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

## **Physical Education**

In accordance with the Illinois Learning Standards, the Local Education Agency shall meet all Illinois requirements and standards for Physical Education. The LEA shall offer Physical Education class as follows:

- One semester of Physical Education to 9<sup>th</sup> and 10<sup>th</sup> grade students, at an average of 3.75 hours per week.

## **Other Opportunities for Physical Activity**

Holy Trinity shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following:

- Regular, 4 minute passing periods between classes
- “Brain Breaks” – Standing and stretching opportunities during longer classes as approved by the teacher

The following opportunities for participation in school-based sports shall be offered to students each year:

- Baseball – Boys
- Basketball – Boys & Girls
- Cross Country – Co-Ed
- Crew – Girls
- Flag Football – Co-Ed
- Soccer – Boys & Girls
- Softball – Girls
- Track & Field – Co-ED
- Volleyball – Boys & Girls

## **Physical Activity Promotion**

The District shall promote physical activity through the participation in the following initiative(s):

- Active extracurricular clubs, such as Dance Team, Badminton Club, Weightlifting Club, and open gym times when supervision is available.

## Other School-Based Activities

Just as it takes a comprehensive curriculum to provide education to support students' futures, the Local Education Agency's wellness approach must also be comprehensive in its intent to provide students with the tools they need to live a healthy lifestyle. In order to further establish positive behaviors related to nutrition, physical activity, and health, the LEA commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

The Local Education Agency shall offer other school-based activities to support student health and wellness, including coordinated events and clubs. The following events shall be organized and promoted each year:

- Back to School Night – including nutrition information from food program
- All School Service Day to promote active volunteering
- Volunteering at the Chicago Marathon

The following health, wellness, and/or nutrition clubs shall be offered to students each year:

- Weightlifting Club
- Wellness Committee membership