



HOLY REDEEMER
SCHOOL

HOLY REDEEMER SCHOOL

WELLNESS POLICY

2023

As Disciples of the Lord, we strive to strengthen our Catholic faith by deepening our relationship with Jesus Christ through love, prayer, and service.

At Holy Redeemer School, we strive to live, as Jesus would want us to live by providing a Christian atmosphere where all learn and grow academically and spiritually.

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Holy Redeemer School Wellness Policy

Introduction:

Holy Redeemer School is committed to promoting the health and well-being of its students, staff, and community members. This wellness policy aims to create a supportive environment that fosters healthy behaviors and ensures that all students have the opportunity to thrive academically, emotionally, and physically.

Policy Statement:

Holy Redeemer School recognizes that good health and academic success are closely linked. Therefore, the school is dedicated to providing a comprehensive wellness program that encompasses nutrition education, physical activity, and other initiatives to promote lifelong wellness.

Goals:

Nutrition Education:

- Offer nutrition education that is age-appropriate, culturally relevant, and evidence-based.
- Incorporate nutrition concepts into the curriculum across various subjects, including science, health, and physical education.
- Encourage healthy eating habits through classroom activities, newsletters, and educational events.

Nutrition Standards:

- Ensure that all foods and beverages available on campus meet or exceed the nutrition standards set forth by the USDA's Smart Snacks in School program.

- Limit the availability of foods and beverages that are high in added sugars, sodium, and unhealthy fats.
- Promote the consumption of fresh fruits, vegetables, whole grains, and lean proteins through school meals, snacks, and vending options.
- Students will be allowed access to non-nutrient dense foods during celebrations throughout the school year. It will be left up to the discretion of the supervising adult if consumption will happen at school.
 - Including but not limited to:
 - Class Parties
 - All school celebrations
 - All School Rewards for meeting goals, for example the Catholic United Financial Raffle.

Physical Activity:

- Provide opportunities for physical activity throughout the school day, including recess, physical education classes, and extracurricular activities.
- Encourage teachers to incorporate movement breaks into classroom routines to help students stay active and focused.
- Ensure that all students have access to safe and inclusive physical activity spaces and equipment.

Staff Wellness:

- Support the health and well-being of school staff by offering wellness programs, resources, and incentives.
- Encourage staff to model healthy behaviors and serve as positive role models for students.

Community Engagement:

- Foster partnerships with local organizations, healthcare providers, and community members to support wellness initiatives.
- Promote community resources and activities that promote healthy living beyond the school environment.

Food/Marketing Guidelines:

Holy Redeemer School is committed to providing nutritious food options throughout the school day. Foods available on campus should align with the USDA's Smart Snacks in School program, emphasizing whole grains, fruits, vegetables, and lean proteins. The school will limit the availability of foods and beverages high in added sugars, sodium, and unhealthy fats, promoting healthier alternatives in school meals, snacks, and vending options. Only foods that meet the Smart Snacks in School nutrition standard will be marketed and advertised at school.

Teacher to Student Incentives:

Strong consideration should be given to non-food items as part of any teacher-to-student incentive program. The use of food items as part of a student incentive program is strongly discouraged. Should teachers feel compelled to utilize food items as an incentive, they are required to adhere to the school Nutrition Standards.

Implementation and Evaluation:

- Designate a wellness committee responsible for overseeing the implementation of the wellness policy and evaluating its effectiveness each year.
- Conduct three regular meetings to monitor progress towards wellness goals and identify areas for improvement.

- Solicit feedback from students, parents, staff, and community members to inform ongoing wellness initiatives.

Committee Composition:

The wellness committee should consist of representatives from various stakeholder groups within the school community, including but not limited to administrators, teachers, school nutrition staff, school nurse, parents/guardians, students (where appropriate), and community members with expertise or interest in health and wellness. The committee will meet three times throughout the school year. These meetings will occur in September, November and April.

Policy Review:

- Review and revise the wellness policy as needed to ensure alignment with state and federal regulations, emerging best practices, and the evolving needs of the school community.
- Conduct a comprehensive review of the wellness policy at least once every three years, with opportunities for stakeholder input and participation.

Conclusion:

Holy Redeemer School is committed to creating a culture of wellness that empowers students to make healthy choices and achieve their full potential. By implementing this wellness policy, we strive to cultivate a supportive environment where every member of our school community can thrive.

Approval:

This wellness policy was approved by Holy Redeemer School and is effective for the 2023-2024 school year. The triennial assessment for this policy will take place in September of 2024.

