



The Wellness Council is composed of several Holy Family School stakeholders dedicated to the wellbeing of the school community. The Wellness Council authors, reviews, updates, and ensures compliance with the below Wellness Policy Guidelines on a yearly basis. Membership is open to any Holy Family School stakeholder including staff, parents, students, volunteers, parish members, neighbors, and more. Meetings are open to any stakeholder regardless of membership.

WELLNESS POLICY (*updated January, 2023*) (*taken from Parent/Student Handbook page 22*)

Holy Family School promotes physical, nutritional, emotional, social and spiritual wellness of the students and staff.

A. Nutritional Education

1. Holy Family School will implement the health objectives relating to diet, nutrition and exercise as stated in the Archdiocesan Graded Course of Study for Science and Health.
2. Programs relating to proper nutrition, tobacco education and drug/alcohol education will be presented to students as an extension of their basic curriculum.
3. Nutrition guidelines, food pyramid charts, suggestions for healthy food choices and other messages related to health and nutrition will be posted in the school cafeteria and other prominent places throughout the school building.

B. Physical Activity

1. All students will participate in the school's physical education program.
2. Physical Education programs will implement the objectives of the Archdiocesan Graded Course of Study for Physical Education.
3. Teachers will be encouraged to integrate physical activities into the class time (stretch breaks, activities which involve movements, etc.)
4. All students will have access to recess according to the school's schedule.
5. Families will be encouraged to participate in athletic programs and to be physically active outside of school.

C. Other School-Based Activities

1. Teachers will use non-food items or healthy food items for student rewards.
2. Teachers and parents are encouraged to provide healthy snacks and to minimize sugary treats for classroom celebrations.
3. Hand washing equipment and supplies are available in each restroom; waterless sanitizing soap dispensers will be mounted in each classroom.
4. Fully operational and clean drinking fountains are available throughout the school.

D. Nutritional guidelines for all foods available in school during the day

1. The Lunch Program will follow the nutritional guidelines established by the Ohio Department of Education, Office of Child Nutrition Services.
2. The cafeteria manager and school principal will evaluate the nutritional value of the hot lunch program and make necessary nutritional changes.

E. Plan for Measuring the Implementation of the Holy Family School Wellness Policy

- F. Holy Family Wellness Policy will be monitored by the school nurse, food service staff and principal.

	Signature	Date
School Nurse		
Food Service Staff Representative		
Principal		
Teacher		