



2731 Center Road, Poland, Ohio 44514

## HOLY FAMILY SCHOOL Wellness Policy

October 2017

### 1. School Health, School Environment, and Safety Policies

- Written school health and safety policies are in place and communicated to students, parents, staff, and visitors.
- A safe physical environment is provided and maintained.
- A written crisis response plan is in place, reviewed yearly, and communicated to all staff and teachers. (On ODE SAFE Account)
- There is active supervision in the cafeteria, on the playground, in the hallways, and during restroom breaks to promote safety.
- Holy Family School prohibits tobacco use among students, staff, and visitors, enforces tobacco policies, and prohibits tobacco advertising.
- The school has written policies in place that are enforced for students who self-carry and self-administer medications.
- Each school year, the staff and students participate in three tornado drills, one earthquake drill, and nine fire drills and rapid dismissal drills. (On ODE SAFE Account)
- All immunization compliance is reported to the Ohio Department of Health each school year by the school nurse.
- The school encourages the use of non-food rewards for student behavior.
- The newly formed School Health Committee will use the *School Health Index: A Self-Assessment and Planning Guide* published by the Center of Disease Control to evaluate and refine our Wellness Plan.
- The school nurse will annually review good hygiene and hand washing procedures with students. Waterless bacterial hand sanitizer will be available in each classroom and the cafeteria.
- Health Department Directives and other public regulations for facilities safety and cleanliness will continue to be followed. The maintenance coordinator will review all procedures at least annually.
- The cafeteria manager will continue to supervise health and safety practices as related to food preparation and handling and kitchen cleanliness.
- All cafeteria workers have taken First Aid and CPR classes.
- Cafeteria has designated peanut free eating areas.
- All food provided by the school is peanut free.

### 2. Health Education

- Principal and secretary are certified to distribute medication.
- Students, coaches, parents are required to view a video on Sudden Cardiac Arrest (Lindsey's Law).
- Health Education is taught at all grade levels. Health lesson topic examples are the Food Pyramid, Bicycle Safety, Fire Safety, Severe Weather Programs, Dental Presentation in Grades K-1<sup>st</sup>, and Mental Health.

- The D.A.R.E. Program is utilized in 5<sup>th</sup> Grade and taught by the Poland Township Police Department.
- The local fire department visits the school annually and presents fire safety to grades K-2nd.
- The school nurse presents unintentional injuries, first aid, and hygiene to all 5<sup>th</sup> grade students.
- Epi-Pen and Auvi-Q injection instruction is provided to the staff yearly.
- Hearing and vision screening is performed by the school nurse and speech pathologist yearly.
- The school nurse teaches a puberty lesson in conjunction with a local doctor to the fourth grade class on a yearly basis.
- The kindergarten and 1st grade teachers in conjunction teach dental hygiene with a local Dental Hygienist yearly.
- Each year, 7<sup>th</sup> and 8<sup>th</sup> grade students are taught about different social services available in our area, their purpose, their importance, and the services they provide.
- The Brain Power Program on drugs and how they can affect their body is presented to the 7<sup>th</sup> and 8<sup>th</sup> grade students each year.
- The CPR Plus Program (Create Positive Relationships) on making good choices, abstinence, human growth and development, and puberty is taught each year to the 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade students.
- Outside student programming including assemblies and guest speakers will be scheduled for students on varying topics concerning healthy growth and development.
- Bullying presentation provided by the school counselors for grades K-8<sup>th</sup>.
- The school counselors present the Brain Power Program for grades 4th-6th on tobacco, alcohol, and substance abuse.
- The school counselors present the Depression Awareness Program for grades 6th-8th yearly.
- The school counselors present stranger Awareness and Safety Programs for grades K-3rd.
- The school counselors present the topics of empathy, harassment, and making good choices to the 4th grade classes.
- The 3<sup>rd</sup> grade has yearly presentations on making good choices by the school counselors.

### **3. Physical Fitness**

- Each student will participate in physical education class taught by a licensed teacher one time per week for 45 minutes.
- Physical education classes will implement the Diocese of Youngstown Physical Education Course of Study objectives.
- Physical fitness goals will be introduced and monitored by the physical education teacher.
- The physical education program will balance competitive sports with lifetime, social, and non-competitive fitness activities.
- All classes K-8<sup>th</sup> have access to recess according to the school schedule.

- Students will not be deprived of physical education classes as a method of discipline.
- The school will participate in Ohio High School Athletic Association sports for grades seven and eight. Intramural opportunities for younger grades will be developed.
- Students will be encouraged to participate in school and community sports programs, and to be physically active outside of school.
- The school will provide parent education on nutrition and the benefits of physical activity in the parent newsletter.
- Teachers will be encouraged to provide movement and activity for students in a way conducive to learning. For example, Music and Movement Videos have been purchased for classroom use.
- Examples of programs used by the physical education department at Holy Family School are Let's Get Moving Program, Hoops For Heart (American Heart Association), Exer-Shine Program (a summer program that encourages kids to be active over the summer), Fuel up to Play 60 (encourages youth to eat healthy and move more), President's Council on Fitness, Sports, and Nutrition (this mission is to engage, educate, and empower all Americans to adopt a healthy lifestyle that includes regular physical activity and good nutrition), and Let's Move Active Schools (this program empowers schools to create active environments that enable all students to get moving and reach their full potential).

#### **4. Nutrition**

- Holy Family School will implement the health objectives relating to diet, nutrition, and exercise as stated in the Diocese of Youngstown Physical Education and Health Courses of Study.
- Nutrition guidelines, food pyramid charts, and suggestions for healthy food choices and /or other messages related to health and nutrition will be posted in the classroom and /or the school cafeteria.
- School lunch periods will be scheduled so as to provide nourishment within a reasonable time frame from the start of the school day.
- Recess or snack breaks will be scheduled for students as needed to maintain energy levels. Students may have access to the use of individual water bottles at the teacher's discretion.
- All students will be provided with information on good nutritional practices as they relate to sports competition.
- Teachers and parents are encouraged to provide healthy snacks and to minimize sugary snacks for classroom celebrations.
- The school lunch program will follow nutritional guidelines established by the Ohio Department of Education Office of Child Nutrition Services.
- The cafeteria staff will evaluate the fat and sugar content in the snacks sold to students. Low fat and low sugar snacks will be offered for sale.
- The school has no pop machines.
- Drinking fountains are available to students throughout the school day.
- No bake sales or junk food sales will take place during the school day.

- Holy Family School will continue to follow the state and federal guidelines and procedures for reimbursement for the school lunch program.

## **5. Plan for Measurement of the Implementation of the Local Wellness Policy**

- Holy Family School will form a School Health Committee consisting of the school principal, the physical education teacher, the school nurse, a classroom teacher, the president of the Home and School Alliance, a playground supervisor, and the cafeteria manager.
- The School Health Committee will review a record of activities related to the Wellness Policy annually.
- The School Health Committee will revisit the plan annually to revise, update, amend, or extend the policy as needed.

Holy Family School is committed to the development of the whole child, mind, body, and spirit. Many activities across the curriculum are dedicated to healthy eating and education on good exercise habits for students. Holy Family School Teachers, parents, and students understand the importance of establishing healthy behaviors and patterns that carry over into adolescence and adulthood.

Reviewed on 10/31/2017

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