

HOLY CROSS CATHOLIC SCHOOL

Wellness Policies Packet

1745 S. Clinton St.
Defiance, Ohio 43512
Defiance County IRN #059072

Mission: *Strength for the Future*

HOLY CROSS WELLNESS POLICIES

Policy Overview

Holy Cross Catholic School recognizes that student wellness includes nutrition, physical activity, health education, student safety, and a supportive school environment.

The following policies and procedures work together to support the health and well-being of Holy Cross students.

Policy / Document	What It Covers	Primary Responsibility
School Wellness Policy	Overall school wellness goals, nutrition education, nutrition promotion, physical education, physical activity, water, school meals, food/beverage marketing, celebrations, community involvement, monitoring, and public notification	Wellness Committee & School Administration
Nutrition Standards for Foods & Beverages	Standards for foods and beverages sold or provided through school activities, fundraisers, celebrations, and other applicable situations	School Administration & Staff

Food Allergy / Student Health Policy	Management of food allergies, communication with families, emergency procedures, classroom food, field trips, and student safety	School Administration, Staff & Families
School Meal Program Requirements	USDA and Ohio requirements for reimbursable school meals, meal patterns, meal access, and free/ reduced-price meals	Cafeteria Manager & School Administration
Triennial Wellness Assessment	Review of wellness-policy implementation and progress at least every three years	Wellness Committee

Note: Individual policies may contain additional requirements that apply to specific situations. When policies overlap, the school will follow the applicable federal, state, diocesan, and school requirements.

HOLY CROSS CATHOLIC SCHOOL WELLNESS POLICY

Purpose

As required by applicable federal and state law, the Holy Cross Catholic School Advisory Council endorses this Wellness Policy for Holy Cross Catholic School.

This policy was developed and is reviewed by the school's Wellness Committee and is implemented by Holy Cross Catholic School staff.

Holy Cross Catholic School Advisory Council believes that schools play an important role in the developmental process by which students learn healthy and safe behaviors now and for the future. This process is part of the mission of Holy Cross Catholic School: Strength for the Future.

Teachers, staff, parents, and the School Advisory Council strive to provide young people with the knowledge and skills they need to become healthy, responsible, and productive adults.

Holy Cross Catholic School recognizes that student wellness includes nutrition, physical activity, health education, a safe and supportive school environment, and opportunities for students to develop healthy lifelong habits.

The public is invited to submit comments, questions, or suggestions regarding this policy to the Wellness Committee through the school principal at:

principal@defianceholycross.org

I. Wellness Committee and Stakeholder Involvement

Holy Cross Catholic School will maintain a Wellness Committee to assist with the development, implementation, monitoring, review, and revision of the School Wellness Policy.

The Wellness Committee may include:

- Principal
- Wellness Coordinator
- Cafeteria Manager
- Physical Education Teacher
- Classroom Teachers
- School Nurse or other health professional
- Parents/Guardians
- Students, as appropriate
- School Advisory Council representatives
- Other school staff or community members as appropriate

The Wellness Committee will encourage participation from parents, students, school staff, school administration, the School Advisory Council, and community members when reviewing and revising the policy.

The Wellness Committee will meet as needed and will review the Wellness Policy at least once every three years, or more frequently when changes in law, school practices, or student needs warrant revision.

II. Nutrition Education

Holy Cross School will teach, encourage, and support healthy eating by students through the following goals:

1. Teachers will implement health objectives relating to diet, nutrition, and exercise as stated in the Toledo Diocesan Graded Courses of Study for Science and Health.
2. Students will receive age-appropriate nutrition education that provides the knowledge and skills necessary to make healthy food and beverage choices.
3. Nutrition guidelines, suggestions for healthy food choices, and other health and nutrition messages may be posted throughout the school and cafeteria.
4. The cafeteria manager will provide nutrition information, healthy food-choice suggestions, and other appropriate wellness messages in the cafeteria and/or school.
5. Diocese of Toledo health education curriculum standards and guidelines addressing nutrition and physical education will be incorporated into instruction.
6. Students and parents/guardians will receive consistent nutrition messages through classrooms, the cafeteria, newsletters, school communications, and other appropriate school activities.
7. Nutrition education will be age appropriate and will support students in developing healthy eating habits that can continue throughout their lives.

III. Nutrition Promotion

Holy Cross School will encourage healthy eating habits through the following practices:

1. The school will encourage students to make nutritious food and beverage choices.
2. Healthy food and beverage choices may be promoted through classroom instruction, cafeteria signage, school newsletters, family communications, and school activities.
3. The school will encourage the consumption of water throughout the school day.

4. School staff are encouraged to model healthy eating and wellness behaviors when practical and appropriate.

IV. Physical Education and Physical Activity

Holy Cross School will teach, encourage, and support healthy physical activity through the following goals:

1. Students will be provided opportunities for physical activity during the school day through physical education classes, daily recess, and the integration of appropriate physical activity into the academic curriculum.
2. Teachers may incorporate movement and physical activity opportunities into classroom instruction, including activities such as GoNoodle or similar age-appropriate movement activities.
3. Teachers will implement the objectives of the Diocese of Toledo Course of Study for Physical Education, Health, and Science.
4. Student growth and learning in physical education and health will be evaluated through appropriate assessments.
5. The school will encourage participation in age-appropriate physical activities and opportunities for students to be active throughout the school day.
6. Parents/guardians will receive information regarding the importance of physical activity and the potential effects of excessive recreational screen time.
7. Physical activity will not be withheld as a disciplinary consequence except when necessary for student safety or as otherwise permitted by school policy.

V. Nutrition Standards for Foods and Beverages

1. The Holy Cross School lunch program will follow applicable United States Department of Agriculture and Ohio Department of Education and Workforce nutrition requirements.
2. Holy Cross School will follow applicable federal and state requirements governing foods and beverages sold to students during the school day.
3. Students in grades Pre-K through 6 will have access to drinking water throughout the school day. Students are encouraged to bring a water bottle to school each day.

4. The school will encourage healthy beverage choices and access to water.
5. Foods and beverages made available through school-sponsored activities, classroom activities, celebrations, and fundraisers will be handled in accordance with applicable school policies and state and federal requirements.

VI. School Meals and Free and Reduced-Price Meals

Holy Cross Catholic School will continue to follow applicable state and federal guidelines and procedures for reimbursement for school lunch, breakfast, and special milk programs.

Every effort will be made to protect the privacy of students who are eligible for free or reduced-price school meals.

Meals will be provided to eligible students regardless of income and will promote the availability of nutritious school meals to all students.

The school will follow applicable USDA meal-pattern requirements for reimbursable school meals.

Holy Cross provides a serve option for students participating in grades Pre-Kindergarten and a serve or offer for students participating in grades 1st to 6th.

VII. Food and Beverage Marketing

Holy Cross Catholic School will encourage the promotion of healthy food and beverage choices.

When food and beverage products are marketed or promoted to students during the school day or on school property, the school will make reasonable efforts to ensure that such marketing is consistent with the goals of this Wellness Policy and applicable federal and state requirements.

VIII. Classroom Celebrations, Rewards, and School Events

Holy Cross Catholic School recognizes that classroom celebrations and special school events are an important part of the school community.

Teachers and staff are encouraged to consider nutritious food choices and non-food alternatives when planning classroom celebrations, rewards, parties, and special events.

When food is provided to students, the school will consider student food allergies and other dietary needs and will follow the school's applicable food allergy and student health procedures.

IX. Community Involvement

Holy Cross Catholic School recognizes the importance of working with families and community organizations to promote student wellness.

The original Wellness Policy was developed with consultation from the Defiance County Health Department. In January 2006, three Defiance County Health Department members presented ideas and suggestions to the entire staff. Both parties agreed to continue coordinated efforts in implementing the policy.

The policy was reviewed by Jan Belland and the committee on January 5, 2016.

In March 2019, Mrs. Reinhart, staff members, and stakeholders reviewed the plan and made necessary changes.

In September 2026, Mrs. Tobias, Ms. Lantz, Mrs. Okuley and Mrs. Waldron and stakeholders reviewed the plan and made necessary changes.

Holy Cross School will continue to seek input from parents/guardians, staff, students, and community members when reviewing and revising the Wellness Policy.

Holy Cross School has networked with nonprofit organizations and community groups to provide students with opportunities to participate in wellness-related activities.

The Defiance City Parks and Recreation Department permits the school to use city parks for physical activities.

Community members may provide comments, questions, or suggestions regarding the Wellness Policy through:

principal@defianceholycross.org

X. Implementation and Monitoring

The Wellness Coordinator, Wellness Committee, school administration, and appropriate school staff will be responsible for assisting with implementation of this Wellness Policy.

Implementation may be monitored through:

1. Review of teacher lesson plans and classroom activities addressing nutrition, health, and physical activity.
2. Review of nutrition and wellness information posted throughout the school.
3. Review of the school lunch program's compliance with applicable nutrition requirements.
4. Monitoring student access to drinking water.
5. Review of school communications and family newsletters for wellness information.
6. Review of physical activity opportunities provided to students.
7. Review of applicable school practices regarding foods and beverages sold or provided to students.

XI. Triennial Assessment

Holy Cross Catholic School will assess compliance with this Wellness Policy at least once every three years.

The assessment will determine:

- The extent to which the school is complying with the Wellness Policy;
- Progress toward meeting the goals of the policy; and
- Any recommended changes or revisions to the policy.

The results of the triennial assessment will be made available to the public through the school website, school communications, or another appropriate method.

The Wellness Committee and school administration will use the results of the assessment to determine whether revisions or additional actions are needed.

XII. Public Notification

The Holy Cross Catholic School Wellness Policy will be made available to the public.

The policy will be posted on the Holy Cross Catholic School website and will be available for review by parents/guardians, students, staff, and community members.

The school will provide information regarding opportunities for public comment and participation in the development, review, and revision of the policy.

Updates to the Wellness Policy and the results of the triennial assessment will be communicated to the school community through the school website, family newsletter, or other appropriate school communication.

XIII. Policy Review and Revision

The Wellness Policy will be reviewed at least once every three years by the Wellness Committee and appropriate stakeholders.

The policy may be reviewed or revised more frequently when necessary because of:

- Changes in federal or state requirements;

- Changes to school nutrition programs;
- Changes in the Diocese of Toledo curriculum;
- Changes in school wellness practices;
- Recommendations from the Wellness Committee; or
- Input from parents, students, staff, or community members.

XIV. Wellness Policy Development Team

The Wellness Policy Development Team may consist of school administration, teachers, school staff, parents/guardians, students as appropriate, School Advisory Council members, the cafeteria manager, physical education teacher, school nurse/health professional, and community stakeholders.

Current identified stakeholders include:

Principal: Nancy Okuley

Cafeteria Manager: Phyllis Waldron

Physical Education Teacher/Wellness Coordinator: Megan Tobias/
Amy Lantz

Teaching Staff: Entire Teaching Staff

School Advisory Council: Representatives of the School Advisory Council

Community/Health Partners: As appropriate

COMPANION POLICY: NUTRITION STANDARDS FOR FOODS AND BEVERAGES

Status: To be reviewed and finalized with the Holy Cross Wellness Committee.

This companion policy should establish the specific standards Holy Cross follows for foods and beverages that are sold or provided to students outside of the reimbursable school meal program.

It should address, as applicable:

- Foods and beverages sold during the school day
- Fundraisers
- Vending machines

- Classroom food
- School celebrations
- School-sponsored events
- Concessions
- Food provided by outside organizations
- Applicable federal and Ohio nutrition standards
- Person(s) responsible for monitoring compliance

Responsible Administrator: Nancy Okuley

Adopted/Reviewed: October 6, 2026

Next Review Date: October 6, 2027

COMPANION POLICY: FOOD ALLERGY AND STUDENT HEALTH

Status: To be reviewed and finalized with the Holy Cross administration and Wellness Committee.

This companion policy should establish procedures for supporting students with food allergies and other student health needs.

It should address, as applicable:

- Parent/guardian notification
- Medical documentation
- Individual health plans/emergency plans
- Medication and emergency medication
- Staff notification and training
- Classroom food
- School celebrations
- Field trips
- Cafeteria procedures
- Emergency response
- Communication with substitute teachers and other personnel
- Confidentiality
- Food-sharing practices
- Procedures for responding to allergic reactions

Responsible Administrator: Nancy Okuley

Adopted/Reviewed: October 6, 2026

Next Review Date: October 6, 2027

SCHOOL MEAL PROGRAM

Holy Cross Catholic School's school meal program will operate in accordance with applicable federal and Ohio requirements.

The school will maintain the appropriate documentation and procedures for:

- Reimbursable school meals
- Free and reduced-price meals
- Student meal eligibility
- Meal-pattern requirements
- Meal service
- Student privacy
- Cafeteria sanitation and food safety
- Required nutrition standards
- Required state and federal reporting

Cafeteria Manager: Phyllis Waldron

POLICY REVIEW SCHEDULE

Document	Review Frequency	Responsible Group
Wellness Policy	At least every 3 years	Wellness Committee / School Advisory Council
Nutrition Standards	Review with Wellness Policy and when requirements change	Administration / Wellness Committee

Food Allergy & Student Health Policy	According to applicable health requirements and school procedures	Administration / Health Staff
School Meal Program Procedures	Annually and as required by USDA/Ohio requirements	Cafeteria Manager / Administration
Triennial Wellness Assessment	At least every 3 years	Wellness Committee

The Holy Cross Catholic School Wellness Policy and related wellness documents are reviewed and approved through the school's established governance process.

School Advisory Council Member: Nancy Okuley

Principal: Nancy Okuley

Wellness Coordinator: Megan Tobias/ Amy Lantz

Date Approved: October 6, 2026

Next Scheduled Review: October 6, 2027

PUBLIC CONTACT

Questions, comments, or suggestions regarding the Holy Cross Catholic School Wellness Policy may be directed to:

Holy Cross Catholic School
1745 S. Clinton St.
Defiance, Ohio 43512

Email: principal@defianceholycross.org

