

Regina Coeli Catholic School Wellness Policies on Physical Activity and Nutrition

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, REGINA COELI CATHOLIC SCHOOL is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of REGINA COELI CATHOLIC SCHOOL that:

- The school district will engage (to the extent possible) students, parents, teachers, food service professionals, school health professionals, physical education teachers, school administrators and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades PreK-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, REGINA COELI CATHOLIC SCHOOL will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program

[including after-school snacks], Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program [including suppers]).

- REGINA COELI CATHOLIC SCHOOL will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Councils

REGINA COELI CATHOLIC SCHOOL will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;¹
- serve only low-fat (1%) and fat-free milk² and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that all of the served grains are whole grain.^{3,3}

REGINA COELI CATHOLIC SCHOOL should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

Breakfast. To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

¹ To the extent possible, schools will offer at least two non-fried vegetable each day and will offer five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.

² As recommended by the *Dietary Guidelines for Americans 2005*.

³ A whole grain is one labeled as a “whole” grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include “whole” wheat flour, cracked wheat, brown rice, and oatmeal.

- REGINA COELI CATHOLIC SCHOOL will, to the extent possible, operate the School Breakfast Program.
- REGINA COELI CATHOLIC SCHOOL Campuses that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- REGINA COELI CATHOLIC SCHOOL will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals. REGINA COELI CATHOLIC SCHOOL will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals⁴. Toward this end, schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students.

Meal Times and Scheduling. REGINA COELI CATHOLIC SCHOOL:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 10:45 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal programs. All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Sharing of Foods and Beverages. REGINA COELI CATHOLIC SCHOOL will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. REGINA COELI CATHOLIC SCHOOL will make drinking water available where school meals are served during mealtimes.

Snacks. Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

Competitive Foods and Beverages

⁴ It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals.

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at: <http://Regina Coeli Catholic School.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at Regina Coeli Catholic School.healthiergeneration.org/smartsnacks.

Rewards. REGINA COELI CATHOLIC SCHOOL will limit the use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations. REGINA COELI CATHOLIC SCHOOL will limit celebrations that involve food during the school day to no more than one party per class per month (excluding birthdays). Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. REGINA COELI CATHOLIC SCHOOL aims to teach, encourage, and support healthy eating by students. REGINA COELI CATHOLIC SCHOOL should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;

Physical Activity. For students to receive daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents. REGINA COELI CATHOLIC SCHOOL will support parents' efforts to provide a healthy diet and daily physical activity for their children. REGINA COELI CATHOLIC SCHOOL will send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. REGINA COELI CATHOLIC SCHOOL should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. REGINA COELI CATHOLIC SCHOOL will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.

REGINA COELI CATHOLIC SCHOOL will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

IV. Physical Activity Opportunities and Physical Education

Physical Education (P.E.) PreK-12. REGINA COELI CATHOLIC SCHOOL will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All physical education will be taught by a certified physical education teacher. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess. All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

REGINA COELI CATHOLIC SCHOOL Catholic School does discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

V. Monitoring and Policy Review

Monitoring. The superintendent or the Director of REGINA COELI CATHOLIC SCHOOL will ensure compliance with established district-wide nutrition and physical activity wellness policies. At each campus school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the Diocesan superintendent.

School food service staff, at REGINA COELI CATHOLIC SCHOOL, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, REGINA COELI CATHOLIC SCHOOL will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If REGINA COELI CATHOLIC SCHOOL has not received a SMI review from the state agency within the past five years, REGINA COELI CATHOLIC SCHOOL will request from the state agency that a SMI review be scheduled as soon as possible.

The superintendent or the Director of REGINA COELI CATHOLIC SCHOOL will develop a summary report every three years on compliance with the school's established nutrition and physical activity wellness policies, based on input from all campuses. That report will be provided to the REGINA COELI CATHOLIC SCHOOL board and also distributed to the parent/teacher organizations, school principals, and school health services personnel.

Policy Review. To help with the initial development of REGINA COELI CATHOLIC SCHOOL's wellness policies, each campus will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those campus by campus assessments will be compiled to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, REGINA COELI CATHOLIC SCHOOL will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. REGINA COELI CATHOLIC SCHOOL and individual campuses will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

VI. Resources for REGINA COELI CATHOLIC SCHOOL's Wellness Policies on Nutrition and Physical Activity

Crosscutting:

- *School Health Index*, Centers for Disease Control and Prevention, <<http://apps.nccd.cdc.gov/shi/>>
- Local Wellness Policy website, U.S. Department of Agriculture, <<http://Regina Coeli Catholic School.fns.usda.gov/tn/Healthy/wellnesspolicy.html>>
- *Fit, Healthy, and Ready to Learn: a School Health Policy Guide*, National Association of State Boards of Education, <Regina Coeli Catholic School.nasbe.org/HealthySchools/fitthehealthy.mgi>
- *Preventing Childhood Obesity: Health in the Balance*, the Institute of Medicine of the National Academies, <Regina Coeli Catholic School.iom.edu/report.asp?id=22596>
- *The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools*, Action for Healthy Kids, <Regina Coeli Catholic School.actionforhealthykids.org/docs/specialreports/LC%20Color%20_120204_final.pdf>
- *Ten Strategies for Promoting Physical Activity, Healthy Eating, and a Tobacco-free Lifestyle through School Health Programs*, Centers for Disease Control and Prevention, <Regina Coeli Catholic School.cdc.gov/healthyouth/publications/pdf/ten_strategies.pdf>
- *Health, Mental Health, and Safety Guidelines for Schools*, American Academy of Pediatrics and National Association of School Nurses, <<http://Regina Coeli Catholic School.nationalguidelines.org>>

School Health Councils:

- *Promoting Healthy Youth, Schools and Communities: A Guide to Community-School Health Councils*, American Cancer Society [link to PDF]
- *Effective School Health Advisory Councils: Moving from Policy to Action*, Public Schools of North Carolina, <Regina Coeli Catholic School.nhealthyschools.org/nhealthyschools/htdocs/SHAC_manual.pdf>

Nutrition:

General Resources on Nutrition

- *Making it Happen: School Nutrition Success Stories*, Centers for Disease Control and Prevention, U.S. Department of Agriculture, and U.S. Department of Education, <<http://Regina Coeli Catholic School.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/>>
- *Changing the Scene: Improving the School Nutrition Environment Toolkit*, U.S. Department of Agriculture, <Regina Coeli Catholic School.fns.usda.gov/tn/Healthy/changing.html>
- *Dietary Guidelines for Americans 2005*, U.S. Department of Health and Human Services and U.S. Department of Agriculture, <Regina Coeli Catholic School.health.gov/dietaryguidelines/dga2005/document/>
- *Guidelines for School Health Programs to Promote Lifelong Healthy Eating*, Centers for Disease Control and Prevention, <Regina Coeli Catholic School.cdc.gov/mmwr/pdf/rr/rr4509.pdf>
- *Healthy Food Policy Resource Guide*, California School Boards Association and California Project LEAN, <Regina Coeli Catholic School.csba.org/ps/hf.htm>
- *Diet and Oral Health*, American Dental Association, <<http://Regina Coeli Catholic School.ada.org/public/topics/diet.asp>>

School Meals

- *Healthy School Meals Resource System*, U.S. Department of Agriculture, <<http://schoolmeals.nal.usda.gov/>>
- *School Nutrition Dietary Assessment Study–II*, a U.S. Department of Agriculture study of the foods served in the National School Lunch Program and the School Breakfast Program, <Regina Coeli Catholic School.c-spinet.org/nutritionpolicy/SNDAIIfind.pdf>
- *Local Support for Nutrition Integrity in Schools*, American Dietetic Association, <Regina Coeli Catholic School.eatright.org/Member/Files/Local.pdf>
- *Nutrition Services: an Essential Component of Comprehensive Health Programs*, American Dietetic Association, <Regina Coeli Catholic School.eatright.org/Public/NutritionInformation/92_8243.cfm>
- *HealthierUS School Challenge*, U.S. Department of Agriculture, <Regina Coeli Catholic School.fns.usda.gov/tn/HealthierUS/index.htm>
- *School Breakfast Scorecard*, Food Research and Action Center, <Regina Coeli Catholic School.frac.org/School_Breakfast_Report/2004/>
- *Arkansas Child Health Advisory Committee Recommendations* [includes recommendation for professional development for child nutrition professionals in schools], <Regina Coeli Catholic School.healtharkansas.com/advisory_committee/pdf/final_recommendations.pdf>

Meal Times and Scheduling

- *Eating at School: A Summary of NFSMI Research on Time Required by Students to Eat Lunch*, National Food Service Management Institute (NFSMI) [Attach PDF file]
- *Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools*, National Food Service Management Institute, <Regina Coeli Catholic School.nfsmi.org/Information/Newsletters/insight24.pdf>

Fruit and Vegetable Promotion in Schools

- *Fruits and Vegetables Galore: Helping Kids Eat More*, U.S. Department of Agriculture, <Regina Coeli Catholic School.fns.usda.gov/tn/Resources/fv_galore.html>
- Fruit and Vegetable Snack Program Resource Center, hosted by United Fresh Fruit and Vegetable Association, <<http://Regina Coeli Catholic School.uffva.org/fvpilotprogram.htm>>
- Produce for Better Health Foundation website has downloadable fruit and vegetable curricula, research, activity sheets, and more at <Regina Coeli Catholic School.5aday.org>

Fundraising Activities

- *Creative Financing and Fun Fundraising*, Shasta County Public Health, <Regina Coeli Catholic School.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlean/fundraiser1.pdf>
- *Guide to Healthy School Fundraising*, Action for Healthy Kids of Alabama, <Regina Coeli Catholic School.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA%2031%20-%20Fundraising.pdf>

Snacks

- *Healthy School Snacks*, (forthcoming), Center for Science in the Public Interest
- Materials to Assist After-school and Summer Programs and Homeless Shelters in Using the Child Nutrition Programs (website), Food Research and Action Center, <Regina Coeli Catholic School.frac.org/html/building_blocks/afterschsummertoc.html>

Rewards

- *Constructive Classroom Rewards*, Center for Science in the Public Interest, <Regina Coeli Catholic School.cspinet.org/nutritionpolicy/constructive_rewards.pdf>
- *Alternatives to Using Food as a Reward*, Michigan State University Extension, <Regina Coeli Catholic School.tn.fcs.msue.msu.edu/foodrewards.pdf>
- *Prohibition against Denying Meals and Milk to Children as a Disciplinary Action*, U.S. Department of Agriculture Food and Nutrition Service [Link to PDF]

Celebrations

- *Guide to Healthy School Parties*, Action for Healthy Kids of Alabama, <Regina Coeli Catholic School.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA%2032%20-%20parties.pdf>
- *Classroom Party Ideas*, University of California Cooperative Extension Ventura County and California Children's 5 A Day Power Play! Campaign, <<http://ucce.ucdavis.edu/files/filelibrary/2372/15801.pdf>>

Nutrition and Physical Activity Promotion:

Health Education

- *National Health Education Standards*, American Association for Health Education, <http://Regina Coeli Catholic School.aahperd.org/aahe/pdf_files/standards.pdf>

Nutrition Education and Promotion

- U.S. Department of Agriculture Team Nutrition website (lists nutrition education curricula and links to them), <[Regina Coeli Catholic School.fns.usda.gov/tn/Educators/index.htm](http://ReginaCoeliCatholicSchool.fns.usda.gov/tn/Educators/index.htm)>
- *The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions*, U.S. Food and Drug Administration and U.S. Department of Agriculture's Food and Nutrition Service, <[Regina Coeli Catholic School.fns.usda.gov/tn/resources/power_of_choice.html](http://ReginaCoeliCatholicSchool.fns.usda.gov/tn/resources/power_of_choice.html)>
- *Nutrition Education Resources and Programs Designed for Adolescents*, compiled by the American Dietetic Association, <[Regina Coeli Catholic School.eatright.org/Public/index_19218.cfm](http://ReginaCoeliCatholicSchool.eatright.org/Public/index_19218.cfm)>

Integrating Physical Activity into the Classroom Setting

- *Brain Breaks*, Michigan Department of Education, <[Regina Coeli Catholic School.emc.cmich.edu/brain-breaks](http://ReginaCoeliCatholicSchool.emc.cmich.edu/brain-breaks)>
- *Energizers*, East Carolina University, <[Regina Coeli Catholic School.ncpe4me.com/energizers.html](http://ReginaCoeliCatholicSchool.ncpe4me.com/energizers.html)>

Physical Activity Opportunities and Physical Education:

General Resources on Physical Activity

- *Guidelines for School and Community Programs to Promote Lifelong Physical Activity among Young People*, Centers for Disease Control and Prevention, <[Regina Coeli Catholic School.cdc.gov/mmwr/preview/mmwrhtml/00046823.htm](http://ReginaCoeliCatholicSchool.cdc.gov/mmwr/preview/mmwrhtml/00046823.htm)>
- *Healthy People 2010: Physical Activity and Fitness*, Centers for Disease Control and Prevention and President's Council on Physical Fitness and Sports, <[Regina Coeli Catholic School.healthypeople.gov/document/HTML/Volume2/22Physical.htm#_Toc490380803](http://ReginaCoeliCatholicSchool.healthypeople.gov/document/HTML/Volume2/22Physical.htm#_Toc490380803)>
- *Physical Fitness and Activity in Schools*, American Academy of Pediatrics, <<http://pediatrics.aappublications.org/cgi/reprint/105/5/1156>>

Physical Education

- *Substitution for Instructional Physical Education Programs*, National Association for Sport and Physical Education, <[Regina Coeli Catholic School.aahperd.org/naspe/pdf_files/pos_papers/substitution.pdf](http://ReginaCoeliCatholicSchool.aahperd.org/naspe/pdf_files/pos_papers/substitution.pdf)>
- *Blueprint for Change, Our Nation's Broken Physical Education System: Why It Needs to be Fixed, and How We Can Do It Together*, PE4life, <[Regina Coeli Catholic School.pe4life.org/articles/blueprint2004.pdf](http://ReginaCoeliCatholicSchool.pe4life.org/articles/blueprint2004.pdf)>

Recess

- *Recess in Elementary Schools*, National Association for Sport and Physical Education, <[Regina Coeli Catholic School.aahperd.org/naspe/pdf_files/pos_papers/current_res.pdf](http://ReginaCoeliCatholicSchool.aahperd.org/naspe/pdf_files/pos_papers/current_res.pdf)>
- *Recess Before Lunch Policy: Kids Play and then Eat*, Montana Team Nutrition, <[Regina Coeli Catholic School.opi.state.mt.us/schoolfood/recessBL.html](http://ReginaCoeliCatholicSchool.opi.state.mt.us/schoolfood/recessBL.html)>

Monitoring and Policy Review:

- *School Health Index*, Centers for Disease Control and Prevention (CDC), <<http://apps.nccd.cdc.gov/shi/>>

- *Changing the Scene: Improving the School Nutrition Environment Toolkit*, U.S. Department of Agriculture, <[Regina Coeli Catholic School.fns.usda.gov/tn/Healthy/changing.html](http://ReginaCoeliCatholicSchool.fns.usda.gov/tn/Healthy/changing.html)>
- *Criteria for Evaluating School-Based Approaches to Increasing Good Nutrition and Physical Activity*, Action for Healthy Kids, <[Regina Coeli Catholic School.actionforhealthykids.org/docs/specialreports/report_small.pdf](http://ReginaCoeliCatholicSchool.actionforhealthykids.org/docs/specialreports/report_small.pdf)>

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