

St Edward's Catholic School

**WELLNESS COMMITTEE:**

**ANGELA HILD- PRINCIPAL**

**SERAFINA MAGNESS- FOOD SERVICES DIRECTOR**

**FRANK DEHONEY- PHYSICAL EDUCATION**

**LOCAL SCHOOL WELLNESS POLICY**

St. Edward's Catholic School strives to support a school environment that enhances the ability of students to learn and achieve. Since it is well established that health and well-being are key components to a student's ability to learn and achieve<sup>1</sup>, this school shall work to provide students with a healthy environment. The goal of the board is to encourage a healthy lifestyle for students by providing nutrition education, promoting healthy food choices, providing opportunities for physical activity, and other school-based wellness activities. The school will engage individuals from the school and community to participate in developing, implementing, monitoring, and reviewing this and other related school wellness policies.

**SCHOOL WELLNESS COMMITTEE**

The school wellness committee shall encourage participation from the following stakeholders: school administration, the school board, physical education teachers, school health professionals, food service employees, students, parents, and community members. The committee will be responsible for the development, implementation, review, and update of this school wellness policy.

**SCHOOL NUTRITION PROGRAMS**

The school's nutrition programs will prepare and serve nutritious, well-balanced, and age-appropriate meals, à la carte foods, snacks, and beverages that comply with current USDA regulations. In order to adhere to these nutrition standards, the school nutrition program will serve a variety of whole grains, fruits, vegetables, and low fat dairy products. Water will be available to students at no charge in the place where meals are served during meal service.

The district will either employ, or consult with, registered dietitians to review the menu and ensure that it meets federal guidelines. The Food Service Director shall solicit feedback from students, staff, and parents regarding the offered foods and beverages. Nutritional information such as calories, saturated fat, and sodium content of foods shall be made available upon request.

Our school will provide adequate time to eat during meal periods. Students will have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch once they are seated. To the extent possible, school, recess, and transportation schedules will be designed to encourage participation in school meal programs. Teachers are discouraged from scheduling tutoring, club or organizational meetings, or activities during mealtimes, unless the student(s) may eat during such activities.

The Food Service Director will utilize a full Hazard Analysis and Critical Control Points (HACCP) Plan to ensure food safety practices are implemented and followed.

To the maximum extent practicable, our school will participate in available federal school meal programs, including the School Breakfast Program, and National School Lunch Program.

School meals served through the National School Lunch and Breakfast Programs will meet or exceed nutrition and meal pattern requirements established by local, state, and federal statutes and regulations.

### **Free and Reduced Price Meals**

The school will provide free and reduced-price breakfasts and lunches to students according to the terms of the National School Lunch and Breakfast programs and the laws and rules of the state.

### **All Foods and Beverages Sold in Schools**

All foods and beverages sold to students on the school campus will comply with Smart Snack Regulations. The school will utilize the Alliance for a Healthier Generation's Smart Snack Product Calculator to determine product compliance when considering food items to sell to students during the school day. Per USDA, the school day is defined as midnight the night before to 30 min after the end of the instructional day. Food and beverage marketing and advertising will be limited to only those foods and beverages that align with the most recent Dietary Guidelines for Americans.

### **FUNDRAISING**

All foods sold to students must be tracked and compared to Smart Snack standards. If foods and beverages do not follow the Smart Snacks regulations, the fundraising organization must request an exemption from the appointed district administrator. Per Idaho policy, a district may have ten (10) exempted fundraisers per school year per school site. Fundraisers requiring an exemption may not be longer than four (4) consecutive days in duration and exempt food and beverage items may not be sold in district food service areas during meal service. A designee of the School Wellness Committee will be available to meet with student fundraising organizations to communicate Smart Snacks standards should case-specific questions arise.

The Smart Snacks regulations do not apply to items sold during non-school hours, weekends, off-campus fundraising events, or foods intended to be consumed or prepared outside of school.

### **OTHER FOODS AND BEVERAGES IN SCHOOLS**

#### **Celebrations and Snacks**

Classroom celebrations and snacks served during the school day or in after-school programs will emphasize healthy choices, such as fruits and vegetables, as the primary snacks and water as the primary beverage. Our school will determine when to offer snacks based on the schedule for school meals, the nutritional needs of students, student age, and other pertinent factors.

The school wellness committee will develop a list of recommended healthy snack and beverage items to provide to teachers, after-school program personnel, and parents. This list will be utilized when planning classroom snacks, school sponsored parties, social events, and school functions.

## **Food as Rewards**

Teachers are prohibited from using food as a reward for students and will not withhold food or beverages as a punishment. The school wellness committee will develop guidelines for appropriate alternative reward systems that incorporate social rewards, recognition and praise, privileges, and opportunities for classroom physical activity or additional recess<sup>2</sup>.

## **NUTRITION PROMOTION**

The district will encourage students to make healthy food choices using nutrition promotion techniques such as:

1. Encouraging staff to model healthy eating/drinking behaviors
2. Utilizing Smarter Lunchrooms techniques, such as signage and product placement, when appropriate and attainable
3. Offering taste-testing and menu planning opportunities to students to teach them about healthy fruits and vegetables options and solicit input on preferences
4. Participating in Farm to School activities and/or implementing a school garden

## **NUTRITION EDUCATION**

The school board will adopt and implement a comprehensive health and physical education curriculum in line with the Idaho standards for health and physical education. Additional standards-based nutrition education will be offered in each grade as either a stand-alone unit or integrated into other core subjects, such as math, science, language arts, and social sciences.

1. Curriculum will link nutrition education with the school food environment and focus on behavior-focused skills, such as meal planning, recognizing food groups, and reading food labels to evaluate the quality of different foods.
2. Classrooms, hallways, gymnasiums, and dining areas will utilize regularly updated nutrition and health posters and signage to educate students on nutrition concepts.
3. Nutrition curriculums will utilize culturally relevant and developmentally appropriate opportunities to apply learning in school-wide activities such as contests, surveys, promotions, food demonstrations and taste-testing, voting for recipe names, cafeteria design or décor challenges, farm visits, and school gardens.
4. Our school will provide families with materials that allow parents and students to apply health and nutrition lessons at home.

## **PHYSICAL ACTIVITY**

This School's goal is to provide opportunities for every student to develop the knowledge, skills, and capacity to be physically active throughout their life. This includes providing opportunities to maintain physical fitness; reduce sedentary time; and develop and enhance social skills and self-esteem for students of all levels of physical ability.

The physical education curriculum will be aligned with state and national standards for physical education

and be taught by a certified physical education teacher. Class sizes will be limited to a maximum of thirty (30) students per instructor and be offered daily. Waivers, exemptions, and substitutions will be considered on a case by case basis. A student substituting for physical education must demonstrate proficiency of physical education standards.

In addition to physical education, the district will provide other opportunities for physical activity for each grade by utilizing a comprehensive physical activity program (CSPAP) plan which encompasses:

1. Active transportation to and from school.
2. Opportunities for physical activity before and after school, by promoting Parks and Recreation sports.
3. Daily recess for elementary students and classroom-based physical activity breaks to increase focus or teach academic content via physical movement for all students.
4. Engaging staff, families, and communities to join and support physical activity initiatives.

Teachers and other school personnel are prohibited from withholding opportunities for physical activity such as recess or physical education as punishment. Physical activities, such as push-ups or running, will not be used as a disciplinary measure as this serves to decrease a student's intrinsic motivation to pursue these activities.

## **OTHER SCHOOL-BASED WELLNESS ACTIVITIES**

District goals regarding other school-based wellness activities will include:

1. Developing and implementing a staff wellness program that encourages school staff to serve as role models to students and practice healthy eating, physical activity, and other healthful activities
2. Sponsoring , no screen time week, bike to work/school day, and other health and activity based celebrations.
3. Holding a yearly Jog-a-thon as a fund raiser, to encourage physical activity, and community involvement.
4. Implementing and sustaining a school garden or Farm to School/Farm to Cafeteria activities that promote healthy eating via student participation
5. Initiating and sustaining a recycling/environmental stewardship program
6. Providing students, parents, and staff with mental health resources and prevention program information
7. Applying for state and/or national awards and grants that support a healthy school environment, such as the Healthier US School Challenge, Physical Education Program grants, or Fuel Up to Play 60 grants

## **MONITORING**

Angela Hild will monitor and ensure adherence to the wellness policy in their school. The food service director will monitor and ensure that the school nutrition program complies with federal and state nutrition and meal pattern guidelines and report such compliance to Angela Hild (Principal). Reporting of adherence to the wellness policy shall take place Bi-Annually.

## **ASSESSMENT**

On an annual basis, the wellness committee will conduct an assessment and develop a summary report on school-wide compliance with this policy based on input from students, families, and school stake holders. The assessment and report will include the extent to which schools are in compliance with this policy, The report will be made available to the public at the school and posted on the school's website, as well as provided to the school board, the school wellness committee(s), parent/teacher organizations, school administrators.

## **NOTICE**

The school will include this policy on the schools website.

## **LEGAL REFERENCE:**

Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (PL 111-296), reauthorizing the Child Nutrition Act, 42 U.S.C. § 1758b (2010).

Child Nutrition and WIC Reauthorization Act of 2004, Pub. L. No. 108-265, § 204

42 U.S.C. § 1751, *et seq.*

42 U.S.C. § 1771, *et seq.*

## References:

1. GenYouth Foundation, National Dairy Council, American College of Sports Medicine, and American School Health Association, comps. *The Wellness Impact: Enhancing Academic Success through Healthy School Environments*. Rep. GenYouth Foundation, 2013. Print.
2. Alliance for a Healthier Generation. "Non-Food Rewards." *Non-Food Rewards*. 2016. Web. 24 Mar. 2016.