

## **Wellness**

**School Board Policy: 536**

**Section:**

**Date Adopted: 5/2006**

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**Dates Reviewed:**

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### **I. PURPOSE**

The purpose of this policy is to ensure a school environment at St. Joseph's School that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity. As Catholics, we believe that our body is a temple of the Holy Spirit, and therefore our policies reflect our commitment to caring for our sacred temple.

### **II. GENERAL STATEMENT OF PURPOSE**

- A. St. Joseph's School encourages the involvement of administration, school board, students, parents, teachers, food and nutrition personnel, and other interested persons in implementing our school nutrition and physical activity policies.
- B. The school environment will promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. St. Joseph's School recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
- D. St. Joseph's School values the health and well-being of every staff member. The school staff should act as role models to students for good nutrition and physical activity as a valuable part of daily life through wellness activities.
- E. All students in all grades will have opportunities, support, and encouragement to be physically active on a regular basis.
- F. School meals are intended to be the main source of nutrition for students during the school day.
- G. Qualified food and nutrition program personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; try to 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.
- H. Our school will participate in federal school meal programs.

### **III. Nutrition Education and Promotion**

St. Joseph's School will provide nutrition education as a part of a standards-based, sequential curriculum, encourage and support healthy eating by students and engage in nutrition promotion that is:

- A. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health in preschool – 8<sup>th</sup> grade.

- B. part of health education classes as well as classroom instruction in subjects such as math, science, language arts, and social science, where appropriate.
- C. enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities including the school cafeteria as a learning lab, contests, promotions, taste testing, learning nutrition facts and field trips.
- D. encourage staff to be role models of healthy eating, physical activity and stress management by providing resources and opportunities throughout the year.
- E. we will strive toward integrating nutrition into a coordinated school health approach,
- F. we will provide a list of healthy snacks that will be given out to all families at Back to School night, discuss our school wellness policy at parent meetings in the fall and the school wellness policy will be on our website,
- G. the food service manager will place healthy eating information on the bulletin board in the cafeteria. The school will not display or advertise unhealthy foods or soft drinks.
- H. St. Joseph's Parish has a Wellness Advisory Council that meets with the priests, staff and member of the parish to evaluate the impact of health ministry and coordinate program planning once a month. The council will continue implementing health-related activities within the parish/school. They offer healthy breakfast choices to parishioners three times a year.

#### **IV. USDA School Meals**

Foods and beverages made available by St. Joseph School will meet or exceed current USDA Dietary Guidelines for Americans in accordance with nutrition and portion size standards. Nutrition Services offers affordable, nutritious and appealing meals, snacks and beverages in compliance with the most updated USDA guidelines, safety standards, and current DGAs and/or IOM standards. This will establish nutrition standards and provide clear guidance for all foods and beverages available everywhere on school grounds to encourage healthy choices for students.

- A. Meals served at St. Joseph's school through the USDA National School Lunch programs:
  - 1. are appealing and attractive to children considering balance, variety, contrast, color, look appealing and are served in a clean, safe, enjoyable environment.
  - 2. offer a variety of fruits and vegetables to include blue/purple, green white, yellow/orange, and red fruit and vegetable groups on the monthly menu.
  - 3. serve only low fat and fat free milk and offer nutritionally equivalent non-dairy alternative, when requested by students and/or parent/guardian. Flavored milk is fat-free only.
  - 4. ensure that at least half of the served grains are whole grain.
  - 5. provide whole grain bread products daily as recommended by the Federal Government.
  - 6. use serving sizes that meet minimum and don't exceed maximum USDA requirements.
  - 7. continue to eliminate deep-fried foods.
  - 8. strive to replace high fat with lower fat items, as appropriate.
  - 9. we will continue to share information about the nutrient content of our school meals with our students, parents and staff by posting it in the school cafeteria.
  
- B. St. Joseph's School will provide an environment that encourages healthy eating and food habits.
  - 1. We will ensure that professional development in food and nutrition is provided for food service manager and staff.

2. Cafeteria supervision shall be provided and rules for safe behavior shall be consistently enforced.
3. Students have access to hand washing or hand sanitizing before they eat meals or snacks.
4. St. Joseph's School will survey families yearly to determine if there is enough interest to provide a breakfast program at the school. Healthy snacks will be offered on days when students will be completing the MCA tests or MAP testing.
5. Current bus schedules provide adequate time for students to participate in a breakfast program before school starts or during morning break.
6. We shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.
7. Students will be provided adequate time (minimum of 20 minutes) to eat lunch.
8. Lunch will be scheduled for all fulltime students midday between the hours of 10am and 2pm. Recess will be scheduled before or after lunch for all students to increase student nutrient intake and reduce food waste for all students.
9. Staff will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
10. Staff will discourage students from sharing food and beverages with one another during meal or snack times given concerns about allergies and restrictions on students' diets.
11. We will obtain feedback from students and others about meals and new food options through activities such as taste testing, "sneak peak", surveys/feedback or health fairs.
12. Parents are encouraged to call ahead and eat school lunch with their child instead of bringing outside food.
13. Cold lunches brought from home are encouraged to meet Guidelines for Nutritious Lunches.

## **V. Competitive Foods**

Food and beverages sold/served during the school day outside of reimbursable schools meals are known as Competitive Foods. Competitive Food Nutrition Standards are developed considering the standard that school meals are intended to be the main source of nutrition for students during the school day. Therefore, any other food or beverage consumed supplements that meal and must be:

- a contribution to, rather than detraction, from the nutrition of the student
- age- appropriate serving size and within USDA caloric guidelines
- infrequent in consumption

School-based standards:

- A. St. Joseph's school and parish prohibit vending machines on the campus.
- B. Foods sold through school stores/fundraisers shall be limited to items that contain fresh fruits and vegetables, 100% juice or water, and no more than 35% of total calories from fat and sugars and no trans fats.
- C. The standards will focus on increasing nutrient density, decreasing fats, sodium, and added sugars, and moderating portion size. St. Joseph's school encourages the consumption of nutrient-dense foods and beverages (such as fruits, vegetables, whole grains, low-fat or nonfat

dairy, lean meats, legumes, nuts and seeds) that are served and sold through the school meal program.

- D. St. Joseph's will sell only the following ala carte items:
1. Reimbursable meal
  2. Fresh fruit
  3. Fresh vegetables
  4. 8 oz low fat/non- fat milk
  5. 6 oz or less nonfat yogurt (or low fat)
- E. St. Joseph's School will encourage snacks at celebrations/parties that feature healthy choices as listed in the Healthy Snacks booklet. See Appendix 9.
- F. Foods sold outside the school meal program must contain no more than 35% of total calories/total weight from sugar.
- G. Foods sold outside the school meal program must contain no more than 35% of total calories from fat and nine grams maximum per serving with the exception of nuts.
- H. Foods sold outside the school meal program must contain no more than 240mg of sodium per serving.
- I. Foods sold outside the school meal program shall not exceed 200 calories per package.
- J. St. Joseph's school will contact local farmers as a resource for fresh fruits and vegetables.
- K. Special fun time in the gym with the Principal will be offered once a month for those celebrating birthdays.
- L. School staff will use an array of choices as incentives/rewards for academic performance or good behavior.
- M. Beverages sold/served outside the school meal program must contain no more than 40% of total calories/total weight from sugar.
- N. Approved beverages sold/served during the school day are milk, milk products, 100% juice and water.
- O. Milk served or sold during the school day will be limited to 2%, 1%, and non-fat/skim.
- P. Juice sold or served to students outside the school meals will be limited to 4 oz. or less.
- Q. The consumption of water will be encouraged throughout the day with water fountains on each school floor. Students will have access to pitchers of free safe drinking water during lunch.
- R. Foods sold for school fundraisers will be limited to the specifications set for foods sold outside school meals containing % of calories from sugar, fat, sodium and calories (see # above 5, 6, 7 & 8). See Appendix #7.

## **VI. Physical Education and Physical Activity**

The primary goals for St. Joseph's schools' physical activity components are:

- to provide opportunities for every student to develop the knowledge and skills for specific physical activities,
- to maintain physical fitness in a safe, adequate environment,
- to ensure students' regular participation in physical activity,
- to teach students the short-and long-term benefits of a physically active and healthful lifestyle,
- to enhance academic performance.

Accordingly, the following guidelines for physical education and physical activity at St. Joseph's school are established:

- A. Physical education shall be standards-based, using national or state- developed standards, such as the National Association for Sport and Physical Education (NASPE) guidelines. We will follow the state law requiring instruction in Physical Education.
1. All students will receive daily physical education (or its equivalent of 150 minutes/week for elementary and 135 minutes/week for middle school students, not applicable for high school) for the entire school year or in compliance with specialized IEP or 504 Plans for students with disabilities, special health-care needs and in alternative educational settings.
  2. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity. If an activity has just a few students being active, the students waiting will have another activity to do.
  3. Physical education curriculum is written for every grade. It is sequential and provides an opportunity for students to learn and practice. Students will be assessed on content, developmentally appropriate motor skills, social skills, responsible behavior, physical fitness, and benefits of physical activity.
  4. St. Joseph's school will only hire certified physical education staff and will provide annual training to educate other school staff to promote enjoyable, lifelong physical activity among students.
  5. St. Joseph's School will provide adequate gym space and equipment for all classes. Class size is capped at St. Joseph's School, so Physical Education class size is limited to ensure adequate supervision and all safety standards will be adhered to, to minimize risk for injuries.
  6. St. Joseph's School will not use physical activity as punishment nor withhold physical education as punishment.
- B. Physical Activity
1. Daily recess
    - a. All St. Joseph's School students will have at least a 20 minutes supervised recess break daily, preferably outdoors (weather permitting) before or after lunch. The classes will sometimes alternate recess so all students will be able to have recess before lunch. The recess staff will facilitate moderate to vigorous physical activity verbally and through provision of space and equipment,
  2. Integrating Physical Activity into the Classroom Settings – For elementary, as well as older students, to receive the recommended amount of at least 60 minutes of physical activity per day and for students to fully embrace physical activity as a personal behavior, other school opportunities are:
    - a. Classroom health education will reinforce the knowledge and self-management skills needed to maintain a physically active lifestyle and reduce sedentary activities such as watching TV and video games.
    - b. Opportunities for physical activity may be incorporated into other subject lessons, where appropriate.
    - c. Classroom teachers will provide short physical activity breaks between lessons, classes and/or standardized testing.

3. Physical Activity Opportunities Before and After School

- a. St. Joseph's school strives to offer physical activity programs that provide a range of activities to meet the needs, interests, and abilities for all students. Boys and girls basketball and volleyball is offered for grades 3-6.
- b. The school gym is open for all students from 7:20-7:50 a.m. for unstructured, supervised physical activities.
- c. After-school and non-school day child care shall encourage verbally and through the provision of adequate and safe space, equipment, and activities-daily periods of moderate to vigorous physical activity for all participants.
- d. St. Joseph's School will provide information about physical education and other school-based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school. An agreement has been set up with Sullivan Middle School and Horizon Middle School for students in grade 6-8 to participate in school sports throughout the year. Information on sports and physical activities offered through the Moorhead Park and Recreation will be distributed monthly through the Kidsource magazine. Community events such as Streets Alive will also be distributed through flyers and in the bulletin.
- e. St. Joseph's School shall encourage and walking to and from school by providing students trained in school patrol and bicycling by providing a bike rack on the campus.
- f. St. Joseph's Parish encourages physical activity throughout the parish and school by having activities in the gym such as Wednesday night middle school youth night, college students and young adult basketball. Vacation Bible School uses the gym for a week in the summer for games for the children. During the school year Sports-tacular Fun night is offered for all children in the school and parish in grades 1-5, twice a year.

**VII. IMPLEMENTATION AND MONITORING**

- A. After approval by the St. Joseph's School Board, the wellness policy will be implemented throughout the school.
- B. The Principal shall execute administrative procedures that ensure the implementation of and compliance with the wellness policy. St. Joseph's School will develop and implement a communication plan which includes training to ensure understanding of the rationale for the wellness policy and implementation plan.
- C. St. Joseph's School food service manager will ensure compliance with the school's food and nutrition program and provide an annual report to the Principal.
- D. The Principal and School Board will evaluate the school wellness policy at the end of each year and make policy revisions as needed.