

St. Francis de Sales Catholic School

Wellness Policy

Local Wellness Policy Area 1: Setting Nutrition Education Goals

Nutrition Education

The primary goal of nutrition education, which may be defined as “any set of learning experiences designed to facilitate the voluntary adoption of eating and other nutrition-related behaviors conducive to health and well-being,” (SNAP-ED, US Department of Agriculture, March 29, 2013).

- **Classroom Teaching:** Students in PreK-8 will receive nutrition education as part of the P.E. regular classroom curriculum. This will include information that teaches the skills needed to adopt healthy eating behaviors.
- **Cafeteria-Based Nutrition Education and Promotion:** Food Service Manager and Staff will offer nutrition education to the students in the school dining area during the daily lunch program. Food Service Staff will be provided opportunities for on-going professional training and development in the areas of nutrition. MyPlate posters will be displayed in the cafeteria. Other posters that promote nutrition will be displayed as well.
- **Teacher Training:** Teachers will receive periodic training and updates on incorporating MyPlate classroom materials in classroom education.

Local Wellness Policy Area 2: Setting Nutrition Education Goals

The primary goal for the school’s physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity and understand the short and long term benefits for a physically active healthy lifestyle.

A comprehensive physical activity program encompasses a variety of opportunities for students to be physically active, including: physical education, recess, after-school programs that incorporate physical activity and physical activity breaks within regular classrooms.

- **Physical Activity and Education:** Physical activity and education is a curriculum based/graded subject for grades K-8. Grades K-8 will have at least 50 minutes per week (2 days per week).

Physical education teachers will utilize a curriculum which incorporates the basics of various sports throughout the year (e.g. Basketball, soccer, track, volleyball, cross country).

Physical education teachers will receive ongoing professional development throughout the year.

Other School-Based Wellness Activates and Implementation Plans

Physical Activity Outside of Physical Education: The following programs are offered outside of physical education requirements:

- Variety of Field Trips for grades PreK-8
- Field Day Activities PreK-8

In addition interscholastic sports will be offered to the various grades including track and field, volleyball, and basketball. In addition, football information will be distributed during their respective seasons. Other opportunities in the community will be made available to students when brought to our attention.

•**Recess to Promote Physical Activity:** Recess will provide physical activity and will be held 5 times per week for PreK-8. Recess will be in the gym if the weather prohibits outside activity.

Grades PreK: 90 minutes per day in attendance

Grades K-5: 50 minutes per day

Grades 6-8: 20 minutes per day

•**After School Programs:** Physical activity is included in the after school program and includes outside activities utilizing the playground or activities in the gym if the weather prohibits outside activity.

•**Coordinated School Health Approach:** Programs are in place to address smoking, tobacco and drugs during the D.A.R.E. program for 5th and 7th graders every year. The school is a smoke-free facility. Education will also be incorporated in the classroom where appropriate.

•**School Health Council:** A Wellness Committee consisting of our Principal, Pastor, Head Cook, 2 school parents meet annually to go over any policies and procedures and make recommendations to the school concerning the wellness policy and its implementation.

•**Community/Family Involvement:** Communications to families on health or nutrition topics occurs through newsletters, teacher notes and menu postings. Involvement of parents that have a physical education and/or coaching backgrounds and local community members such as doctors and other health care workers in any or all aspects of physical activities and wellness is encouraged.

•**Staff Wellness:** The school encourages and provides opportunities for students, teachers and community volunteers to practice healthy eating and serve as role models in school dining areas. Encouragement of physical activities to benefit the health of the staff will be provided through access to schedules for the community programs. In addition, the Hot Lunch program is available to staff.

•**Counseling, Psychological and Social Health Services:** Services, which safeguard the physical, emotional and social well-being of students, will be coordinated through Manistique Area Schools. This includes Title 1, Speech Therapy, Occupational Therapy, and Physical Therapy.

Local Wellness Policy Area 3: Establishing Nutrition Standards for All Foods Available at St. Francis de Sales School during the School Day

Students' lifelong eating habits are greatly influenced by the types of food and beverages available to them. Schools must establish standards to address all foods and beverages available to them. Schools must establish standards to address all foods and beverages sold or served to students, including those available outside of the school meal program. The standards should focus on increasing nutrient density, decreasing fat and added sugars, and moderating portion size.

•**Nutritional Value of Foods and Beverages:** The following nutritional guidelines apply to all students in PreK-8.

□ **Water Consumption-** Water consumption will be encouraged throughout the day. Staff members should be particularly sensitive to students needs for water during periods of hot weather. Staff members should remind students of the value of consuming water. Water sales should be an option through concession services. Water is available during mealtimes.

Water Bottle Policy:

-Students are allowed to have water bottles in the classroom if they are clean and have a secure cap.

-They may not share their water bottles.

-Teachers have discretion in determining classroom use.

□ **Content from Sugar-** No individual item served by food service as part of a traditional meal or as snack items may contain more than one third of its weight from added sugar. An exception □

□ **Milk Products-** Milk will be promoted during all meals. Milk will be available to students bringing sack lunches. Skim and 1% milk will be offered at breakfast and skim, 1% and chocolate milk will be offered at lunchtime. No products will be served which derive more than one-third of their weight from added sugars. Low-fat and non-fat (skim) forms of milk will be featured in single-serving sizes whenever possible, this includes fat-free chocolate milk.

□ **Juice-Based Drinks-** Pure juice may be available as an additional beverage during school breakfast.

□ **Portion Sizes-** In all cases, single-serving sizes will be featured.

□ **Sack Lunches-** children who bring sack lunches from home are encouraged to bring 100% juice or water with them, instead of consuming heavily sweetened juice drinks or sport drinks. Milk is available for purchase.

□ **Soda Pop-** Soda pop will only be allowed for students on special occasions and never during lunch.

□ **Caffeine and Additives-** Products containing caffeine will not be available during mealtimes. An exception will be made for items containing chocolate.

□ **Food Service-** Food Service Manager will be sensitive of the presence of dyes, sulfites, MSG and other additives to food by limiting their use whenever possible or finding alternative products that have fewer additives. Food service will follow federal guidelines regarding sodium content in all food served.

□ **Guidelines for Food and Beverages Offered to Students at School Functions-** The school encourages the use of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. At any school function (parties, celebrations, feasts, sporting events, etc.) healthy food options should be available.

Local Wellness Policy Area 4: Setting Goals in the School Meals Program:

Schools play a role in helping students make health food choices. The school encourages all students to participate in the school meals program. At a minimum, the school must serve reimbursable meals that meet USDA's requirements as well as follow principles of the Dietary Guidelines for Americans.

• **Developing goals that exceed minimum nutrition standards set by USDA:** The Food Service Manager develops goals that exceed minimum nutrition standards set by USDA in developing the lunch menus.

• **Access to school nutrition programs:** All children who require food are able to obtain it in a non-stigmatizing manner. Information for Free and Reduced Price School Meals is provided to all families in the beginning of the year school packet.

• **Time and scheduling for meals:** Students are provided with 30 minutes to eat for lunch periods; meal periods are scheduled at appropriate times, as lunch is scheduled between 10:50am and 12:15pm; and access to hand washing or hand sanitizing will be provided before all meals or snacks.

• **Surroundings for eating:** Lunch will be served in clean and pleasant surroundings. The Food Service Manager and staff will provide nutritional information daily during lunch periods and ensure students will enjoy eating healthy foods.

Local Wellness Policy Area 5: Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

• **Marketing of food and/or beverages:** Lunchroom marketing materials will primarily consist of MyPlate information to increase the appeal of healthful food and beverage items.

• **Parties and Celebrations:** Celebrations that involve food during the school day should be limited to one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually. Snacks will be offered based on timing of school meals, children's nutritional needs, children's ages and other

considerations (i.e. allergies). Newsletters and notes from teachers will encourage healthy snacks for the classroom.

• **Food Rewards:** The use of foods of minimal nutritional value as learning incentives should be kept to a minimum, and healthy food choices or non-food items should be substituted. This will be monitored by the school principal.

• **Foods of Minimal Nutritional Value as Defined by the USDA:**

□ **Soda Water**-any carbonated beverage (even water). No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals and protein.

□ **Water Ices**-any frozen, sweetened water such as popsicles and flavored ice with the exception of products that contain fruit or fruit juice.

□ **Chewing Gum**-any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.

□ **Certain Candies**-any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients.

□ **Hard Candy**-a product made predominantly from sugar (sucrose) and corn syrup that may be flavored and colored, is characterized by a hard, brittle texture and includes such items as sour balls, lollipops, fruit balls, candy sticks, starlight mints, after dinner mints, jaw breakers, sugar wafers, rock candy, cinnamon candies, breath mints and cough drops.

• **Qualifications of food service staff:** Qualified nutrition professionals will administer the school meal programs. As part of the school's responsibility to operate a food service program, continuing professional development will be provided for all nutritional professionals.

• **Food sales/parties:** Food sales and parties will be during hours that do not conflict with the school food programs.

• **After School Programs:** Health snacks such as fruit and crackers will be served. No soda waters will be served as beverages and juice will be limited. Snacks served 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.

• **Field Trips:** Brown bag lunches may be purchased through the Hot Lunch Program and meet USDA's requirements and follow the Dietary Guidelines of Americans.

• **Concessions:** Organizations operating concessions should include at least some healthy food choices in their offerings. Groups also should market these healthy options at a lower profit margin to encourage selection by students.

Wellness Committee and Policy Leadership

•Committee Role and Membership

St. Francis de Sales Catholic School's Administration utilizes a representative facility wellness committee to establish goals for and to oversee health policies and programs, including development, implementation, and periodic review and update of this facility wellness policy.

The make-up of the committee will include: Administration, Food Services, School Staff and Health Educators.

•Implementation

The Principal manages and coordinates the implementation of this wellness policy as well as delineates roles, responsibilities, actions, and timelines. The school families will receive a copy of the Wellness Policy in their annual Family Packet in August. The public will be informed of their ability to participate and the steps of the process on the school's website.

•Triennial Assessment

The facility will conduct an assessment of the wellness policy every three years, at a minimum. The assessment will determine: compliance with the wellness policy, how the wellness policy compares to model wellness policies, and progress made in attaining the goals of the wellness policy.

•Documentation

The facility will retain records to document compliance with the wellness policy requirements. Documentation maintained will include: a copy or web address of the current wellness policy, documentation on how the policy and assessments are made available to the public, the most recent assessment of implementation of the policy, and documentation of efforts to review and update the policy, including who was involved in the process, their relationship to the facility, and how the public was made aware of their ability to participate.

This wellness policy can be found at sfdsraiders.com. Required documentation will be maintained at the administrative office.

•Update to the Policy

The facility will update or modify the wellness policy as appropriate based on the results of the Triennial Assessments; as facility priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new federal or state guidance or standards are issued. The wellness policy will be updated annually, following the Triennial Assessment.

•Public Updates

The facility will inform the public annually about the local wellness policy, including its content and any updates to and about the policy. The Triennial Assessment, including progress toward meeting the goals of the policy, will also be made available to the public. The facility will provide information on how the public can participate on the wellness committee and assist with the development, implementation, and annual review and update of the wellness policy.