

Wellness Policy #5142

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Saint Mary School promotes healthy students by supporting wellness, good nutrition, and regular activity as a part of the total learning environment. Saint Mary School supports a healthy environment where students learn and participate in positive dietary and lifestyle practices.

St. Mary School will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. St. Mary School will support and promote proper dietary habits contributing to students' health status and academic performance. The entire school environment will positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

Nutrition Education and Promotion Goals:

Saint Mary School will provide nutrition and engage in nutrition promotion that:
Is offered 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 included in health curriculum at all grade levels and also infused into the core curriculum such as math, science, language arts, and social sciences; 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 physical activity; includes training for teachers and other staff.

Saint Mary School will provide recess for K-6 students that is at least 30 minutes a day: is outdoors when weather permits; and encourages moderate to vigorous physical activity

Physical Education and Activity Goals

St. Mary School will provide physical education that includes students with disabilities, students with special health-care needs may be provided accommodations or alternative educational settings; engages students in moderate to vigorous activity during at least 50 percent of physical education class time. 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.

Employees should not use physical activity (running laps, pushups) as punishment. Employees

should not take away recess or other opportunities for physical activity for homework completion during the school day.

Other School-based Activities Goals

Integrating physical activity into classroom settings for students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, St. Mary School will:

- Offer classroom health education that complements 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; discourage sedentary activities, such as watching television, playing computer games, etc.
- provide opportunities for physical activity to be incorporated into other subject lessons; and, encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

Communication With Parents

St. Mary School will support parents' efforts to provide a healthy diet and daily physical activity for their children. St. Mary School will:

- Share nutrition information in newsletters or on the school website; encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages.
- Provide parents a list of foods that meet the schools' snack standards and ideas for healthy celebrations parties, rewards and fundraising activities.
- Provide information about physical education and other physical activity opportunities before, during and after the school day.
- Support parents' efforts to provide their children with opportunities to be physically active outside of school.

Staff Wellness

St. Mary School values the health and well-being of every staff member and will plan and implement activities that support personal efforts by staff to maintain a healthy lifestyle. St. Mary School will participate in the Diocesan wellness program to include annual health assessment and coaching and setting of personal wellness goals

Nutrition Guidelines for All Foods

School Meals Meals served through the National School Lunch Program will:

be appealing and attractive to children; be served in clean and pleasant surroundings; meet, at a minimum, nutrition requirements established by local, state and federal law; offer a variety of fruits and vegetables; serve low-fat and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA; and, ensure that whole grain products are served.

Free and Reduced-Priced Meals

St. Mary 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 meals. Toward this end, St. Mary School will utilize electronic identification and payment systems and promote the availability of meals to all students.

Meal Times and Scheduling

St. Mary School will schedule meal periods at appropriate times and provide students access to hand washing or hand sanitizing before they eat meals or snacks

Qualification of Food Service Staff

Qualified nutrition professionals will administer the meal programs. As part of St. Mary School's responsibility to operate a food service program, St. Mary School will provide continuing professional development for all nutrition professionals; and provide staff development programs and/or training programs for food service director, kitchen managers and cafeteria workers, according to their levels of responsibility,

Food Safety

All foods made available on campus adhere to food safety and security guidelines. All foods made available through food service comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools. . For the safety and security of the food and facility, access to the food service operations are limited to food service staff and authorized personnel.

Sharing of Foods

St. Mary School discourages students from sharing their foods or beverages with one another during meals or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods Outside the Meal

Snacks, rewards, celebrations, fundraising snacks served during the school day will make a positive contribution to children's diets and health. St. Mary School will disseminate a list of suggested snack items to teachers and parents. St. Mary School will discourage the use of 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 meals) as a punishment. The school will be encouraged to evaluate their celebration practices that involve food during the school day. St.

Mary School will disseminate a list of healthy party ideas to parents and teachers. School fundraising groups will be encouraged to use non foods or foods that are compliant to or complement the school's wellness policies.

Plan For Measuring Implementation Monitoring

The principal will ensure compliance with established school-wide nutrition and physical activity wellness policies. In St. Mary School the principal will ensure compliance with those policies in the school. Food service staff, at the school or system level, will ensure compliance with nutrition policies within food service areas and will report on this matter to the administration. St. Mary School Food Service Director will report on the most recent administrative review to ensure compliance with the Healthy Hunger-Free Kids Act of 2010. A summary report will be developed every three years on school-wide compliance with the school system's established nutrition and physical activity wellness policies; and, the report will be provided to the St. Mary School Board and be made available to parents, teachers, principals and health services personnel.

Policy Review

St. Mary School will conduct a baseline assessment of the school's existing nutrition and physical activity environments and practices. The results of the school assessment will be compiled to identify and prioritize needs.

Assessment 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, St. Mary School will review the nutrition and physical activity policies and practices and the provision of an environment that supports healthy eating and physical activity. Policies and plans will be revised as necessary to facilitate their implementation.