

Saints Peter & Paul Wellness Policy



PURPOSE:

Saints Peter & Paul school recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development and readiness to learn. We are committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

Saints Peter & Paul adopts the health and well-being on the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations.

To ensure the health and well-being of all students, the Wellness Committee establishes that Saints Peter & Paul shall provide the students:

1. A comprehensive nutrition program consistent with federal and state requirements.
2. Access at reasonable cost to foods and beverages that meet established nutrition guidelines.
3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
4. Curriculum and programs for grades k-8 that are designed to educate student about proper nutrition and life-long physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

DELIGATION OF RESPONSIBILITY:

The principal, along with the Wellness Committee, shall be responsible for implementation and oversight of this policy to ensure Saints Peter & Paul school programs and curriculum are compliant with the policies, related policies and established guidelines or administrative regulations.

The principal shall annually report to the Wellness Committee regarding compliance with law and policies related to school wellness. The report may include:

- Assessment of school environment regarding school wellness issues.
- Evaluation of food services programs.
- Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
- Listing of activities and programs conducted to promote nutrition and physical activity.
- Recommendations for policy and/or program revisions.
- Suggestions for improvement in specific areas.
- Feedback received from staff, student, parent/guardians, community members and Wellness Committee.

The Wellness Committee shall conduct an assessment at least once every three years on the contents and implementation of this policy as part of a continued improvement process to strengthen the policies and ensure implementations. The assessment shall be made available to the public (school Web-site) in an accessible and easily understood manner and include:

1. The extent to which the school is in compliance with law and policies relate to school wellness.
2. The extent to which this policy compares to model wellness polices.
3. A description of the progress made in attaining the goals of the policy.

At least once every three years the Wellness Committee shall update or modify this policy as needed, based on the results of the most recent assessment and/or as needs and priorities change; wellness goals are met; new health science information and technologies emerge; and new federal or state guidelines are issued.

The information shall be made available to the public via the school web-site, parent communication, student handbook and posted notices with a means of how to contact Wellness Committee leadership.

RECORD KEEPING:

Saints Peter & Paul shall retain records documenting compliance which will include:

- The written School Wellness policy.
- Documentation demonstrating that the school has informed the public, on an annual basis, about the contents of the School Wellness Policy and any updates to the policy.
- Documentation of efforts to review and update the Wellness Policy, including who is involved in the review and methods used by the district to inform the public of their ability to participate in the review.
- Documentation demonstrating the most recent assessment.

WELLNESS COMMITTEE:

Saints Peter & Paul will establish a Wellness Committee comprised of administration, food service representative, student, parent/guardian, school health professional, physical education teacher and member of the public. It is important to include diverse representation.

The Wellness Committee shall serve as an advisory committee regarding student health issues and be responsible to developing and implementing the School Wellness Policy.

NUTRITION EDUCATION:

Nutrition education will be provided in accordance with curriculum regulations and the academic standards for Health, Safety, and Physical Education, and Family and Consumer Sciences.

- Nutrition education in SSPP shall teach, model, encourage, and support healthy eating by students.
- Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.
- Nutrition education lessons and activities shall be age-appropriate.
- Nutrition curriculum shall teach behavior-focused skills which may include menu planning, reading nutrition labels and media awareness.
- Nutrition education shall be integrated into other subjects.
- Life-long lifestyle balance shall be reinforced by linking nutrition education and physical activity.
- Nutrition education shall extend beyond the school environment engaging families and the community.

NUTRITION PROMOTION

Nutrition promotion and education positively influence life-long eating behaviors by using evidence based techniques and nutritional messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

- SSPP shall promote nutrition through implementation of Farm to School activities.

- SSPP staff shall cooperate with agencies to provide opportunities for appropriate student projects related to nutrition.
- SSPP food service personnel shall review and implement research-based techniques in the cafeteria to encourage consumption of more whole grains, fruits, vegetables, and legumes and to decrease waste.
- Display nutrition messages posted in the cafeteria.
- Staff will avoid eating less healthy food items in front of students.
- Offer resources to encourage parents/guardians to provide healthy meals for their children.

PHYSICAL ACTIVITY:

Saints Peter & Paul shall strive to provide opportunities for physical activities during the school day for all students.

- Provide an environment that encourages safe and enjoyable activity for all students.
- Provide outdoor/indoor recess daily.
- Extended periods of 2 hours or more shall be discouraged.
- Provide physical activity breaks.
- Provide physical activity during the after-school care program.
- Not use physical activity as a form of punishment.

PHYSICAL EDUCATION:

A sequential physical education program consistent with curriculum regulations and Health, Safety, and PE academic standards should be developed and implemented.

- Promote life-long activity.
- Assess appropriate skills and knowledge necessary for life-long participate.
- Promote team and individual activities.
- Provide moderately to vigorously activity during class time.
- Provide safe and adequate equipment and facilities.
- Taught by a certified Health and Physical Education teacher.
- Provide professional development to the physical education staff.
- Not to use physical activity as a form of punishment.

OTHER SCHOOL BASED ACTIVITIES:

Drinking water shall be available and accessible to students at no cost and throughout the school day.

Professional Development shall be provided for staff as required by federal regulations.

- Provide adequate space for eating and serving school meals.
- Provide a clean environment.
- Provide 30 minutes to sit down for lunch.
- Schedule lunch at appropriate times during the school day.
- Provide handwashing before meals and snacks.
- Access to the food service operations limited to authorized staff.
- Provide nutrition content of meals to students and parents.
- Allow for feedback by students and parents.
- Provide appropriate training to all personnel.
- Maintain a health school environment that includes good air quality.

NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AT SCHOOL:

All food and beverages available in Saints Peter & Paul school during the school day shall be offered to students with consideration for promoting student health and reducing obesity.

All food and beverages provided by the National School Lunch program shall comply with established federal nutrition standards.

All food and beverages available or sold at school sponsored events outside the school day, such as athletics, fundraisers, and dances, shall offer healthy alternatives in addition to more traditional fare.

Competitive foods available for sale shall meet or exceed the established federal nutritional standards (USDA Smart Snacks in School). These standards will apply to all locations with-in the school, i.e. a la carte, concession stand and fundraisers.

Competitive foods are defined as foods and beverages offered or sold to students on school grounds, which are not part of the reimbursable school lunch. The school day means the period from midnight before school begins until 30 minutes after the end of the official school day.

Non-Sold Competitive Foods

Non-sold competitive foods shall meet the following standards:

- Rewards and Incentives;
 - Food and beverages shall not be used as a reward or incentive at Saints Peter & Paul School.
- Classroom parties:
 - Classroom parties shall offer a minimal amount of foods (max 2-3 items) containing added sugar as the primary ingredient and will provide the following:
 - Fresh Fruits and vegetables.
 - Water, 100 percent juice, low-fat milk or non-fat milk.
- Shared classroom snacks:
 - Are not permitted at Saints Peter & Paul School.

Marketing/Contracting

Any foods and beverages marketed or promoted to students on school grounds during the school day shall meet or exceed the established federal nutrition standards and comply with establish Wellness Policy regulation.

All competitive food and beverages will be approved by the Wellness Committee.

Management of Food allergies

The principal and Wellness Committee will establish regulations for food allergy management by:

- Reducing and /or eliminating the likelihood of severe or potentially life-threatening allergic reactions.
- Ensure a rapid response in case of a sever or potentially life-threatening allergic reaction.
- Protect the rights of all students by providing to them the opportunity to participate fully in all school programs and activities.

Safe Routes to School

Saints Peter & Paul will cooperate with local municipalities, public safety agency, police departments and community organization to develop and maintain safe routes to school.