

Nazareth Academy School Wellness Policy

2018-2019 School Year

Goals and Objectives

Nutrition Promotion

Goal: Nazareth Academy will promote nutrition education to students, families, staff, and community members.

Objective 1: Nazareth Academy's food service staff will promote healthy nutrition in the cafeteria and on the school website by posting healthy tips and/or messages to be seen by all of the students, staff, and community members who enter the cafeteria. These foods and beverages will meet the federal guidelines for meals.

Objective 2: Nazareth Academy will promote "Buy American" for fruits and vegetables served.

In the spring of the 2018-2019 school year, Nazareth Academy's students will have opportunity to go to local farms to harvest fruits and vegetables and bring them back to the school for the cafeteria staff to prepare.

Objective 3: Nazareth Academy will promote and offer opportunities to students, faculty, and staff to taste different, healthy foods.

In the spring of the 2018-2019 school year, Nazareth Academy will advertise on the school website and hold a Super Try-Day for all students, faculty, staff, and parents.

Nutrition Education

Goal: Nazareth Academy will educate, encourage and support healthy eating to students, families, staff, and community members.

Objective 1: Nazareth Academy will have a presentation by members of the School Wellness Committee to educate the students, faculty, and staff about mental health awareness.

During the 2018-2019 school year, "Words of Wisdom" (WOW)—healthy eating and exercise habits will be broadcasted over the PA system for all students, faculty, and staff to hear.

Objective 2: Nazareth Academy will host a presentation by a registered dietician to educate the students, faculty, and staff about heart health and eating habits.

During the first semester of the 2018-2019 school year, Nazareth Academy's students will participate in a presentation on heart health and eating habits.

Objective 4: The School Wellness Committee will provide The Try-Day Friday to the students, faculty, and staff, giving them the opportunity to taste different healthy foods.

Physical Activity

Goal: Nazareth Academy will provide opportunities for students, staff, and community members to participate in regular physical activity to promote personal lifelong behavior and maintain physical well-being.

Objective 1: Nazareth Academy will provide the students, staff, parents, and community with a playground recreational facility for exercise.

In the Spring of the 2018-2019 school year, students will Grades 4-8 participating in a physical education class will participate in the Nazareth Academy Fitness Award Program. All teachers are encouraged to make time for daily supervised recess, preferably outdoors, during which time the students will have moderate to vigorous physical activity with plenty of space and equipment to use.

Objective 2: Nazareth Academy will provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in competitive sports.

Nazareth Academy will provide physical education classes for all students. PreK and Kinder: 80 minutes weekly; 1st through 4th grades: 120 minutes weekly; 5th through 8th grades: 100 minutes weekly. This is include Tabata High Intensity Interval Training.

Objective 3: Nazareth Academy will encourage all employees to lead by example by participating in exercise.

Nazareth Academy will encourage all eligible employees to participate in the two Diocesan Walking Challenges. Further, all employees will be encouraged to lead by example by participating in the school-wide "All Soles Competition" walking challenge.

Weekly, Nazareth Academy students, faculty, and staff will participate in "Move-It Monday" opportunity to stand up and exercise for 2-3 minutes to music.

Other School Related Activities

Goal: Nazareth Academy will create an environment that is conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities.

Objective 1: Nazareth Academy will provide an opportunity for students, staff, parents and community members to participate in a walking Jet-a-thon to promote physical activity.

Objective 2: Nazareth Academy will continue to participate in the available federal school meal program: the National School Lunch Program.

Objective 3: Nazareth Academy will offer information and skills to help lead a safe, healthy life.

Objective 4: Nazareth Academy will offer extracurricular sports: football, volleyball, basketball, soccer, and track.

Objective 5: Nazareth Academy will provide other school related activities.

WOW Wednesday (Words of Wisdom); World Mental Health Awareness Day; GREAT program; Help! STIC (Sick Teacher in Classroom); Health Day-VC Nursing Program; Newsworthy Notes from the Wellness Committee; Dr. Ann's Wellness program for faculty and staff (compliments of DOV).

School Wellness Leadership

The school will create, strengthen, and work within the existing School Wellness Committee to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies. The committee will also serve as a resource to the school for implementing those policies. The School Wellness Committee will be comprised of the Principal, School Nurse, Physical Education teacher, a parent, Business Manager/Cafeteria representative, six junior high students, and a dietician from the community.

Foods and Beverages Sold and Served on Campus

A. School Meals

Meals served through Nazareth Academy's cafeteria will:

- Be appealing and attractive to children;
- Be served in clean and pleasant setting;
- Meet nutrition requirements established by local, state, and federal regulations;
- Offer a variety of fruits and vegetables;
- Serve low-fat (1%) and fat-free milk;
- Ensure that half of the served grains are whole grain; and
- Ensure that food is not deep fried

B. Full Pay, Free, and Reduced-Price Meals

Nazareth Academy will maintain the confidentiality of those students who are eligible for free and reduced-price school meals.

The school will set charging policy for all paid meals.

C. Meal Times and Scheduling

- The school will schedule meal periods at appropriate times;
- The school will provide students access to hand washing or hand sanitizing before they eat meals or snacks;
- The school will not schedule tutoring, club or organizational meetings or activities during meal times unless students may eat during these activities;
- The school will provide students with adequate time to eat lunch after sitting down; and
- The school should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g. orthodontia or high tooth decay risk.)

D. Qualifications of School 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, the school will provide continuing professional development for all nutrition professionals in the school. Staff development programs should include appropriate certifications and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

E. Sharing of Foods and Beverages

Students are prohibited from sharing their food or beverages with one another during meal times or snack times due to the possibility of food allergies and dietary restrictions. If parents/guardians bring in outside food, it must be for their child ONLY.

F. Foods and Beverages Sold in School

All foods and beverages sold during the school day on the school grounds will be the regularly planned cafeteria menu foods and Smart Snacks during the lunch time.

- Allowed: plain water, unflavored low-fat milk, unflavored or flavored fat-free milk, 100% fruit or vegetable juice, 100% fruit or vegetable juice diluted with water, and no added sweeteners.
- Portion Sizes: up to 8-ounce portions of milk and juice may be sold to all students. There is no portion size limit for plain water.
- Not allowed: soft drinks, sports drinks, iced teas, fruit-based drinks that are not 100% real fruit juice, and beverages containing caffeine.
- Be a “whole-grain rich” product;
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food;
- Must meet “Smart Snacks guidelines in schools.”

G. Fundraising Activities

No fundraiser food items will be sold during meal service. Any food items sold after meal service must not be consumed during the school day. The standards do not apply outside the school day, on weekends, and at off-campus fundraising events. For the purpose of this policy, the school day is defined as midnight until thirty minutes after the last bell. (See Exemptions)

H. Rewards/Punishments

Nazareth Academy will not reward the students with meals during the scheduled lunch period. The school will not withhold food or beverages, including food served through school meals, as a punishment. Further, the school will not force food upon students as a punishment.

I. Birthday Parties

All birthday treats will be planned after lunch, preferably during the last thirty minutes of the school day.

J. Campus-wide Celebrations

The school will designate celebration days, not to exceed six per year, where food that does NOT meet the “Smart Snacks in Schools” guidelines will be allowed, provided that they are given to students, not sold. Celebrations will be planned after lunch.

K. Exemptions

- Teachers may provide foods to students in the classroom for instructional purposes no more than once a month. The teacher should consult the campus nurse to ensure any student’s health restrictions or food allergies are considered.

- Foods and beverages offered or sold at school-sponsored events outside of the school day (such as dances, Kids Night Out, athletic events, and concession stands) are allowed.

Nutrition and Food Marketing

A. Nutrition Education and Promotion

Nazareth Academy aims to teach, encourage, and support healthy eating by students. The school shall provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of classroom instruction in subjects such as math, science, language arts, social studies, and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- 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 energy expenditure (physical activity/exercise);
- Includes training for teachers and other staff

B. Integrating Physical Activity into the Classroom Setting

- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

C. Communications with Parents

- The school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will send home nutrition information, post nutrition tips on the school website, and provide nutrient analyses of school menus upon request. The school will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards of individual foods and beverages.
- The school will provide information about physical education and other school-based physical activity opportunities before, during and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such support will include sharing information about physical activity and physical education through a website, newsletter, other take-home materials or special events.

D. Staff Wellness

Nazareth Academy values the health and well-being of every staff member and will encourage participation in activities that will support and help maintain a healthy lifestyle, encourage healthy eating and increase physical activity.

Monitoring and Policy Assessment

The Principal shall oversee the implementation of this policy.

The School Wellness Committee will assess the Wellness Policy every three years to determine if the school is in compliance with the policy; will compare the policy to model wellness policies; and monitor progress made in attaining the goals of the Wellness Policy.

The School Wellness Committee will evaluate each year the Wellness Plan.

The School Wellness Committee will retain records to document compliance with the requirements of the Wellness Policy in accordance with the Diocesan record retention guidelines. Documentation maintained will include but will not be limited to:

- The written Wellness Policy and Plan;
- The School Wellness Committee periodic review and updated the Wellness Policy and Plan;
- Documentation of the annual policy progress reports.

Approved by Superintendent of Diocese of Victoria 11/14/2018