

# **St. Francis de Sales Parish School Wellness Policy**

## **Wellness**

St. Francis de Sales is committed to providing a school environment that will promote and protect children's health and well-being. The school will create a Wellness Committee that will review state and federal guidelines aimed at promoting lifelong wellness practices among students. The Wellness Committee will consist of parents, cafeteria supervisor, physical education, health teachers and the school principal. Students, parents, and staff are welcome to join the committee. The Wellness Committee meets quarterly throughout the school year. The cafeteria supervisor shall ensure compliance with nutrition and physical activity policies. St. Francis shall promote their local wellness policy to faculty, staff, parents, and students. A copy shall be posted on the school's website. The Wellness Committee shall conduct a quantitative assessment of policy implementation every three years using the Wellness School Assessment Tool.

### **I. GOALS AND GUIDELINES**

#### **A. Nutrition Education and Promotion**

St. Francis de Sales will offer nutrition education at each grade level as part of a standards- based program designed to provide students with the knowledge necessary to promote and protect their health. Nutrition education will be integrated into other subject areas of the curriculum. Nutrition education standards and benchmarks will be age appropriate, enjoyable, participatory and culturally relevant. Areas that could be used to promote include, but are not limited to:

- a. Smarter Lunchroom tools and strategies
- b. Integrating nutrition education into other core subjects
- c. Partnering with community health agencies or organizations for school wellness activities

#### **B. Physical Activity and Other School-Based Physical Activities**

Physical Education for grades K- 8 is required to be taught by a certified licensed teacher who is endorsed to teach physical education. The school will provide the physical education teacher with annual professional development opportunities that are focused on physical education/activity topics and specifically for physical education teachers.

Withholding of physical activity will not be used as a behavior management tool.

**All students will be encouraged to:**

1. Participate in after school programs and community/family programs that encourage healthy habits
2. Participate in physical activities outside of school including individual and team sports.

**St. Francis de Sales Parish School will:**

1. Offer all students at least 20 minutes a day of supervised recess, during which time schools encourage moderate to vigorous physical activity.
2. Provide physical education courses where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge, as appropriate for each child. Average 50% of each PE class is devoted to moderate to vigorous activity.
3. Incorporate movement into the classroom- energy breaks.
4. Provide recess before lunch whenever possible
5. Provide families with information to help them incorporate physical activity into their children's lives.
6. Not allow students to be exempt from required physical education class or credit.

**C. Nutritional Guidelines for food in School**

All foods available for sale to students on school grounds during the instructional day should meet or exceed the NSLP Guidelines. Foods should be served with consideration toward variety, appeal, taste, safety and packaging to ensure high quality meals.

Food and drink items that do not meet the NSLP Guidelines can only be sold to students at the location of an event that occurs after the school day or on the weekend.

**St. Francis de Sales Parish School will:**

1. Support and promote proper dietary habits contributing to students' health status and academic performance.
2. Prohibit the use of food as an incentive.
3. Follow all state and federal requirements.
4. Provide reimbursable school meals which shall, at minimum, meet the program requirements and nutritional standards established by the USDA.
5. Promote consumption of fresh fruits and vegetables.
6. Encourage students to make healthy choices.
7. Provide training and certification of cafeteria staff.

8. Provide families with the ability to monitor their children's food purchases at all grade levels.
9. Serve students a reimbursable lunch regardless of whether the student can pay or has a negative balance.
10. Serve only low-fat 1% and fat free white milk, fat free flavored milk and nutritionally equivalent non-dairy alternatives-when required and to be defined by the USDA.
11. Weekly communication of lunch balances will be emailed to the parent address on file.
12. Regulate all food and beverages during classroom activities.
13. Send home applications for free/reduced priced meals to all families at the beginning of the school year. The application is also available on the school's website.
14. Prohibit food rewards and strongly recommend the use of physical activity as a reward when feasible.
15. Not withhold physical education or other physical activities from students as a punishment for behavior or incomplete class work.
16. Integrate nutrition lessons into the curriculum and the health education program that covers, but not limited to, the reading of the Nutrition Facts Label.
17. Keep confidential the notification of available for free and reduced lunches. St. Francis does not overtly identify these students.

St. Francis de Sales Parish School permits the sale of non-state authorized food and beverages at events held at the school. (plays, dances, auctions)

#### **D. Health Education and Life Skills**

Healthy living skills shall be taught as part of the regular-instructional program to provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

#### **St. Francis de Sales Parish School will:**

1. Provide a Health Education Program for all students in grades K-8 in accordance with the curriculum.
2. Provide students with appropriate access to valid and useful health information.
3. Provide opportunities for students to practice behaviors that enhance health and /or reduce health risks.

4. Strive to teach students communication, goal setting, and decision-making skills that enhance personal, family, and community health.
5. Provide programs and services that support and value the social and emotional well-being of students, families, and staff to help build a healthy school environment. (fun run, activities during CSW)
6. Integrate Nutrition Lessons into the curriculum and the health education program that cover, but not limited to, the reading of a Nutrition Facts Label.
7. Implement Fit Falcons. Example: 8<sup>th</sup> grade students are handed a monthly calendar to log caloric intake and physical activity. Students are asked to input their daily activities during the month and turn in for a grade. The project sheds awareness on physical fitness and nutrition accountability.
8. Provide all school students 150 minutes of physical education instruction throughout the school year.

#### **E. Healthy School Environment**

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a students' understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

#### **St. Francis de Sales Parish School will:**

1. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.
2. Provide a school environment that is safe and allows ample time and space for eating lunch.
3. Schedule school meals at appropriate times in appropriate settings.
4. Require that all foods available in the school comply with state and local food safety and sanitation regulations.
5. Encourage the reduction of waste by recycling, reusing, composting, and purchasing recycled products.
6. Ensure the refectory is a place in which students are provided with:
  - a. Adequate space to eat in clean, pleasant surroundings
  - b. Adequate time to eat meals.
  - c. Access to hand washing or hand sanitizing facilities before meals.
  - d. Access to free drinking water

7. Maintain a food safety program that is based on the principles of the Hazard Analysis and Critical Control Point System with the intent of preventing food-borne illnesses.
8. Market strategies such as taste tests and signage in the cafeteria to promote healthy food and beverages throughout the day.
9. Review the advertising content of all classroom and online material/websites used for teaching.
10. Not expose students to food marketing of any kind. All advertising in school publication and school media outlets must be approved by the principal.

#### **F. Communication and Promotion**

St. Francis de Sales Parish School will support parents' efforts to provide a healthy diet and daily physical activity for their children.

Periodic food promotions should be provided to encourage taste-testing of healthy new foods being introduced to the menu.

Conduct student/faculty food preference surveys to develop and revise school lunch menu items.

#### **II. MEASURING THE IMPLEMENTATION OF WELLNESS POLICY**

Assessment and evaluation will be an integral part of ensuring the adaption and implementation of these wellness guidelines. The cafeteria supervisor on the Wellness Committee will be responsible for the oversight of the St. Francis de Sales wellness program. The Wellness Committee will be responsible for ensuring that the goals and guidelines relating to nutrition education, physical activity, school-based wellness activities and nutritional value of school-provided food and beverages are met and that there is compliance and consistency with the wellness policy.

The Wellness Committee will meet regularly each school year, to have the opportunity to review the following:

- School wellness goals and plans
- Requests from individuals relating to student health and wellness issues
- Issues related to plan implementation
- Opportunities to share resources and information

The Cafeteria Supervisor or designee will invite suggestions and comments concerning the implementation and improvement of the school wellness policy from community members, including parents, students, representatives of the council and the local health department.

Annually, in accordance with federal law and applicable regulations, the Wellness Committee will inform and update the public (including parents, students and others in the community)

about the content and implementation of its wellness policy. As part of its update, the Cafeteria Supervisor will periodically measure and make available to the public an assessment on the implementation of its wellness policy.

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