

St. Francis of Assisi Catholic School

School Wellness Policy

Updated 2022

Table of Contents

PURPOSE AND GOALS	2
PUBLIC INVOLVEMENT	2
NUTRITION EDUCATION GOALS	2
NUTRITION GUIDELINES FOR FOOD SOLD ON SCHOOL CAMPUS.....	3
OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS.....	3
PHYSICAL ACTIVITY GOALS	4
MONITORING AND POLICY REVIEW	4
PUBLIC NOTIFICATION	4
ADDITIONAL RESOURCES.....	5

PURPOSE AND GOALS

St. Francis Catholic School desires to promote healthy students and healthy living by supporting good nutrition, nutrition education, and regular physical activity. St. Francis strives to promote student health and reduce childhood obesity while following the federal guidelines from the National School Lunch Program. The goals of this policy are to:

1. Support and enhance nutrition education in all grade levels,
2. Provide nutrition guidelines for all food and beverages sold during on campus
3. Promote nutrition wellness among students, faculty and staff, and school community
4. Develop new and enhance current physical activities during school

PUBLIC INVOLVEMENT

St. Francis School established a school wellness committee involving stakeholders from the school and community. The wellness committee will meet as needed to update the policy.

NUTRITION EDUCATION GOALS

- A. Nutrition education topics are included within the health education program that is taught at each grade level. These topics can include:
 1. The benefits to healthy eating, MyPlate, Dietary Guidelines for Americans, understanding calories, healthy breakfast, diet and disease, healthy snacks, serving sizes, essential nutrients, nutritional deficiencies, the use and misuse of dietary supplements, safe food preparations, handling and storage;
 2. Planning and healthy meals, understanding and using food labels, and critically evaluating nutrition information and commercial food advertising;
 3. Assessing the student's personal eating habits, setting goals for improvements, and establishing methods to achieve those goals.
- B. Nutritional education activities are interactive, stressing the benefits of healthy eating, are age and/or developmentally appropriate, and are presented in a way so that it teaches the students the skills that they will need to adopt healthy eating behaviors.
- C. School staff is encouraged to model healthy eating behaviors.
- D. The school's food service program is coordinated with the nutrition instruction if practical. The school cafeteria will provide opportunities for students to apply the skills they have learned in the classroom, so there should be coordination between the cafeteria staff and teachers. Some examples may include:
 1. Promoting MyPlate,
 2. Utilizing nutrition education with the Fresh Fruit and Vegetable,
 3. Farm to School efforts.
 4. Understanding the food groups and ensuring the minimum number of groups are on the trays to receive reimbursable meals
- E. The school is aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

NUTRITION GUIDELINES FOR FOOD SOLD ON SCHOOL CAMPUS

- A. Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourages participation in school meal programs. Students and staff will receive nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias when target points are being promoted.
- B. The goal of St. Francis School is to provide students with foods that promote student health and reduce childhood obesity. Smart Snack standards are suggested to be followed for all snacks sold/provided during the school day. These standards will apply to any classroom celebrations as well.
- C. St. Francis School's food program operates in accordance with the National School Lunch Act, the Child Nutrition Act of 1996, and the Healthy, Hunger-Free Act of 2010.
- D. St. Francis School lunch program serves nutrient dense foods such as whole grains, fresh fruits, vegetables, and low-fat dairy products.
- E. St. Francis School permits students to drink water in class throughout the day.
- F. School menus are prepared by school lunch personnel reflecting the USDA guidelines.
- G. St. Francis School will share information about nutritional content of meals with parents and students upon request.
- H. Food and beverages sold individually (i.e. food sold outside of reimbursable school meals, such as through vending machines or teacher/student organizations) shall be approved by the principal prior to being offered for sale on campus. Smart Snack food and beverages will be encouraged.

OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

- A. St. Francis School's dining environment:
 - 1. Is a clean, safe, enjoyable meal environment for students,
 - 2. Schedules 30-minute lunch periods,
 - 3. Provides proper space and serving areas to ensure all students have access to school meals within minimum wait time,
 - 4. Provides drinking fountains and water dispensers to students for water access at meals and throughout the day,
 - 5. Encourages students to participate in school meal programs,
 - 6. Provides hand sanitizer,
 - 7. Accommodates tooth-brushing regimens of students with special oral health needs such as orthodontia or high tooth decay risk.
- B. St. Francis School promotes healthy food and beverage choices for all students through the school, as well as encourages participation in school meal programs. This promotion will occur through:
 - 1. Fresh and home-made food provided for lunch
 - 2. SmartSnack guidance

PHYSICAL ACTIVITY GOALS

- A. Physical education classes and physical activity opportunities will be available for all students daily throughout the school year before school, during school, or after school. All physical education will be taught by a certified physical education teacher. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- B. All elementary students in each grade will receive physical education for at least 60 minutes per week throughout the school year. All secondary students (middle and high school) are required to take the equivalent of one academic year of physical education.
- C. All elementary school students will have daily supervised recess; kindergarden-3rd grade for 60 minutes and 4th-6th grade for 25 minutes, preferably outdoors, during which the school should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
- D. St. Francis School will discourage extended periods (i.e. periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, students should have periodic breaks during which they should be encouraged to stand and be active.
- E. St. Francis School will offer interscholastic sports programs at the junior high and high school level where practices are held before or after school hours.
- F. St. Francis School will work with the community to encourage and create ways for students to walk and bike safely to and from school.
- G. St. Francis School will conduct fitness assessments at least one time per year. Assessment results will be used to assist students to understand their level of health and fitness, to create fitness goals and plans, and to create logs to help students achieve their goals.
- H. Teachers are encouraged to use non-food alternatives (ex: extra recess) as rewards.

MONITORING AND POLICY REVIEW

- A. The principal and his/her designee shall be responsible for ensuring the wellness policy is implemented throughout the school. School food service staff will ensure compliance with nutrition policies within school food service areas.
- B. The school wellness committee will prepare a report annually for the school board, staff, students and parents, evaluating the implementation of the policy and regulations and including any recommended changes or revisions.
- C. Every three years, the wellness committee will undertake an evaluation of policy implementation and will report on outcomes that may be influenced by the policy (e.g., student fitness tests, meal participation rates, etc.).

PUBLIC NOTIFICATION

- A. St. Francis will inform and update the public about the content, implementation and progress toward goals of the school's wellness policy. Updates will be posted on Sycamore.

- B. St. Francis will evaluate compliance with the wellness policy once every three years to assess the implementation of the policy. St. Francis will actively notify families of the availability of the triennial progress via school board minutes.

St. Francis School participates in the National School Lunch Program and therefore is required to develop, implement, and evaluate a wellness policy.

Legal reference: Child Nutrition and Women, Infants, and Children Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010.

ADDITIONAL RESOURCES

- A. MyPlate: <https://www.fns.usda.gov/tn/myplate>
- B. A Guide to Smart Snacks in School:
<https://www.fns.usda.gov/sites/default/files/tn/USDASmartSnacks.pdf>