

St. Francis Catholic School

Wellness Policy

The St. Francis Catholic School Board of Education promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. St. Francis Catholic School supports and provides a healthy environment where students learn and participate in positive dietary and lifestyle practices.

1. Nutrition Education

The St. Francis Catholic School System will provide nutrition education and promote nutrition that:

- Is based on healthy and dietary practices.
- Teaches the skills students need to adopt healthy eating habits.
- Nutritional education is infused into the curriculum from Kindergarten to 6th Grade.
- Is designed to provide students with the knowledge and skills necessary to promote and protect their good health.
- Staff, students and parents will be encouraged to participate with the school in the promotion of good health.

2. Food Marketing in Schools

- During the school day, bell-to-bell, limit food and beverage marketing to foods and beverages that meet the standards of the Healthy Kids Act.
- Encourage after school marketing of food and beverages to include healthy choices that meet nutrition standards.
- Promote foods including fruits, vegetables, whole grains, and low fat dairy products.
- Market activities that promote healthful dietary and fitness behaviors.

3. Physical Activity

- Daily physical activity for all students K-6 including recess, P.E. and classroom movement activities.
- Recess provided K through 6th grade – minimum of 20 minutes per day.
- Classroom teachers are encouraged to provide short physical activities between lessons and classes.
- Employees should avoid using physical activity as a punishment or withhold opportunities for physical activity as a punishment.
- Curriculum includes safety information on exercise precautions, proper equipment, etc.

4. Safety

- Access to the kitchen, including food storage is limited to food service staff and authorized personnel.
- Food safety best practices are utilized, food service staff are ServSafe certified, and the State of Iowa does regular food service inspections
- Students are discouraged from sharing food from home to minimize food allergy exposures and propagation of tainted food.

5. Quality School Meals

- Students are encouraged to participate in school offered breakfast, lunch and after school snacks if it was not available at home.
- Meals are offered at prices students can afford.
- Menus meet nutrition standards of the U.S. Department of Agriculture.
- All foods and beverages available during school hours (both sold and provided) contribute to the dietary needs of the students and are from the five major food groups.
- The school encourages parents to provide a variety of nutritious foods if students bring a snack or lunch from home.
- Hand washing is available before meal times.
- Drinking fountains are available to get water when needed.
- Information is provided in the St. Francis Catholic School Handbook regarding snack standards and healthy celebrations/parties.
- Parental feedback on the school's meal program is encouraged

6. Nutrition Standards for School Meals

- Menus are based on recommended dietary allowances of Dietary Guidelines for Americans.
- Student preferences will be considered in menu planning in the promotion of a variety of foods for maximum nutritional benefit.
- Portions will be based on age.
- Meals will contain adequate calories to support growth development and healthy weight.
- Nutritional value will be evaluated on a weekly basis rather than one meal.
- Purchasing practices will include written specifications that reflect quality, safety, nutritional value, customer acceptance, and cost.
- Foods should be prepared in ways that balance between optimal nutrition and student acceptance.
- Foods and/or menus may be altered to accommodate students with special diet restrictions and allergies.

St. Francis Catholic School Goals & Targets

Goal 1: Offer fat-free, low-fat, and reduced fat foods.

Target: Food containing no more than 30% of total calories from fat, less than 10% from saturated and trans fat combined. Exceptions include: nuts, seeds, peanut butter, and other nut butters.

Healthy School Eating Environment

St. Francis Catholic School System recommends:

- Students have at least 15 minutes to eat after sitting down for lunch.
- St. Francis will not schedule tutoring, club or organizational meetings, or activities during meal times, unless students may eat during such activities.

- Providing students access to hand sanitizing.

Foods and Beverages as Reward

St. Francis Catholic School employees discourage the use of food and beverage as rewards for academic performance, compliance, or good behavior. Employees do not withhold food or beverage as punishment.

Celebration

St. Francis Catholic School employees should evaluate their celebration practices that involve food during the school day.

School-Sponsored Events

St. Francis Catholic School encourages those groups in the school community who offer food and beverages for sale at school-sponsored activities, to also include food and beverages that meet the recommended goals and targets for nutrition and portion size. School retreats and field trips will be exempt from requiring students to provide only foods and beverages that meet recommended goals and targets.

7. Plan for Wellness Policy Implementation and Effectiveness

Communication with Parents

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

- provide information about physical education and other school-based physical activity opportunities
- support parents' efforts to provide their children with opportunities to be physically active outside of school;
- welcome ideas from parents on diet and activities that support our wellness goals

Monitoring

St. Francis Catholic School will designate the "Wellness Policy Committee" to monitor implementation and evaluation of the policy on an ongoing basis. The committee will periodically report to the Board of Education regarding the effectiveness of this policy. The committee will include parents, the physical education teacher, other teachers, school food service employees, the principal, school board members, and members of the general public.

Policy Review

The Wellness Policy will be reviewed according to established Board of Education guidelines to ensure policy relevance.

Compliance

The St. Francis Catholic School principal will be responsible for ensuring compliance of this policy.

School Wellness Policy Building Assessment Tool

School Name: St. Francis Catholic School District Wellness Contact Name/E-mail: **Matthew Herrick, mherrick@st-francis.net**

This tool is to be completed to document each school's progress in meeting the expectations of the district's wellness policy. Schools should document the steps that have or will be taken. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of all goals.

Wellness Policy Language <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
Nutrition Education and Promotion Goals					
1. Is based on healthy and dietary practices	X			Aligned with current standards	
2. Teaches the skills students need to adopt healthy eating habits	X			Within curriculum and behavior supports	
3. Nutritional education is infused into the curriculum from Kindergarten to 6 th Grade	X			Within the curriculum	
4. Is designed to provide students with the knowledge and skills	X			Within the curriculum	
5. Staff, students and parents will be encouraged to participate with the school in the promotion of good health	X			Staff are encouraged to participate in hall walking program & family events are sporadically scheduled	
Physical Education and Physical Activity Goals					
1. Daily physical activity for all students K-6 including recess, P.E. and classroom movement activities	X			Schedules include 30 minute per day minimum	
2. Classroom teachers are encouraged to provide short physical activities between lessons and classes	X			Evidenced through observations	
3. Employees should avoid using physical activity as a punishment or withhold opportunities for physical activity	X			No observations or reports	
4. Curriculum includes safety information on exercise precautions, proper equipment, etc	X			Including in curriculum	
Nutrition Guidelines for All Foods Available to Students					
1. During the school day, bell-to-bell, limit food and beverage marketing to foods and beverages that meet the standards of the Healthy Kids Act	X			Policy enforced	
2. Students are discouraged from sharing food from home to minimize food allergy exposures and propagation of tainted food	X			Not seen in observations	
3. Menus meet nutrition standards of the U.S. Department of Agriculture	X			Menus scrutinized	

4. All foods and beverages available during school hours (both sold and provided) contribute to the dietary needs of the students and are from the five major food groups	X			Policy Enforced	
Other School Based Activities Goals					
<i>Integrating Physical Activity into the Classroom Settings</i>					
1.					
<i>Communication with Parents</i>					
1. provide information about physical education and other school-based physical activity opportunities	X			Communicated in handbooks ,through our website, and home and school parent meetings	
2. support parents' efforts to provide their children with opportunities to be physically active outside of school	X			Articles sent home and activities provided	
3. welcome ideas from parents on diet and activities that support our wellness goals	X			Listening sessions and active responses to emails and phone messages	
<i>Food Marketing in Schools</i>					
6. During the school day, bell-to-bell, limit food and beverage marketing to foods and beverages that meet the standards of the	X			Policy enforced	
7. Encourage after school marketing of food and beverages to include healthy choices that meet nutrition standards	X			No afterschool marketing is done	
8. Promote foods including fruits, vegetables, whole grains, and low fat dairy products	X			Ask parents to include fruit options in bake sales	
9. Market activities that promote healthful dietary and fitness behaviors	X			Family activities sporadically scheduled	