

# Saints Peter and Paul Catholic School

## Wellness Plan on Physical Activity and Nutrition

The primary goals of the Saints Peter and Paul Catholic School's wellness program are to promote student health, reduce student overweight/obesity/underweight, facilitate student learning of lifelong healthy habits and increase student achievement. The following procedures will guide the implementation of the school's wellness program.

- Saints Peter and Paul Catholic School will engage students, parents, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring and reviewing the school-wide nutrition and physical activity procedures.
- All students in grades K - 8 will have opportunities, support and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic and cultural diversity of the student body in meal planning; and will provide clean, safe and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, Saints Peter and Paul Catholic School will participate in available federal school meal programs (including the National School Lunch Program).
- Saints Peter and Paul Catholic School will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with community services.

### To Achieve These Goals:

#### **I. Wellness Committee**

Saints Peter and Paul Catholic School wellness committee will consist of at least one (1): parent, student, nurse and the lunch committee. The principal of the school will serve as the wellness coordinator. The wellness coordinator, in consultation with the wellness committee, will be in charge of implementation and evaluation of the program. Meetings, records and votes of the wellness committee will adhere to the requirements of the Missouri Sunshine Law.

#### **II. Nutrition Guidelines**

It is the procedure of Saints Peter and Paul Catholic School that all foods and beverages made available on campus during the school day are consistent with the Missouri Eat Smart nutrition guidelines. Guidelines for reimbursable school meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law. Saints Peter and Paul Catholic School will create procedures that address all foods available to students throughout the school day in the following areas:

- A. National School Lunch Program
- B. Classroom parties, celebrations, fundraisers, rewards and school events
- C. Snacks served in after-school programs

#### **School Meals**

Meals served through the National School Lunch Program will:

1. be appealing and attractive to children;
2. be served in clean and pleasant settings;
3. meet, at a minimum, nutrition requirements established by local, state and federal agencies
4. offer a variety of fruits and vegetables<sup>1</sup>
5. serve only low-fat (1%) and fat-free milk<sup>2</sup> and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and

6. when possible serve whole grains.

Saints Peter and Paul Catholic School will provide information about the nutritional content of meals to parents and students upon request.

### **Free and Reduced-Price Meals**

Saints Peter and Paul Catholic School will make every effort to eliminate any social stigma attached to, and prevent to overt identification of, students who are eligible for free and reduced-price meals<sup>3</sup>.

### **Meal Times and Scheduling**

Saints Peter and Paul Catholic School:

- Will provide students with at least 20 minutes to eat;
- Schedule meal periods at appropriate times between 11 am and 1 pm;
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

### **Qualifications of School Food Service Staff**

Qualified nutrition professionals will administer the school meal program. As part of the school's responsibility to operate a food service program, we will provide continuing professional development for all nutritional professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers and cafeteria workers, according to their levels of responsibility<sup>4</sup>.

### **Sharing of Foods and Beverages**

Saints Peter and Paul Catholic School will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

### **Fundraising Activities**

To support children's health and school nutrition-education efforts, Saints Peter and Paul Catholic School will limit school fundraising activities that involve food and will emphasize the use of foods that meet appropriate nutrition and portion size standards. Saints Peter and Paul Catholic School will encourage activities that promote physical activity.

### **Snacks**

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health. Whenever possible, fruits and vegetables will be used as a primary snack and water as the primary beverage. The school will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages and other considerations.

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<sup>1</sup>To the extent, Saints Peter and Paul Catholic School will offer at least two (2) non-fried vegetables and two (2) fruit options each day and will offer five (5) different fruits and five (5) different vegetables over the course of a week. Saints Peter and Paul Catholic School is encouraged to source fresh fruits and vegetables from local farmers when practicable.

<sup>2</sup>As recommended by the *Dietary Guidelines for Americans 2005*.

<sup>3</sup>It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price or "paid" meals.

<sup>4</sup>School nutrition staff development programs are available through the USDA, School Nutrition Association and National Food Service Management Institute.

### **Rewards**

Saints Peter and Paul Catholic School will encourage teachers/staff not use foods or beverages, especially those that do not meet nutritional standards as rewards for academic performance or good behavior<sup>5</sup>, and will not withhold food or beverages (including food served through school meals) as a punishment.

### **Celebrations**

Saints Peter and Paul Catholic School will limit celebrations that involve food. Whenever possible, each party

should include no more than one (1) food or beverage that does not meet nutritional standards for foods and beverages.

**School-sponsored Events** (such as, but not limited to, athletic events, dances or performances).

Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutritional standards for meals or for foods and beverages sold individually.

### **III. Nutrition and Physical Activity Promotion and Food Marketing**

#### **Nutrition Education and Promotion**

Saints Peter and Paul Catholic School aims to teach, encourage and support healthy eating by students. The school will provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also 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, farm and grocery visits;
- 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);
- Links with school meal programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food marketing; and
- Includes training for teachers and other staff.

#### **Integrating Physical Activity into the Classroom Setting**

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class: Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- 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.

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<sup>5</sup>Unless this practice is allowed by a student's individual education plan (IEP).

#### **Communications with Parents**

Saints Peter and Paul Catholic School will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will send home nutrition information 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 nutrition standards for individual foods and beverages.

The school will provide information about physical education and other school-based physical activity opportunities during and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school.

## **Food Marketing in Schools**

School-based marketing will be consistent with nutrition education and health promotion. As such, the school will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or foods and beverages sold individually<sup>6</sup>. School-based marketing of brands promoting predominantly low-nutrition foods and beverages<sup>7</sup> is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition products; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and therefore allowable) include: vending machine covers promoting water and other healthy options and sales of fruit for fundraisers.

## **IV. Physical Activity Opportunities and Physical Education**

### **Daily Physical Education (P.E.) K - 8**

All students in grades K - 8, including students with disabilities, special health-care needs and an alternative educational settings, will receive daily physical education (or its equivalent of approximately 60 minutes/week for K - 3 and approximately 60 - 90 minutes/week for 4 - 8 for the entire school year. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class participating in moderate or vigorous physical activity.

### **Daily Recess**

Students in K - 8 will have at least 20 minutes a day of supervised recess, preferably outdoors, during which students will be encouraged to participate in moderate to vigorous physical activity through verbal communication and through the provision of space and equipment.

The school will discourage extended periods (i.e.; periods of two (2) 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 will be given periodic breaks during which they are encouraged to stand and be moderately active.

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<sup>6</sup>Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet and similar media, when such materials are used in a class lesson or activity, or as a research tool.

<sup>7</sup>Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.

### **Physical Activity After School**

Saints Peter and Paul Catholic School will offer extracurricular physical activity programs. A variety of activities will be offered to meet the needs and abilities of students.

### **Physical Activity and Punishment**

Teachers and other school personnel will not use physical activity as punishment.

### **Use of School Facilities Outside of School Hours**

School playground will be available to students, staff and community members before, during and after the school day, on weekends and during school vacations. School policies concerning safety will apply at all times.

## **V. Monitoring and Review**

### **Monitoring**

The school principal or designee will ensure compliance with established school-wide nutrition and physical activity wellness policies and report on the school's compliance to the school superintendent or designee.

School food service staff will ensure compliance with nutrition policies within school food service areas and will report this matter to the school principal. In addition, the school will report on the most recent USDA School Meals Initiative (SMI) review findings and resulting changes. If the school has not received a SMI review from the state agency within the past five (5) years, the school will request from the state agency that a SMI review be scheduled as soon as possible.

A summary report will be conducted every three (3) years by the school principal or designee detailing the school's compliance with the physical activity wellness policies.

### **Review**

Saints Peter and Paul Catholic School will establish a baseline assessment of the school's existing nutrition and physical activity environments and procedures.

Assessments will be repeated every three (3) years to help review procedures, and assess progress, and determine areas in need of improvement. The schools will, as necessary, revise the wellness procedures and develop work plans to facilitate their implementation.