



"The mission of St. Paul's Catholic School is to team with the family to educate our children helping them develop strong **Faith, Leadership, and Excellence** in all endeavors in a

Christ-centered community."

(<http://stpauls.bloomertel.net>)

## St. Paul's Catholic School

### Wellness Policy

St. Paul's Catholic School strives to make a significant contribution to the general health, spiritual, mental, physical capacity, and learning ability of each student. St. Paul's School promotes a healthy school by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. St. Paul's School supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating school learning through the support and promotion of good nutrition and physical activity, our school contributes to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.

#### ***Nutrition Standards & Guidelines***

School Meals: St. Paul's is committed to serving healthy meals to children; with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving; and to meet the nutrition needs of school children within their calorie requirements. St. Paul's participates in USDA Child Nutrition Program (NSLP) and is committed to offering school meals through the NSLP.

- All school meals are accessible to all students.
- St. Paul's offers reimbursable school meals that meet United States Department of Agriculture (USDA) nutrition standards.
- Drinking water will be available to all students throughout the school day.
- All school nutrition staff will meet or exceed hiring and annual continuing education requirements in the USDA professional standards for child nutrition professionals.

#### Other Food available at school

- The foods and beverages sold outside of the school meal program will meet the USDA *Smart Snacks* in school nutrition standards.
- All foods offered on the school campus will meet USDA Smart Snacks in School nutrition standards. Exemptions may be allowed at the discretion of the school principal.
- Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. Two fundraiser exemptions per student organization are allowed per school year.
- Strong consideration should be given to non-food items as part of any teacher to student incentive programs.
- Parents are encouraged to provide healthy snacks and treats for student celebrations and other events.

### ***Nutrition Education***

St. Paul's aims to teach, model, encourage, and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health. Health education is taught at each grade level, kindergarten through eighth grade.

- St. Paul's teaches students nutrition education using up-to-date nutrition information consistent with the Dietary Guidelines for Americans. St. Paul's will include in the health education curriculum the following essential topics on healthy eating:
  - Food guidance from My Plate
  - Balancing food
  - Major nutrients
  - Serving sizes
  - Healthy snacks
  - Diet and disease
  - Proper sanitation
  - Healthy heart choices

### ***Physical Education & Activity***

St. Paul's will provide students with physical education curricula and related programs. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits. All students will be provided equal opportunity to participate in physical education classes.

- Physical Education is taught at all levels by state licensed physical education teachers.
  - Elementary students (kindergarten through fifth grade) will be provided with an average of 30 minutes of physical activity at least twice a week.
  - Middle school students (sixth grade through eighth grade) will be provided with an average of 40 minutes of physical activity at least twice a week.
- The school provides additional opportunities for physical development and fitness through co-curricular activities and sports.
  - Walk for Virtues
  - Field Day

- Students will not lose more than two recess periods in a week due to incomplete class work.

***Policy Evaluation/Reporting***

- The Wellness Committee will meet annually to establish goals for and oversee school health and safety policies, including periodic review and update of wellness.
- St. Paul's School will notify households/families of the annual report through the website.
- The Wellness Committee will update or modify the wellness policy based on the results of the annual progress report. The wellness policy will be assessed and updated as indicated at least every three years.

*Revised November 2015*