

## 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 Catholic 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 Catholic 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 Catholic School 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 Catholic School participates in USDA Child Nutrition Program 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 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.
- All meals meet or exceed current nutrition requirements established under the Healthy Hunger-Free Kids Act of 2010
- Menu will be posted on school website
- Students will be allowed at least 20 minutes for lunch and are served at a reasonable and appropriate time of day

#### Other Food available at school

- The foods and beverages sold outside of the school meal program during the school day on the school campus 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. The school organization advisor will be responsible for tracking exempt and non-exempt fundraisers on the DPI provided tracking guide.
- The school will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools rule.
- Teachers are encouraged to follow Smart Snack standards when offering food items and strong consideration should be given to non-food items as part of any teacher to student incentive programs.

- Teachers are encouraged to give strong consideration to healthy snacks or non-food celebrations ideas for classroom parties.
- Parents are encouraged to provide healthy snacks and treats for student celebrations and other events.

### ***Nutrition Education***

St. Paul's Catholic School 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 and integrated into health education and core subjects.

- St. Paul's Catholic School 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

### ***Nutrition Promotion***

Nutrition promotion and education have a positive influence on lifelong eating behaviors. St. Paul's Catholic School will create a food environment that encourages healthy nutrition choices.

- Students will be given the opportunity to make healthy choices
- Students will be encouraged to participate in the school meal program
- Fresh vegetables and fruits will be promoted
- Surveys, nutrition posters and nutrition fun facts will be used to encourage student participation and input

### ***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 as well as recess and classroom breaks.

- 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
  - Healthy Heart Challenge (American Heart Assoc.)
- Students will not lose more than two recess periods in a week due to incomplete class work.

### ***Policy Leadership/Evaluation/Reporting***

- The Principal shall implement and ensure compliance with the policy by leading the review, update, and evaluation of the policy.
- The Wellness Committee will meet annually to establish goals for and oversee school health and safety policies, including periodic review and assessment of the policy. The committee will ensure that the school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.
- 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.
- The school will notify households/families/public of the annual report or updates through the school website and family communication envelope.

### ***Public Involvement/Updates***

- The school will invite a diverse group of stakeholders to participate in the development, implementation, and review of the policy. Stakeholders may include an administrator, physical education/health teacher, classroom teacher, SFA representative, parent, student, and medical professional.
- The school will actively inform the public about the content and evaluation of and any updates to the policy through the school website and Education Committee meetings.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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Office of the Assistant Secretary for Civil Rights 1400  
Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

*Revised March 2020*