

SACRED HEART SCHOOL WELLNESS POLICY

I. PURPOSE

The purpose of this policy is to assure a school environment that promotes and protects students' health, well-being and ability to learn by supporting healthy eating and physical activity.

II. GENERAL STATEMENT OF POLICY

- A. The Sacred Heart School Board recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
- B. The Sacred Heart School environment promotes and protects students' health, well-being and ability to learn by encouraging healthy eating and physical activity.
- C. Sacred Heart School encourages the involvement of students, parents, teachers, food service staff and other interested persons in implementing, monitoring and reviewing school district nutrition and physical activity policies.
- D. All students in grades K-8 will have opportunities, support and encouragement to be physically active on a regular basis.
- E. Food service personnel will provide students with access to a variety of affordable, nutritious and appealing foods that meet their health and nutrition needs.
- F. Sacred Heart School will accommodate the religious, ethnic and cultural diversity and special dietary needs of the student body in meal planning.
- G. Sacred Heart School will provide clean, safe and pleasant settings for dining and assure an adequate time for students to eat.

III. NUTRITION EDUCATION

- A. K-8 students receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- B. Students receive consistent nutrition messages throughout the school.
- C. Sacred Heart School's education curriculum standards and guidelines include both nutrition and physical education.
- D. Staff who provide nutrition education have appropriate training.
- E. Sacred Heart School encourages parents, teachers, school administrators, students, food service professionals and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

IV. SCHOOL MEALS PROGRAM

- A. Sacred Heart School provides a clean, safe, enjoyable meal environment for students and staff.
- B. Sacred Heart School will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- C. Sacred Heart School provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- D. Sacred Heart School makes drinking fountains, including two hydration systems, available so that students have access to water throughout the school day. Water bottles in the classroom are optional.
- E. Sacred Heart School encourages all students to participate in the school meals program and protects the identity of students who eat free and reduced price meals.
- F. Sacred Heart School will ensure adequate time for students to enjoy eating healthy foods with friends and classmates in school.
- G. Lunch will be served as near the middle of the school day as possible.
- H. K-4 students will have recess before lunch so that children will come to lunch less distracted and ready to eat.
- I. Sacred Heart School will provide healthy and safe school meal programs that strictly comply with all federal, state and local statutes and regulations.
- J. Sacred Heart School shall designate an appropriate person to be responsible for the school's food service program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available at Sacred Heart School to ensure food and beverage choices are consistent with current USDA nutrition requirements.

- * Serve fresh fruits and vegetables at least 2-3 times per week with an emphasis on including a variety of fruits and vegetables from the blue/purple, green, white, yellow/orange and red fruit and vegetable groups on the monthly menu.

- *Serve only low fat (1%) and fat free milk, except when whole or 2% milk is recommended for students with special nutritional needs; offer lactose reduced milk when requested by parent/guardian with a doctor's permission.

- *Continue to serve whole grains at each meal.

- *Continue to exclude deep fried foods and strive to replace higher fat main entrée items with lower fat items as appropriate.

- *Continue to replace menu items that contain trans fats with foods that do not contain trans fats.

- *Be served in portion sizes that meet National School Lunch Program requirements.

- K. As part of Sacred Heart School's responsibility to operate a food service program, the school will provide continuing professional development for all food service personnel in the school.

V. PHYSICAL ACTIVITY EDUCATION

- A. Students are given opportunities for physical activity during the school day through physical education classes (daily for 40 minutes), daily recess (15-20 minutes), and the integration of physical activity into the academic curriculum (brain breaks).
- B. Sacred Heart School will provide opportunities for on-going professional training and development for food service staff and teachers in the areas of nutrition and physical education.
- C. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television or playing video games.
- D. During the school day, an active recess will be modeled and encouraged.

VI. OTHER SCHOOL BASED ACTIVITIES

- A. Sacred Heart School recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
- B. Sacred Heart School will support parent's efforts to provide a healthy diet and daily physical activity for their children.
- C. Sacred Heart School will provide information about physical education and other school-based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school.
- D. Sacred Heart School encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

VII. STAFF WELLNESS

Sacred Heart School staff members serve as role models for students and are the key to successful implementation of student wellness programs. Therefore, the school should offer staff wellness programs as well as general wellness resources and opportunities. This may include workshops and presentations on health promotion, stress management, education and resources that will enhance morale,

encourage healthy lifestyles, prevents injury, reduce chronic diseases and foster exceptional role modeling.

VIII. STUDENT WELLNESS

Supporting Sacred Heart School students' wellness-physical, mental and spiritual is an important aspect for our school climate. We will use the *Conscious Discipline* curriculum by Dr. Becky A. Bailey to guide us in our social-emotional learning to help deal with stress, bullying and trauma. Parents, our local communities and school need to work together to ensure academic and social success for all our students.

IX. ACCOUNTABILITY

- A. Sacred Heart School service staff will ensure compliance within the school's food service areas and will report to the food service program administrator or the school principal.
- B. The food service program administrator will provide an annual report to the principal setting forth the nutrition guidelines and procedures for selection of all foods made available at Sacred Heart School.
- C. The principal will ensure compliance with the wellness policy and will provide an annual report of the school district's compliance with the policy to the school board.

X. IMPLEMENTATION AND EVALUATION

- A. After approval by the school board, the wellness policy will be implemented throughout Sacred Heart School.
- B. Sacred Heart School Wellness Committee will consist of teachers, food service personnel, student council members and parents. The committee will meet in the fall of each school year to review the policies and procedures of our wellness plan and to discuss what physical activities might be implemented over the school year.
- C. Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, Sacred Heart School will review the nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements.