

## Nutrition and Physical Activity Wellness Policy

It shall be the policy of Saint Albert Catholic School that, the school promotes healthy students by supporting wellness, good nutrition and regular physical activities as a part of the total learning environment. The school supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students. Improved health optimizes student performance potential.

Saint Albert Catholic School provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy goals and positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

Saint Albert Catholic School supports and promotes proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the school's nutrition practices. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

Saint Albert Catholic School will establish a wellness committee. The wellness committee will develop the wellness policy. The wellness committee will develop a plan to implement and measure the wellness policy and monitor the effectiveness of the policy. The committee, in consultation with the building principals, will designate an individual to monitor implementation and evaluation of the policy. The wellness committee will report annually to the school board regarding the effectiveness of this policy. The wellness committee will include an Elementary and Jr/Sr High PE teacher, Elementary and Jr/Sr High principals, school nurse, kitchen director, a student and 2-3 parents.

### **SPECIFIC WELLENESS GOALS**

#### **Nutrition Education and Promotion—Appendix A**

Saint Albert Catholic School will promote nutrition education and engage in nutrition promotion. To accomplish this goal,

- Sequential and interdisciplinary nutrition education is provided and promoted. This education may be integrated into other areas of the curriculum such, but not limited to math, science, language arts, and social studies;
- The staff responsible for nutrition education will be adequately prepared and participate in professional development activities to deliver an accurate nutrition education program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- The school lunch program/cafeteria will serve as a "learning laboratory" to allow students to apply classroom nutrition education; and

- The School Lunch Program, complying with federal, state and local requirements, will promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health enhancing nutrition practices.

### **Physical Activity—Appendix B**

#### ***Physical Education***

Saint Albert Catholic School will provide physical education that:

- Is taught by a licensed physical education teacher;
- Shall be taught in grades one through five a minimum of twice per week;
- Shall be taught in grades six through eight a minimum of three times every two weeks; and
- Shall be required in grades nine through twelve for a minimum of one-eight unit each semester unless the student obtains a waiver as provided under Iowa Code section 256.11 (5)(g).

#### **Physical Activity**

Saint Albert Catholic School will follow the government guidelines related to physical activity. Employees should not use physical activity(e.g. recess, physical education) as punishment for academic reasons. If students are a threat to other students they will be removed from recess and/or physical education.

### **Other School-Based Activities that Promote Student Wellness—Appendix C**

#### ***Integrating Physical Activity into Classroom Settings***

Students need opportunities for physical activity beyond recess and physical education classes in order for them to fully embrace regular physical activity as a personal behavior. Toward that end, Saint Albert Catholic School will:

- Offer classroom health education that complements physical education;
- Discourage sedentary activities, such as watching television, playing computer games, etc.; and
- Encourage classroom teachers to provide activity breaks between lessons or classes, as appropriate.

#### ***Communication with Parents***

Saint Albert Catholic School will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will:

- Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet nutrition standards; and
- Provide parents a list of foods that meet the school's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities.

#### ***Food Marketing in Schools***

School-based marketing will be consistent with nutrition education and health promotion. The school will promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.

### **Other School-Based Activities that Promote Student Wellness—Appendix C (Continued)**

#### ***Staff Wellness***

The school values the health and well-being of every staff member and will work to support personal efforts by staff and maintain a healthy lifestyle. The wellness committee will provide staff wellness opportunities.

## **Nutrition Guidelines for All Foods Available on Campus—Appendix D**

### ***School Meals***

Meals served through the National School Lunch and Breakfast programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings
- Meet, at a minimum, nutrition requirements established by local, state, and federal law;
- Offer a variety of fruits and vegetables; and
- Serve dairy products containing a variety of fat levels from fat-free through 1%. We will make appropriate accommodations for students with a 504.

Schools should share information about the nutritional content of meals with parents and students.

### ***Breakfast***

To ensure that children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, school will:

- Operate a breakfast program.
- Notify parents and students of the availability of the School Breakfast program, and
- Encourage parents to provide a healthy breakfast for their children.

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

Saint Albert Catholic School will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Saint Albert Catholic School will utilize electronic identification and payment systems.

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

Saint Albert Catholic School will:

- Employ a food service director who is properly qualified, certified and/or credentialed according to current professional standards; and
- Assure that all food service staff has had adequate pre-service training in food service operations; and provide continuing education opportunities according to their levels of responsibility

### ***Sharing of Foods***

Saint Albert Catholic School will to the extent practical, discourage students from sharing foods or beverages with one another during meal or snack times, given concerns about communicable diseases, allergies and other restrictions on some children's diets.

### ***Foods Sold Outside the Meal (e.g., vending, a la carte, sales)***

Saint Albert Catholic School will:

- Provide guidelines for healthy snacks when students bring snacks to school.
- Require all snacks to be shared with other students be purchased and in original packaging with ingredient labels.
- Offer an extra portion of the main course, fresh fruit, yogurt and milk as ala carte items at lunch time for Jr/Sr High students. A complete second lunch will also be available most days.
- Any fundraising food items sold during the school day must meet the Healthy Kids Act nutrition requirements.
- The after school concession stand will offer some foods that meet the Healthy Kids Act nutrition requirements.
- The after school care program will offer some snacks that meet the Healthy Kids Act nutrition requirements.

## **Planning for Measuring Implementation—Appendix E**

### ***Monitoring***

At Saint Albert Catholic School:

- The principals will ensure compliance with the Wellness Policy and will report on the school's compliance to the wellness committee;
- Food service staff will ensure compliance with the nutrition policy and goals with food service areas and will report on this matter to wellness committee;
- The kitchen director will report on the most recent USDA review findings and any resulting changes. If the school has not received a review from the state agency within the past five years, the kitchen director will request from the state agency that a review be scheduled as soon as possible;

The wellness committee will provide an annual report to the Diocesan Superintendent and the Saint Albert Community.

### **Policy Review**

Saint Albert Catholic School will conduct a baseline assessment of the school's existing nutrition and physical activity environments and practices. Assessments will be repeated every three years to help review policy compliance, assess progress and determine areas in need of improvement. The wellness committee will review the policy annually to include any revisions to the Diocesan Wellness Policy and any new legislation regarding school wellness policies.

**Policy Approved: September 24, 2012**