

Sts. Peter and Paul  
Student  
Wellness Policy

## Policy Intent/ Rationale:

Sts. Peter and Paul School promotes a healthy school, by supporting wellness, good nutrition, and regular physical activity as part of the overall learning environment. Our school will create an environment where children learn and participate in positive dietary and lifestyle practices that support and promote good nutrition and physical activity.

### A. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The entire school environment shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. A healthy school environment will not be sacrificed because of a dependence on revenue from high added fat, high added sugar, and low nutrient foods to support school programs.

### B. Support and promote 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 USDA nutritional standards. Emphasis will be placed on foods that are nutrient dense per calorie. To ensure high quality, nutritious meals, foods should be served with consideration toward variety, appeal, taste, safety, and packaging.

### C. Provide more opportunities for students to engage in physical activities.

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical education, recess, organized sports, activities, and fundraisers shall be geared to emphasize physical activity and community involvement within our school whenever possible.

**D. Support and promote community involvement with school wellness goals.**

Community involvement, including parents, students, representatives of the school food authority, representatives of the Home and School Association, school administrators, school staff, the school board, and the public will be incorporated into the development of our schools wellness policy.

**E. Periodic assessments of policy implementation.**

Periodic assessments will be conducted by the principal, food service administrator, and physical education administrator throughout the school year to ensure policy implementation. This team will also evaluate success of policy and assess feedback in order to increase the effect of the policy on students' health and academic learning.

## **Student Nutrition Education:**

Sts. Peter and Paul School has a comprehensive curricular approach to nutrition in PK through 8<sup>th</sup> grade. All PK-8<sup>th</sup> staff will be encouraged to integrate nutritional themes from the USDA guidelines into daily lessons when appropriate. The health benefits of good nutrition will also be emphasized. These nutritional themes will include but are not limited to:

Knowledge of the My Plate Food Choices	Healthy heart choices
Sources and variety of foods	Dietary Guidelines for Americans
Diet and Disease	Understanding Calories
Healthy vs. Unhealthy Snack Choices	Benefits of a Healthy Breakfast
Healthy vs. Unhealthy Diet	Understanding food labels
How to Create Healthy Menus	Understanding Food Safety
Major Nutrients and their food Sources	Hand Washing and Sanitation
Identify and limit foods of low nutrient density	
Identify processed foods	
Appropriate Serving Sizes	
Appropriate Servings per day	

These themes will be carried over during mealtimes as the cafeteria staff will assist in the following areas:

Encourage all students and parents to apply for the USDA's Free and Reduced Breakfast and Lunch Program

Display of interesting posters that promote the food education goals

Cafeteria staff will have a display of daily menu on a large board so children know the menu items being served that day.

Provide Nutritious Lunch, Breakfast, and Snacks, that adhere to USDA guidelines and Healthy Snack guidelines for reimbursable school meals.

Provide a weekly menu for breakfast that is the same to keep fat to a minimum and encourage children to eat breakfast by providing meals that are familiar and consistent.

Provide a diverse lunch menu that changes monthly and does not repeat menu items within the month and incorporates unfamiliar vegetables and entrée choices to encourage children to try a variety of foods.

Visually monitor students during lunch to see what food items are eaten and verbally encourage children to try items that are avoided.

Cafeteria staff will not sell second portions of any menu item until students' tray has been inspected and child has eaten the USDA meal requirements to ensure proper balance to students' diet.

Include students in the monthly menu planning allowing students to "build" their own lunch menu by using the USDA guidelines for reimbursable school meals.

Reward students that are working on nutrition projects in the class room with a menu day of their creation.

The cafeteria staff will also assist in educating children on the above mentioned nutrition themes at all available opportunities and full time staff will have nutrition education background as well as USDA training annually. All part time staff will also be required to have USDA training annually.

Provide fundraisers in the form of School luncheons that will be conducted a minimum of 4 times per year that include parents and the community in an interactive setting with students to promote healthy eating habits and choices while raising funds without sacrificing wellness protocol.

Food Service Manager will stay in contact throughout the year with faculty, physical education director, and principal so as to coordinate any Nutrition education goals into the Food service program and evaluate implementation of wellness policy.

The Physical Education Director will also incorporate all above nutritional themes into the physical education of students whenever possible and appropriate. This will include physical activities that incorporate nutritional themes.

The Community Red Cross will also be incorporated into the education of overall wellness with the E.Y.E.S. program. This program encourages the above mentioned themes as well as other wellness aspects such as hand washing, CPR, First Aid, and Disaster Preparedness and will be brought in annually. Teachers, parents, students, and the community are encouraged to participate through fliers prior to the classes.

Students in 3<sup>rd</sup> – 5<sup>th</sup> grades will attend Kids, Cows, and More, once per year to get a greater understanding of the dairy industry and the many uses of grains.

PK students will receive educational instruction on the different types of foods and their sources throughout the school year and will conduct multiple field trips and food tastings to expand their knowledge of healthy food choices.

Students in grades 3<sup>rd</sup> – 5<sup>th</sup> will do Go Noodle Activities in the computer lab periodically, and 4<sup>th</sup> grade students will participate in Go Noodle for 15 minutes daily in the classroom.

Students in grades K-2 will participate in Body Checks and Brain Breaks several times throughout the day where students move around for several minutes between instructional blocks.

## **Students Physical Activity/Education**

Sts. Peter and Paul School shall provide physical activity and physical education opportunities that provide students with the knowledge and skills to lead a physically active lifestyle.

Physical education classes and physical activity opportunities shall be provided to all students

PK students will have two recesses, one of which will happen before lunch. Children in PK and K will have 2 hrs open play per day where at least 1 hr is devoted strictly to physical activity.

All students in K through 5<sup>th</sup> will have physical education/activity for 35 minutes before lunch twice per week. All students from this age group will run one full lap of the track at the beginning of gym class and recess.

All students 6<sup>th</sup> through 8<sup>th</sup> will have physical education, for 40 minutes, 3 times per week with the months of April and May geared towards nutritional education alongside physical education. All students from this age group will also run for the first fifteen minutes of gym. Students in grade 7<sup>th</sup> and 8<sup>th</sup> will participate in the Couch to 5K Program which will conclude with a 5K marathon in the spring.

Every student will get a minimum of 35 min. recess every day, if weather prevents outdoor activities; students are taken to the gymnasium.

All students are required to walk/ run a 1/5<sup>th</sup> mile track before starting recess.

New playground equipment was purchased with fundraising money and children are encouraged to actively navigate climbing structures and swings.

Members of staff are trained and provide ropes course activities to specific classes annually and are available to community groups and schools for ropes course activities throughout the year.

All students who attend after school daycare program have access to activities that emphasize physical activity for a minimum of 20 min. per day.

Basketball, Volleyball, Soccer, Track, and Cross Country teams will be sponsored by the school annually as they are in season and coaches will be commissioned from the parents or faculty of the school.

Football and Cheerleading will be offered to students through a partnership with Bishop Kelly and the Jr. Comets teams.

Sports not sponsored by the school will also be encouraged by allowing area teams in the community to use school facilities after hours that include but are not limited to Soccer, Basketball, Volleyball, and Ropes Courses.

After school clubs run by faculty are also encouraged to have a physical activity theme, such as the Running Club which allows parents to join along with students twice a week for active extracurricular activities.

All students will be required to participate in an annual field day that incorporates traditional Olympic style sports such as relays, long jump, high jump, discus, javelin' with fun activities such as three legged races, sack races, and tug of war. One entire school day per year is devoted to this activity.

During field day all staff and 1/3 of parents are required to participate.

All students will be required to participate in an annual walk a thon held on school campus. This annual fundraiser enables students to get physical activity while earning funds for their school. Half of a school day is devoted to this activity once a year and all staff and 1/3 of parents are required to participate.

All students are required to participate in an annual catholic schools week rally that focuses on a volleyball game between staff and the 8<sup>th</sup> grade class. Students are encouraged to pick a team and actively rally their support.

All students are required to attend a luncheon titled "Elegant Bites" where they are taught fine dining skills and manners during a traditional dining experience. Teachers sit with their classes and encourage children to eat a variety of menu items. During this event parents serve the lunches to the children restaurant style.

Students, faculty, parents, and the local community are encouraged to use the track and outdoor grounds/ facility after school operating hours for physical activities throughout the school year.

All students, parents, faculty/staff, family, and community are encouraged to take part in a monthly fundraiser held at a local skating rink called Skate night. Students are further encouraged to participate by gaining a “free dress” day if attending skate night that evening.

## **Student Nutrition**

### **Sts. Peter and Paul Nutrition Standards**

Sts. Peter and Paul School strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be considered healthy. In an effort to support the consumption of nutrient dense foods in the school setting, we have adopted the following nutrition standards governing the sale of food, beverage, and candy on school grounds.

#### **Food:**

Smart Snack Guidelines will be implemented at all times throughout the instructional day

Encourage the consumption of nutrient dense foods, i.e. Whole grains, Fresh fruits, Vegetables, and Dairy Products.

Any food item for sale prior to the start of the school day and throughout the instructional day will be whole grain rich and have no more than 30 % of its total calories derived from fat.

Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more than 10% of its total calories derived from saturated fat.

Any given food item for sale prior to the start of the school day and throughout the instructional day, will contain zero Trans fats and fat free food items will be used whenever possible. If fat free is unavailable the above criteria will apply.



Nuts and seeds with minimal added fat in processing (no more than 5 grams of added fat per 1.75 ounce or less package size) are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat.

We recognize that there may be rare special occasions when the school principal may allow a school group to deviate from these standards, but these special occasions must be recorded and included in the annual wellness implementation assessment.

### **Beverages:**

Only milk, water, and beverages containing 100% fruit juices with no added artificial or natural sweeteners may be sold on school grounds both immediately prior to and throughout the instructional day, except in an area where students are not permitted access such as the teacher's room.

Any beverage not meeting the above requirements will not be available after the conclusion of the school instructional day without parent purchase for K-5<sup>th</sup> and 6<sup>th</sup>-8<sup>th</sup> will only be permitted to purchase such beverages with previous parental consent. All beverages sold after the conclusion of the instructional day will be reduced calorie or fall within the above stated guidelines and will not include soda or sugar rich drinks such as kool-aid.

### **Candy:**

Candy is defined as any processed food item that has

1. sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose (dextrose), high fructose corn syrup, honey invert sugar, lactose maltose, molasses, raw sugar, table sugar (sucrose), is listed as one of the first two ingredients, AND
2. Sugar is more than 25% of the item by weight.

Vending machine sales of candy will not be permitted on school grounds.

Non-vending sales of candy will be permitted ONLY 30 minutes after the conclusion of the instructional school day.

Gum is strictly prohibited on school grounds at ALL times.

Ice Cream Sales will be allowed after lunch has been served on Friday's only. All ice cream sold will be fat free or low calorie. Ice Cream Sales are allowed the same day after school for students who chose not to have one after lunch. Only one ice cream will be sold to each child per week and only with parental permission.

### **The School Breakfast/Lunch/Snack Program:**

Sts. Peter and Paul school breakfast, lunch, and snack program will follow the USDA Requirements for Federal School Meals Programs.

Sts. Peter and Paul will not offer competitive foods a la carte during the instructional school day or after school. Competitive foods will only be offered a la carte after 6:00pm during the school week or on special occasions over the weekends.

Sts. Peter and Paul will encourage all students to participate in school free and reduced meals program and will protect the identity of students who eat on these programs.

### **Dining Environment**

Students will be taught proper hand washing techniques with instructional signs posted in restrooms to encourage proper hand washing. All students will be required to wash hands both before breakfast/lunch/snacks and after recess. Posters promoting hand washing, Health Department's Don't Bug Me, and Red Cross's Scrub Club are used to reinforce proper hand washing habits.

Cafeteria area will be clean, safe, friendly, and enjoyable for all students.

Cafeteria will adhere to all local and state health laws.

Breakfast is served from 7:00am to 7:50 every school day.

Students attend lunch in three groups:

PK-2<sup>nd</sup> 10:50 to 11:00 all students in this group receive lunch  
11:00 to 11:25 all students in this group eat lunch

3<sup>rd</sup>-5<sup>th</sup> 11:25 to 11:35 all students in this group receive lunch  
11:35 to 12:00 all students in this group eat lunch

6<sup>th</sup>-8<sup>th</sup> 12:00 to 12:10 all students in this group receive lunch  
12:10 to 12:35 all students in this group eat lunch

Snacks are provided from 4:00 to 4:20 daily. Students may take as long as they like to finish snacks.

Water fountains are available and accessible throughout meal times and the entire school day so that students may have access to water at any time. Students may also be allowed water bottles with WATER ONLY during class time.

All students will eat in the cafeteria with their class mates unless ill or unless class is having a field trip or special lunch location. Children going on field trips will be able to have access to sack lunches prepared by the kitchen staff that adheres to USDA/Federal Meals Program guidelines if needed.

Student will not be excluded from meal time for disciplinary reasons under any circumstances.

Food will not be used as a punishment in any way.

Students will not use meal time or recess time for classroom make-up time.

### **Fundraising:**

All fundraising projects for sale and consumption within and prior to the instructional day will follow the USDA and this policies nutritional standards when determining the items being sold.

Fundraisers that encourage healthy eating habits and physical activities will be utilized and developed whenever possible.

Fundraisers that Sts. Peter and Paul school holds that support these standards are as follows:

#### Healthy Eating

Spaghetti Dinner

Halloween Luncheon

Thanksgiving Luncheon

Turkey Bingo

Christmas Luncheon (only if commodity Turkey/Pork Roast is on hand)

Elegant Bites Luncheon

St. Patrick's Day Senior/ Student Luncheon

#### Physical Activity

Skate Night

Walk a Thon

#### Other Fundraisers

Trivia Night

Fun Night

Blue and Gold

Rustic Cuff Bracelets

Gourmet Popcorn

The fundraisers that are reserved for sales after the instructional day are

Candy bar Sales

As this fundraisers do not support healthy eating choices they are held for a limited time once per year and proceeds usually are used to fill exercise, gym, and

playground equipment needs and are only allowed on school grounds after the instructional day.

## **Wellness Policy Development and Implementation Teams**

Sts Peter and Paul Policy Implementation team will oversee and coordinate the efforts of the development team throughout the school year. The development team will consist of but is not limited to the Principal of the school, the Physical Education Director, the Food Service Manager, a member of the faculty with nutrition or health degree, members of the H.S.A., faculty members, parents, students, and local organizations. Members of the Implementation team will discuss wellness policy with development members numerous times throughout the year to assess strategies that are easy to implement and successful in our schools wellness goals.

Assessments will be made four times per year, August, December, March and June, by the Implementation team to determine what part of the schools wellness policies were a success and what improvements can be made.

When improvements are needed the development team will be consulted to devise any changes that need to occur in Sts. Peter and Paul's wellness policy and a revised policy will be implemented the following school year.

Quarterly review of the wellness policy by Implementation team is required under this policy.

**This policy is implemented for the 2018-2019 school year by  
the Wellness Implementation Team**

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Principal

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Date

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Food Service Manager

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Date

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Physical Education Director

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Date