

Wellness Policy

Little Flower Catholic School is committed to providing a school environment that enhances learning and development of lifelong wellness practices. To comply with this policy, Little Flower Catholic School adopts the following goals:

1. Little Flower Catholic School's Nutrition Program complies with federal, state and local requirements. Little Flower School's Child Nutrition Program is accessible to all students.
2. All Little Flower School's school-based activities are consistent with the local wellness policy goals.
3. Little Flower Catholic School will provide nutrition education that is appropriate for students and reflects students' cultures. Nutrition education will be integrated into students' curriculum to teach and foster life-long healthy eating. Nutrition classes will be conducted once a month under the supervision of the Certified Physical Education teacher in conjunction with the Cafeteria Director.
4. Little Flower Catholic School will provide opportunities for students to develop the knowledge and skills for specific physical activities, to maintain physical fitness, to ensure students' regular participation in physical activity, and to teach short- and long-term benefits of a physically active and healthful lifestyle.
5. All foods and beverages provided to students during the school day will be consistent with the Current Dietary Guidelines for America. *See Little Flower Catholic School Dietary Guidelines.
6. Little Flower Catholic School will provide a safe, comfortable, pleasing school environment that allows ample time and space for eating meals. Food and/or physical activity will not be used as a reward or punishment.
7. Students may not be denied a meal, or part withheld, as a form of punishment.
8. The Wellness Committee is comprised of Parent(s), Child Nutrition Staff, and School Advisory Board member, School Administration, Physical Ed. Teacher and Health Professional(s) (Licensed Dietitian). Our committee will be meeting in the fall and spring of each school year.

Nutrition/Nutrition Education Goals

Nutrition topics are included in the Alabama Courses of study for science, health and family/consumer sciences. These will be taught in the classroom, in an interactive manner, promoting skill students need to adopt healthy eating behaviors. Where possible, teachers will integrate nutrition education into the other curriculums at all grade levels. The subjects of math, science, social studies, language arts and art all include concepts that can be taught while reinforcing good nutrition. Examples include graphing number of fruits and vegetables eaten in a day, week or month; using fractions with food recipes; journal recordings of food advertisements; planting and taking care of school gardens.

The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program specific activities and instructional techniques and strategies designed to promote healthy eating habits.

Nutrition education information will be reviewed by a qualified nutrition professional who is specialized in school-base nutrition.

The school cafeteria serves as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom.

Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community through our website.

Little Flower Catholic School will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.

Students will be encouraged to start each day with a healthy breakfast.

As required by the State Board of Education’s July 12, 2005 resolution, all school staff will attend a minimum of one teacher in-service per year focused on nutrition and physical activity. The goal of these trainings will be to give teachers skills for interactive learning strategies for instruction; help teachers assess and improve their own eating practices; and reinforce their importance as role models to students.

The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.

Lunch periods are scheduled as near the middle of the school day as possible.

Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line.

Dining areas are attractive and have enough space for seating all students.

Drinking water is available for students at meals.

Food will not be used as a reward or a punishment for student behaviors

The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.

The school will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch and school breakfast).

Little Flower Catholic School will employ a food service director, who is properly qualified, certified and/or credentialed according to current Federal and State professional standards to administer the school food service program and satisfy reporting requirements.

All Child Nutrition Programs staff will have earned a high school diploma or G.E.D. certification.

All food service personnel shall have adequate pre-service training in food service operations including training on Hazard Analysis Critical Control Points (HACCP).

A Child’s need for nutrients does not end when school does. Therefore, it is encouraged that CNP assist with operating a summer food service program for children and adolescents who are eligible for federal program support.

Guidelines for reimbursable school meals shall be according to and not less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C 1758(f)(1), 1766(a)(0), as those regulations apply to schools and those regulations established by the Alabama State Board of Education.

All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.

For the safety and security of the food and facility access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines.

Dietary Guidelines

Students' lifelong eating habits are greatly influenced by the types of foods and beverages made available in their daily environment. Little Flower Catholic School has established the following guidelines for all foods and beverages sold or served to students during the school day (School day is defined as the time a student arrives on a campus until the end of the last scheduled class.):

1. Beverages in School

Elementary School/Middle School: An Elementary School is defined as a school where the majority of students are in grades Pre-K through 5. A Middle School is defined as a school where the majority of the students are in grades 6 through 8. No carbonated soft drinks shall be available for sale to students at any time during the school day. No item considered to be in the category of carbonated soft drinks may be provided free of charge to students. No food or beverage item that has high fructose corn syrup or sugar listed as the first ingredient may be made available during the school day. No other competing food/beverage sales are to be available to students during meal service time. Items that may be sold include non-carbonated flavored and unflavored water, 100% fruit juices, and milk. Juice may not exceed 15 calories per ounce. Juice sizes should not exceed 10 ounces.

2. Foods of Minimal Nutritional Value in Little Flower Catholic School

In addition to the restrictions regarding the sale of carbonated beverages listed above, no one on the school campus may provide access to "for sale" or "free" foods and beverages of minimal nutritional value as identified under USDA regulations 7CFR 210 Appendix B, Categories of Foods of Minimal Nutritional Value until after the end of the last scheduled class. These classifications are as follows:

- Water ices, including frozen sickles, ices and slushes, except those ices containing fruit juice.
- Chewing gum, flavored or unflavored from natural or synthetic sources
- Certain candies, processed predominately from sugar or corn syrup sweeteners or artificial sweeteners combined with a variety of ingredients including but not limited to:
 - Hard candies, sour balls, fruit balls, candy sticks, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, and cough drops
 - Jellies and gums, such as gumdrops, jelly beans, jellied and flavored fruit slices
 - Marshmallow candies or other aerated sugar, corn syrup, or invert sugar confections
 - Fondants, such as candy corn, and soft mints
 - Licorice
 - Spun candy, cotton candy
 - Candy coated popcorn

3. Food Items and Beverages Sold Through School Store at Little Flower Catholic School

Little Flower Catholic School shall review its offerings of foods in the school store and develop a plan for phasing out low nutritive foods. All schools shall develop a plan to replace those foods with high nutritive foods. Little Flower will develop a plan with the guidance of the superintendent or his/her designee that allows for input by students, teachers, and parents. Foods and beverages approved by the local committee shall not be in conflict with the state board policies. The guidelines for school stores are listed below.

Snack items sold or provided are to follow the guidelines listed below: In single servings, these snack foods are:

- Low or moderate in fat (10% or less Daily value of total fat)
- Have less than 30 grams carbohydrate (10% or less Daily Value of total CHO)
- Have less than 360 milligrams sodium
- Contain 5% Daily Value (DV) or more (10% is healthiest) of at least one: Vitamin A, Vitamin C, iron, calcium, or fiber (5% daily value)

Additionally, the portion sizes shall follow these requirements.

- Chips, (baked or containing no more than 3 to 7.5 grams of fat per bag), crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, and pretzels. Not to exceed 1 and ¼ ounces.
- Low-fat cookies/cereal bars. Not to exceed 1 and 1/3 ounces
- Low-fat bakery items (examples; pastries and muffins). Many low fat items replace the fat with sugar. Check the label for carbohydrate content. Not to exceed 2 ounces.
- Frozen dairy desserts, such as low fat ice cream, and pudding “Jello” fruit bowls, 4 oz maximum
- Yogurt, (low fat) less than 30 grams total carbohydrate, 8 oz maximum
- Reduced fat milk (1 percent or less), flavored and unflavored. Flavored milks may contain no more than 30 grams total sugar per 8 ounce serving. Not to exceed 16 ounces.
- Beverages should include water in any size container. Other beverages may include sports drinks (12 ounces or less), 100% fruit juice (12 ounces or less), and low sugar fruit smoothies (12 ounces), and (1) percent or less fat milk as stated above (16 ounces). 12 ounces except as noted.

4. School Fundraisers in All Schools

All fundraising activities that involve the selling of food during school hours or as students gather on the school campus before school begins or as students wait on transportation or otherwise exit the school campus following school dismissal should reinforce food choices that promote good health. Sales during school hours shall not include those foods listed above as Foods of Minimal Nutritional Value or exceed those portion sizes identifies as allowable. This also means that all events outside the school day are not affected by this requirement and that booster clubs, etc., are free to select items for sale for specific fundraising and concession sales as long as the activity does not conflict with this position.

No one may use the school name, logo, or motto on any type of school name, logo, or motto on any type of social media or in any other way, e.g. putting the name on t-shirts, for example, without the express written permission of the principal or pastor.