

## **SACRED HEART SCHOOL WELLNESS POLICY (11.30.2016)**

Basis for the Wellness Policy:

Sec. 204 Local Wellness Policy: Not later than the first day of the school year beginning after June 30, 2006, all school districts that receive funding from the federal school lunch program are required by the Child Nutrition and WIC Reauthorization Act of 2004 ("the Act") to have a Wellness Policy that includes nutrition guidelines, goals for nutrition education, physical activity to promote student wellness, and other school-based activities that are designed to promote wellness. The Act requires the involvement of parents, students, representatives of the school food authority, the school board, school administrators, and the public in the development of the wellness policy. The Act also requires a plan for measuring implementation of the policy and the designation of at least one person charged with operational responsibility for ensuring the school district is in compliance with the policy. The Act provides for technical assistance and information from the Secretary of Agriculture to aid state and local educational agencies and school food authorities in establishing healthy school nutrition environments, reducing childhood obesity, and preventing diet-related chronic diseases.

### **Purpose**

Sacred Heart School strives for academic excellence in a safe learning environment for each child. We desire a school environment that promotes and protects students' health, well-being and ability to learn by supporting healthy nutrition and physical activity.

### **PHILOSOPHY**

Sacred Heart School is committed to providing a healthy school environment, which promotes nutrition education and physical education as essential components of our student's education and good health.

Sacred Heart School encourages the involvement of students, parents, teachers, food and nutrition service staff, school board and administrators in implementing, monitoring and reviewing the school's nutrition and physical activity policy.

Sacred Heart strives to give children access to healthy foods and opportunities to be physically active in order to grow, learn, and achieve academic success.

School Food Service personnel will provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students.

## **A. GOALS FOR SCHOOL FOOD AND NUTRITION PROGRAM/PERSONNEL**

1. Sacred Heart School will meet nutrition requirements established by local, state and federal statutes and regulations.
2. Sacred Heart School will offer a variety of appealing choices including fruits, vegetables, low-fat dairy and whole grain foods.
3. An appropriate length of time to eat a lunch (approximately 25-30 minutes).
4. We will encourage students to participate in the National School Breakfast and Lunch Program.

### **ACTION STEPS**

- a. Food and beverages will be offered in modest portion size age-appropriate for elementary and secondary students.
- b. Food and nutrition services personnel will take every measure to ensure that student access to foods and beverages meet or exceed all federal and state guidelines.
- c. Food and nutrition services personnel shall adhere to all federal, state, and local food safety and security guidelines.
- d. Sacred Heart 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 school meals.
- e. Sacred Heart School will provide student access to hand washing before they eat meals or snacks.
- f. The school will make every effort to provide students with sufficient time to eat after sitting down for school meals (fifteen to twenty minutes).
- g. All foods made available to students will 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 illnesses in schools. The Minnesota State Department of Health inspects the kitchen twice a year.
- h. For the safety and security of the food and facility, access to the Food and Nutrition Services operations are limited to Food and Nutrition Staff and authorized personnel while School Lunch Program meals are prepared and served.

**B. NUTRITION GOALS FOR ALL FOODS AND BEVERAGES AVAILABLE ON THE SCHOOL CAMPUS DURING THE SCHOOL DAY**

1. Sacred Heart School has set guidelines for refreshments served at parties, celebrations, and meetings during the school day.
2. Sacred Heart School has set guidelines for foods and beverages sold as part of school- sponsored fundraising activities.

**ACTION STEPS**

- a. We will encourage healthy food choices when planning classroom parties. The portions and sweets will be limited. There will be parent information sent home on healthy snack /food ideas. Snacks served during the school day will emphasize serving whole grains, fruits, vegetables and dairy as the primary snack items.
- b. The school vending machines will have healthy choices when available.
- c. The school vending machines will be shut off from midnight to 4:20pm.

**C. PHYSICAL ACTIVITY GOALS**

1. Students are given opportunities for physical activity during the school day through physical education classes, daily recess periods for K - 6 students, and the integration of physical activity into the academic curriculum. The physical education program will meet national curriculum standards.
2. Students are given opportunities for physical activity through a range of after-school programs (community education) including, but not limited to intramurals, inter scholastic athletics, and physical activity.
3. Sacred Heart School encourages parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
4. Sacred Heart School promotes faculty to use the school weight facility (supervised).
5. Sacred Heart High School has several strength training programs for students during the school year and summer.

## **ACTION STEPS**

- a. We have 25 minutes per day of physical education class time grades K-6 (125 minutes per week). We will integrate physical activity into our school day with stretch breaks and time for movement. Primary grade classes will have recess periods.
- b. Our playground is used before and after school for informal physical activity.
- c. Sacred Heart uses the Presidential testing program to promote physical activity for our students and to monitor individual growth.
- d. The Sacred Heart elementary school participates in Altru Hospital's "Walk to Win" program each year. This program brings awareness to our students the importance of physical fitness and exercise as a part in our daily lives. It works as a motivator for our students to get active and develop an awareness for the need of physical fitness in our lives.

## **D. NUTRITION EDUCATION GOALS**

1. Students in grades K-6 will receive nutrition & health education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
2. Nutrition education is offered in the classroom, with coordination between the foodservice staff and teachers as needed or requested.
3. Sacred Heart's health education curriculum standards and guidelines include both nutrition and physical education.

## **ACTION STEPS**

- a. We have a health curriculum that includes nutrition education.
- b. Information is shared as the students go through the lunch line about healthy choices.
- c. The health curriculum is part of the K-6 program and there is a health class for grade 8; 9 and for grades 11/12.
- d. The staff will focus on making students aware of nutrition already integrated into core curriculums.

## **E. IMPLEMENTATION AND MONITORING**

**NOTE: The Act requires that the wellness policy establish a plan for measuring implementation of the policy, including designation of at least one or more persons within the school charged with operational responsibility for ensuring that the school meet the requirements of the wellness policy.**

1. The foodservice administrator, in collaboration with the school administration, will review the effectiveness of the policy (sections B, C, and D) annually.
2. The School Food Service Staff will ensure compliance of Section A with nutrition policies within school food services and will report on this matter to the school principal.
3. The Wellness & Health Committee will assemble during the fall workshop week to review the policy. Then it will be submitted to the School Advisory Council for approval at the September meeting.

### Wellness & Health Committee Members (11.30.2016)

Christy Carlstrom	School Nurse
Beth Porter	Foodservice Director
Roger Morton	Physical Education Teacher
Jodi Vanderheiden	School Principal, Foodservice Administrator
Open to all staff, parents & public	

### Other activities that the school participates in to improve the wellness & health

- Hepatitis B immunizations are paid for any staff member wanting it.
- Flu shot clinics are offered to staff and students
- 6<sup>th</sup> grade immunizations are offered to qualify for seventh grade
- Hearing and Vision Clinic is done in October
- Immunization records are updated for all students K-12
- Immunization records and stated mandates are followed in daycare and preschool
- Kindergarten physicals are followed each year
- AED is available in the lunchroom
- School/parish insurance offers wellness plan for various paid programs (gyms)
- The School participates in the Altru Walk to Win program