

# **Holy Redeemer School**

## **Wellness POLICY**



*March 2017*

## **STUDENT NUTRITION & PHYSICAL ACTIVITY**

### **Policy Intent/Rationale:**

Holy Redeemer School promotes healthy schools, by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. Holy Redeemer supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. The school contributes to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential and ensures that every child has a better opportunity to reach a higher level of achievement.

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

The entire school environment, not just the classroom, 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 should 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 district nutrition standards. Emphasis should 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 activity.**

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity is to be included in the school's daily education program for grades K through 8. Physical activity should include regular instructional physical education, as well as co-curricular activities, recess and outside school activities.

### **D. Holy Redeemer School is committed to improve academic performance for all students.**

Educators, administrators, parents, and all school support personnel must consider the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs are met. To ensure widespread understanding of the benefits to school environments where nutritious foods are provided and where students have an opportunity for physical activity, an awareness that highlights research demonstrating the positive relationship between good nutrition, physical activity, and capacity of students to develop and learn will be conducted on a regular basis.

**E. Establish and maintain a School-wide Wellness Advisory Council with the purposes of:**

- developing guidance to explicate this policy
- monitoring the implementation of this policy
- evaluating policy progress
- serving as a resource to school personnel, (e.g. providing lists of healthy incentives, snacks, birthdays, etc.) and
- revising policy as necessary

A school-wide Wellness Advisory Council will be established and maintained. The Council will meet a minimum of three (August, November, March) times annually with Council membership including, but not limited to:

- Food Service Director/Head Cook
- School Nurse
- A student representative
- Parent
- Staff member representative
- Lunchroom supervisors
- School Principal, Co-Chair
- Physical Education Teacher, Co-Chair

The school wide Wellness Advisory Council will resolve issues democratically with one vote per person present at the meeting.

**Goals:**

*Meetings will be held in August (workshop week), December and April at 8:15 a.m.  
The principal will determine the exact dates.  
Meetings times should be posted and are open*

**STUDENT NUTRITION**

**The School Lunch Program:**

- The full meal school lunch programs will continue to follow the USDA Requirements for Federal School Meals Programs.
  - The School Food Service Program will not have a la carte or “competitive foods” sales.
- The Food Service Director will work closely with the Wellness Advisory Council.

### **Lunchroom Environment/Climate:**

- The lunchroom environment that provides students with a relaxed, enjoyable climate shall be developed and maintained.
- The lunchroom environment is a place where students have:
  - ⇒ Adequate space to eat and clean, pleasant surroundings;
  - ⇒ Adequate time to eat meals. (The American School Food Service Association recommends at least 20 minutes for lunch from the time students are seated with their food); and
  - ⇒ Convenient access to hand washing or hand sanitizing facilities before meals.

### **Fundraising:**

- All fund-raising projects are encouraged to follow the school Nutrition Standards.
- All fund raising projects for sale and consumption within and prior to the instructional day will follow the Nutrition Standards when determining the items being sold.

### **Teacher-to-Student Incentive:**

Strong consideration should be given to non-food items as part of any teacher-to-student incentive program. The use of food items as part of a student incentive program is strongly discouraged. Should teachers feel compelled to utilize food items as an incentive, they are required to adhere to the school Nutrition Standards.

#### ***Goals for 2017-2018:***

- The Hot Lunch program will try new recipes*
- The Hot Lunch program will strive to serve a variety of meat (beef, pork, chicken, turkey, fish, etc.) equivalents throughout the week.*
- Solicit input from parents and students about ways to improve the hot lunch program.*
- Solicit input from students regarding daily menu.*
- Explore serving salad bar as an ala carte option.*
- Realizing that canned fruit is part of the commodity program, the hot lunch program will strive to serve a fresh fruit once a week.*
- Encourage Farm to School. Seek garden donations from parents and parishioners.*
- Food service director is challenged to find a way to share nutritional guidelines of each meal with parents.*

**Student Nutrition Education:**

Holy Redeemer School has a comprehensive curriculum approach to nutrition in Kindergarten through 8th grade. All K-8 instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. These nutritional themes include but are not limited to:

Knowledge of the Food Plate	Healthy heart choices
Sources & variety of foods	Diet and disease
Healthy snacks	Healthy breakfast
Healthy diet	Food labels
Major nutrients	Multicultural influences
Serving sizes	Proper Food Safety/Sanitation
Identify and limit foods of low nutrient density	Understanding Calories

The nutrition policy reinforces nutrition education to help students practice these themes in a supportive school environment.

**Parent Nutrition Education:**

- Nutrition education will be provided to parents.
- Nutrition education may be provided in the form of handouts, postings on the school website, articles and information provided in school newsletters, presentations that focus on nutritional value and healthy lifestyles, and through any other appropriate means available for reaching parents.

*GOAL: Parents will receive communication regarding proper nutrition a minimum of three times a year.*

**Staff Nutrition & Physical Activity Education:**

With the purposes of:

- Encouraging all school staff to improve their own personal health and wellness
- Improving staff morale
- Creating positive role modeling
- Building the commitment of staff to promote the health of students
- Building the commitment of staff to help improve the school nutrition and physical activity environment.

Nutrition and physical activity education opportunities will be provided to all school staff. These educational opportunities may include, but not be limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity-related topics.

*Goal for 2017-2018*

*Mrs. Westby will develop a Staff Health Challenge for the 2017-2018 school year.*

## **SCHOOL NUTRITION STANDARDS**

### **Nutrition Standards Intent/Rationale:**

Holy Redeemer 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 healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the district has adopted the following nutrition standards governing the sale of food, beverage, and candy on school grounds. All affected parties are encouraged to study these standards and adhere to the policy using the following Nutrition Standards as minimal guidelines.

### **Food:**

- Encourage the consumption of nutrient dense foods, i.e. WHOLE GRAINS, FRESH FRUITS, VEGETABLES, and DAIRY PRODUCTS.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will 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.
- Nuts and seeds with minimal added fat in processing (no more than 3 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.
- It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these Standards, but those special occasions must be recorded and included in the Wellness Report.

### **Beverages:**

- ONLY milk, water, and beverages containing 50-100% fruit juices with no added artificial or natural sweeteners may be sold on school grounds both immediately prior to and throughout the instructional day.

### **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), syrup) is listed as one of the first two ingredients  
AND
  2. sugar is more than 25% of the item by weight.
- Vending sales will not be permitted on school grounds.
- No candy will be sold during the school day.
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### ***Goals for 2017-2018:***

***Teachers will educate students about needing to have food items from three different food groups and that every student must take a fruit or vegetable.***

***Educate parents on providing a healthy bag lunch if they are not eating hot lunch.***

***Encourage students to taste new foods.***

*Non-nutrient Dense Foods may be given to students during Magazine Drive – item will not be eaten at school*

*Ice Cream Party for those who reached goal set by the Magazine Drive*

*Grade 8 Carnival Day- Students will be allowed access to non-nutrient dense foods.*

## **STUDENT PHYSICAL ACTIVITY**

### **Physical Activity Goal:**

Holy Redeemer School shall provide physical activity and physical education opportunities, which provide students with the knowledge and skills to lead a physically active lifestyle.

### **Holy Redeemer School shall utilize the following Implementation Strategies:**

1. Physical education classes and physical activity opportunities will be available for all students.
2. Physical activity opportunities shall be offered daily before school, during school (recess) or after school.
3. As recommended by the National Association of Sport and Physical Education (NASPE), school leaders of physical activity and physical education shall guide students through a process that will enable them to achieve and maintain a high level of personal fitness through the following:
  - Expose youngsters to a wide variety of physical activities
  - Teach physical skills to help maintain a lifetime of health and fitness
  - Encourage self-monitoring so youngsters can see how active they are and set their own goals
  - Individualize intensity of activities
  - Focus feedback on process of doing your best rather than on product
  - Be active role models
4. Introduce developmentally appropriate components of a health-related fitness assessment, (e.g. Fitness Gram, Physical Best or President’s Council) to the students at an early age to prepare them for future assessments.
5. Begin fitness or activity logging in elementary school. Assist students to interpret their personal attainments and compare them to national physical activity recommendations.

**The 2004 Guidelines from NASPE recommend:**

  - Children should accumulate **at least 60 minutes, and up to several hours**, of age appropriate physical activity on all, or most days of the week.
  - Children should participate in **several bouts of physical activity lasting 15 minutes** or more each day.
  - Children should participate each day in a variety of age-appropriate physical **activities** designed to achieve optimal health, wellness, fitness and performance benefits.
  - **Extended periods (periods of two hours or more) of inactivity are discouraged** for children, especially during the daytime hours
6. Physical education classes shall be sequential, building from year to year, and content will include movement, personal fitness, and personal and social responsibility. Students should be able to demonstrate competency through application of knowledge, skill, and practice.

### **Goal:**

*Survey staff on how many use brain breaks during the school day. Education and encourage more staff to utilize this opportunity.*

Adopted: Triennial review completed Spring 2017.