

## ALL SAINTS CATHOLIC SCHOOL WELLNESS POLICY

[The Healthy, Hunger-Free Kids Act of 2010 requires that School Administrators, School Board Members, School Food Service Staff, Teachers of Physical Education, School Health Professionals, Parents, Students, and members of the public be allowed to provide input on the development of this policy. This model policy is intended only as a starting point for this dialogue.]

All Saints Catholic School strives to support a school environment that enhances the ability of students to learn and achieve. Since it is well established that health and well-being are key components to a student's ability to learn and achieve, ASCS shall work to provide students with a healthy environment. The goal of the board is to encourage a healthy lifestyle for students by providing nutrition education, promoting healthy food choices, providing opportunities for physical activity and other school-based wellness activities. ASCS will engage individuals from the school and community to participate in developing, implementing, monitoring and reviewing this and other related school wellness policies.

### SCHOOL WELLNESS COMMITTEE

The school wellness committee shall encourage participation from the following stakeholders: school administration, the school board, physical education teacher, school health professionals, food service employees, students, parents and community members. The committee will be responsible for the development, implementation, review and update of this school wellness policy.

### SCHOOL NUTRITION PROGRAMS

All Saint's school nutrition programs will prepare and serve nutritious, well-balanced, and age-appropriate meals, snacks and beverages that comply with current USDA regulations. In order to adhere to these nutrition standards, the school nutrition program will serve a variety of whole grains, fruits, vegetables and low fat dairy products. Water will be available to students at no charge in the place where meals are served during meal service.

ASCS will either employ, or consult with, nutrition professionals to review the menu and ensure that it meets federal guidelines. The Food Service Director shall solicit feedback from students staff, and parents regarding the offered foods and beverages. General nutritional information such as calories,

saturated fat and sodium content of foods shall be made available in the cafeteria and the ASCS website.

ASCS will provide adequate time to eat during meal periods. Students will have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch once they are seated. If scheduling permits lunch will follow the recess period to better support the consumption of healthy foods and improve learning opportunities. To the extent possible, school, recess and transportation schedules will be designed to encourage participation in school meal programs. Teachers are discouraged from scheduling tutoring, club or organizational meetings, or activities during mealtimes, unless the student(s) may eat during such activities.

To the maximum extent practicable, ASCS will participate in available federal school meal programs, including the School Breakfast Program, National School Lunch Program, Summer Food Service Program, Fruit and Vegetable Snack Program, Afterschool Snack Program, and Child and Adult Care Food Program.

School meals served through the National School Lunch and Breakfast Programs will meet or exceed nutrition and meal pattern requirements established by local, state and federal statutes and regulations.

#### Free and Reduced Price Meals

All Saints will provide free and reduced-price breakfasts and lunches to students according to the terms of the National School Lunch and Breakfast programs and the laws and rules of the state.

#### All Foods and Beverages Sold in Schools

All foods and beverages sold to students on the school campus will comply with Smart Snack Regulations. ASCS will utilize the Alliance for a Healthier Generation's Smart Snack Product Calculator to determine product compliance when considering food items to sell to students during the school day. Per USDA, the school day is defined as midnight the night before to 30 min after the end of the instructional day. Food and beverage marketing and advertising will be limited to only those foods and beverages that align with the most recent Dietary Guidelines for Americans.

## OTHER FOODS AND BEVERAGES IN SCHOOLS

### Celebrations and Snacks

Classroom celebrations and snacks served during the school day or in after-school programs will consider healthy choices, such as fruits and vegetables, as the primary snacks and water as the primary beverage. Schools will determine when to offer snacks based on the schedule for school meals, the nutritional needs of students, student age and other pertinent factors.

### Food as Rewards

Teachers are discouraged from using food as a reward for students and may not withhold food or beverages as a punishment. The school wellness committee will develop guidelines for appropriate alternative reward systems that incorporate social rewards, recognition and praise, privileges and opportunities for classroom physical activity or additional recess.

## NUTRITION PROMOTION

ASCS will encourage students to make healthy food choices using nutrition promotion techniques such as:

1. Encouraging staff to model healthy eating/drinking behaviors
2. Utilizing Smarter Lunchrooms techniques, such as signage and product placement, when appropriate and attainable
3. Sharing nutrient information with students, staff, and parents at the point of service and district website
4. Offering taste-testing and menu planning opportunities to students to teach them about healthy fruits and vegetables options and solicit input on preferences
5. Participating in Farm to School activities and/or implementing a school garden

## NUTRITION EDUCATION

The school board will adopt and implement a comprehensive health and physical education curriculum in line with the Idaho standards for health and physical education. Additional standards-based nutrition education will be

offered in each grade as either a stand-alone unit or integrated into other core subjects, such as math, science, language arts, and social sciences.

1. Curriculum will link nutrition education with the school food environment and focus on behavior-focused skills, such as meal planning, recognizing food groups, and reading food labels to evaluate the quality of different foods.
2. Classrooms, hallways, gymnasiums, and dining areas will utilize regularly updated nutrition and health posters and signage to educate students on nutrition concepts.
3. Nutrition curriculums will utilize culturally relevant and developmentally appropriate opportunities to apply learning in school-wide activities such as contests, surveys, promotions, food demonstrations and taste-testing, voting for recipe names, cafeteria design or décor challenges, farm visits, and school gardens.
4. Schools shall provide families with materials that allow parents and students to apply health and nutrition lessons at home.

## PHYSICAL ACTIVITY

ASCS's goal is to provide opportunities for every student to develop the knowledge, skills, and capacity to be physically active throughout their life. This includes providing opportunities to maintain physical fitness, reduce sedentary time and develop and enhance social skills and self-esteem for students of all levels of physical ability.

The physical education curriculum will be aligned with state and national standards for physical education and be taught by a certified physical education teacher. Class sizes will be limited to a maximum of thirty (30) students per instructor and be offered daily. Waivers, exemptions, and substitutions will be considered on a case by case basis. A student substituting for physical education must demonstrate proficiency of physical education standards.

In addition to physical education, ASCS will provide other opportunities for physical activity for each grade by utilizing a comprehensive physical activity program (CSPAP) plan which encompasses:

1. Active transportation to and from school (walking or cycling to school).

2. Opportunities for physical and academic enrichment outside of physical education class, by providing intramural programs, interscholastic sports, or competitive and non-competitive clubs.
3. Daily recess for elementary students and classroom-based physical activity breaks to increase focus or teach academic content via physical movement for all students.
4. Engaging staff, families, and communities to join and support physical activity initiatives.

Teachers and other school personnel are prohibited from withholding opportunities for physical activity such as recess or physical education as punishment. Physical activities, such as push-ups or running, will not be used as a disciplinary measure as this serves to decrease a student's intrinsic motivation to pursue these activities.

#### OTHER SCHOOL-BASED WELLNESS ACTIVITIES

ASCS goals regarding other school-based wellness activities will include:

1. Providing professional development related to health, nutrition, and physical activity to all staff
2. Developing and implementing a staff wellness program that encourages school staff to serve as role models to students and practice healthy eating, physical activity, and other healthful activities
3. Sponsoring activities such as health fairs, no screen time week, school-supported races or fun runs, family wellness activities, or family day activities that promote health and wellness
4. Evaluating the barriers to implementing Safe Routes to School to make it safer and easier for students to walk and bike to school
5. Initiating and sustaining a recycling/environmental stewardship program
6. Applying for state and/or national awards and grants that support a healthy school environment, such as the Healthier US School Challenge, Physical Education Program grants, or Fuel Up to Play 60 grants

#### MONITORING

Building principals or a designee will monitor and ensure adherence to the wellness policy in their school and will report rates of compliance to the principal or designee. The food service director will monitor and ensure that the

school nutrition program complies with federal and state nutrition and meal pattern guidelines and report such compliance to the principal or designee.

#### ASSESSMENT

On a triennial basis, the wellness committee will conduct an assessment and develop a summary report on compliance with this policy based on input from members of the school community. The assessment and report will include the extent to which ASCS is in compliance with this policy, the extent to which All Saint's wellness policy compares to model local school wellness policies, and the progress made in attaining the measurable goals of this policy. The report will be made available to the public by posting on the school's website.

#### NOTICE

ASCS will include this policy in the student handbook and provide each student and parent/guardian with a copy of the student handbook upon enrolling in school. The policy will also be posted on the school's website under board policies and the Nutrition Services Homepage.

LEGAL REFERENCE:

Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (PL 111-296),  
reauthorizing the Child

Nutrition Act, 42 U.S.C. § 1758b (2010).

Child Nutrition and WIC Reauthorization Act of 2004, Pub. L. No. 108-265, §  
204

42 U.S.C. § 1751, et seq.

42 U.S.C. § 1771, et seq.

ADOPTED:

AMENDED:

References:

1. GenYouth Foundation, National Dairy Council, American College of Sports  
Medicine, and American School Health Association, comps. The Wellness  
Impact: Enhancing Academic Success through Healthy School Environments.  
Rep. GenYouth Foundation, 2013. Print.

2. Alliance for a Healthier Generation. "Non-Food Rewards." Non-Food  
Rewards. 2016. Web. 24 Mar. 2016.

Reviewed: 05/18/2022

**Non-Discrimination Statement**

