

# **Wellness Policy**

## **St. Monica Catholic School**

### **Wellness Committee Members**

School Nurse  
Classroom Teachers  
Food Service Staff  
School Commission Member  
Community Member/Parent(s)  
Administrator  
Medical Professional

### **Goals**

The primary goal of the Wellness Committee is to promote health and well-being for the children and staff of St. Monica School.

### **Monitoring and Policy Review**

This Wellness Policy is being introduced in May of 2014.

Once yearly the committee will update the policy in compliance with state law.

The food service staff will ensure compliance with the nutrition policies mandated by the state of Indiana. The food service coordinator will give an annual summary to the Wellness Committee. State inspection results will be reported.

Yearly surveys of school family and staff will be obtained to assess for areas of improvement. Suggestions will be reviewed and incorporated into the school lunch and aftercare snack programs when possible, while maintaining state nutrition standards and staying within budgetary restrictions.

The principal or designee will ensure compliance with nutrition, physical activity, student education, and staff education as recommended in the Wellness Policy.

The Wellness Committee will meet regularly to oversee the Wellness Policy and review its implementation and use.

The following nutrition, physical activity, and education policies have been derived from available nutrition science, public health research and publications, and best practices by exemplary state and local school districts.

## **Nutrition and Physical Activity Education and Promotion**

### **Education:**

Nutrition education is offered at each grade level and is designed to provide students with the knowledge and skills necessary to promote and protect their health. Healthy themes are to be integrated into all curricular subjects.

The school will send home or post on the SMS website nutrition information to support parents' efforts to provide a healthy diet and daily exercise. It is the hope of the School Wellness Committee that nutritional values of lunch menus and changes to the lunch menu will be communicated to parents via the menu posted on the St. Monica website.

Parents are encouraged to pack healthy lunches and snacks and to refrain from beverages and foods that do not meet nutritional standards. This will be communicated in our school policy guide. A list of healthy snack suggestions will be provided for families.

The school provides information about physical education and other school based physical activity opportunities during and after the school day. Opportunities are communicated through the school newsletter, backpack mail, and the school website.

Health education is coordinated between grade levels via our diocesan and state curriculum guidelines to provide a sequential and comprehensive program designed to provide students with the knowledge and skill necessary to make independent healthy choices. All staff members are encouraged to integrate nutritional themes into daily lessons when appropriate. These nutritional themes may include:

- Knowledge of the USDA food guide, Choose My Plate ([choosemyplate.gov](http://choosemyplate.gov))
- Healthy heart choices
- Sources of food
- Guides to healthy eating – breakfast, lunch, dinners, and snacks.
- Infections and Illness
- Allergies
- How to read food labels
- Major nutrients
- Serving sizes
- Proper sanitation
- Identifying foods with little nutritional value

Other opportunities for inclusion in curriculum:

Poster contests, food diaries, farm visits, health related field trips, healthy food preparation demonstrations, emphasis on caloric balance between food intake and energy expenditure, media literacy with emphasis on food marketing.

**Promotion:**

School based marketing will be consistent with nutrition and health promotion. St. Monica will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals.

School based marketing of brands promoting low nutrition foods and beverages are prohibited. Promotion of healthy food, including fruits, vegetables, whole grain and dairy products is encouraged in its place.

Partnerships between the school and businesses are encouraged and business sponsorship of educational activities and materials shall be acknowledged. However, such partnerships shall be designed to meet identified educational needs and healthy school environment goals and shall be evaluated on an ongoing basis.

Soda or vending machine access by students shall not be allowed during school or aftercare hours. Staff will be encouraged to keep non-water beverages in an opaque thermos or container to decrease visibility of non-nutrient rich beverages.

**Physical Activity****Physical Education Class**

All students 5-8th will take part in the “Personal Best Fitness Test” four times per school year. This individual assessment will test muscle endurance (1 minute sit-up test), muscle strength (30 second push up test), and cardiovascular health (12 minute run).

Students will be engaged in moderate to vigorous activity 75% of the time while participating in PE.

Students in grades K-5 will have PE once a week for 45 minutes. Students in grades 6-8 will have PE every 3 days for 45 minutes.

A physical environment will be provided that encourages safe and enjoyable participation for all students including those who are not athletically gifted.

PE curriculum will follow state and national standards.

Students with health concerns associated with physical activity will be identified. Examples include asthma, diabetes, and overweight/obesity. Health care providers, teachers, and nurses will work in partnership to meet each student’s health needs. Health care plans will be written, shared with teachers, and all medical recommendations will be followed through the school year. Students will be encouraged to participate in gym class as much as physically possible.

## **General Notes**

SMS promotes CYO and in-house sports. All students are encouraged to participate in team sports, camps, or clinics. All students registering on time for CYO will be placed on a team, as long as they meet the academic requirements of CYO and have completed the necessary paperwork. No student will be cut from a team, and all students will receive playing time.

Teachers and other school personnel will not use physical activity as punishment, nor will opportunities for physical activity be withheld as punishment.

Teachers are encouraged to include movement in their classrooms.

Students will be encouraged to walk, run, and play during recess periods. No student will be permitted to sit idly during the entire recess period unless a medical excuse is given. Every student will have at least 20 minutes of supervised recreational time each school day.

## **School Meals**

### **Eating Environment**

The eating environment shall be attractive to children.

Food will be served in a clean, pleasant setting.

Students shall have adequate time to eat, relax, and socialize: goal is at least 20 minutes to eat from the time the student sits down.

Healthy food will be offered and healthy food choices will be encouraged.

### **Meal Program**

St. Monica will serve whole grain white or wheat bread, low fat and non-fat milk or 100% juice as required by federal law. No drinks with minimal nutrition value will be served. Water will always be available at no charge for students in the cafeteria.

Any food provided should have no more than 30% of its total calories derived from fat with only 10% from saturated fat. Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat and omega 3 fatty acids.

Foods served in the St. Monica cafeteria will meet minimum nutrition requirements established by the USDA's National School Lunch and Breakfast Program.

No student will go without food for lunch. A sandwich will be offered to students who forget their lunch.

Students will be encouraged to eat a healthy lunch, but should not be bribed or told they must eat a certain amount of food. Students will be allowed to eat the amount of food they choose but will be encouraged to eat their healthy main meal.

Students identified as consistently making poor food choices which will affect both their long term health and performance in the classroom may need a call to parents to discuss the nutrition and health of their student.

Fresh fruits and vegetables will be offered as available according to season. Fruit packed in light syrup or natural juices and vegetables will be offered every day a fresh choice is not available.

A minimum of 3 fresh fruits per week and 3 fresh vegetables per week will be offered. No fried foods will be served. Salt will not be added to food.

Soft drinks will not be allowed for school lunches or at any time during the school day or extended care. They will not be available for purchase during the school day or extended care.

Collaboration between cafeteria staff, staff, and students will reinforce nutrition and health education lessons. Collaboration may include food allergy presentations, nutrition handouts for staff, and encouraging hand washing before and after eating,

## **Staff**

Continuing professional development of food service department staff is encouraged.

The food service manager will be properly qualified, certified, and/or credentialed according to current professional standards. The American School Food Service Association has established certification and credentialing standards available at <https://schoolnutrition.org/Certificate/Earn-SNA-Certificate/>. The American Dietetic Association ADA has established certification and credentialing standards available at <http://www.eatright.org/>.

Students with health problems affected by nutrition will be identified and health care needs will be met in a collaborative effort with the medical professional, school nurse, and school staff. Examples are lactose intolerance, eating disorders, food allergies, diabetes, and overweight/obesity. Accommodations will be made as needed in the lunch room. This may include a “nut free” table. Wipes, soap, and hand washing opportunities will be given to every student to clean hands after their meal. Note that bar soap, liquid soap, and Wet Ones hand wipes are effective for removing allergic proteins from the hands: alcohol based hand sanitizer is not. Tables and food serving surfaces will be wiped down after meals. Note that soap and commercial cleaning agents are adequate for removing allergic proteins from tabletop surfaces. Students with food allergies will not be given the class job of table washer.

## **Food in School (other than school lunch)**

### **Parties**

Classroom celebrations that involve food will be limited to a maximum of once monthly, with an emphasis on healthy food choices. Teachers and room parents will collaborate to ensure that any food provided for a celebration should accommodate students with food allergies or intolerance so that all may share in the celebration.

Students' birthdays are to focus on celebrating the child. Celebration ideas such as locker decorations, stickers or birthday hats, among others, will be encouraged. Food or goodie bags with candy will not be permitted as part of birthday celebrations. Food brought in for this purpose will be sent back home with the parent or student.

### **Snacks**

Snacks served at anytime in the classroom will make a positive contribution to the child's healthy diet with emphasis on fruit and vegetables as the primary snack. Snack should be provided at a scheduled time each day as deemed appropriate by the teacher. Students should not be allowed to snack constantly throughout the school day. A recommended snack list will be provided to parents and teachers and updated at least yearly (see Appendix A). In the event that a student brings a snack that does not align with the healthy snacks list, the student will be sent to the school office to exchange the unhealthy snack for an alternate healthy snack option.

### **Rewards, Incentives, and Punishments**

Food is not to be used as a reward during school or aftercare hours, in accordance with archdiocesan policy.

For an list of alternative ideas for rewards, see Appendix B.

Food shall not be withheld from students as punishment.

### **Items Sold**

Snacks offered or sold should be high in nutrients. Any food sold in school will meet minimum nutritional standards according to federal guidelines.

Healthier fruit and vegetables sold as snacks will be competitively priced. Food pricing strategies shall be designed to encourage students to purchase nutritious foods.

### **Other Comments**

No foods or drinks that fall within the USDA's minimal nutritional value guidelines shall be served at any time (see Appendix C.) with the exception of testing periods, when students may be allowed to chew sugar-free gum per teacher discretion.

## **Staff Health and Education**

Food allergy, asthma and epinephrine auto-injector training will be offered to all staff and teachers yearly. CPR and AED training will be offered as needed.

Each teacher will create a substitute teacher folder marked Student Health Information. The folder will clearly identify students with health care needs and outline clear actions needed while teaching in that specific classroom. If the substitute teacher has further questions or concerns, the school nurse will offer further explanation as needed. Confidentiality will be stressed.

Medical care plans will be developed by the nurse, teacher, health care provider, and parents for any student requiring medical intervention or observation during school due to a diagnosed illness or condition.

Health promotion and education of staff will be offered at various times during the year and will coordinate with national health promotion events.

When appropriate, speakers will be brought in for staff education. When this is not feasible, flyers and outside community seminars will be utilized instead.

Concussion Management: Students diagnosed with concussion may need to stay home, abbreviate school days, delay taking tests, and refrain from physical activity for a specified time, until they are able to resume a full school schedule without symptoms. Parents, teachers, the school nurse, and the student's doctor will work as a team to coordinate recovery for the student.

If a community health threat exists, the school nurse will contact the community health department and coordinate all needed actions.

## **Health and Safety Promotion and Education**

Tobacco, including e-cigarettes, is not allowed on school property either during school or at any time.

The effect of allergies and asthma on learning and physical activity will be minimized through effective environmental control of allergens and environmental asthma triggers in the school building. Precautions will include:

- All attempts will be made to eliminate latex in any form in the classroom or in the health office.
- No janitorial chemicals with noxious fumes will be used when children are in the building.
- No pest control will be used when children are in the building or when children may be in a building within a time frame allowing them to still be exposed to the chemicals used.

Notify parents/employees of what is used and the schedule of its use as needed.

- Any area of the school found to have mold, mildew, or a moisture problem will be corrected as soon as feasible.
- No gas powered machinery or equipment will be stored in the school building.
- No incense or lighted candles are allowed in the classroom.
- Scented disinfectant sprays are discouraged. The scent may trigger allergic or asthmatic reactions.

## Appendix A.

### **St. Monica School Snack Guidelines**

Students in grades 2-8, whose classes do not serve class-wide snacks, are permitted to bring a healthy snack to school. The teacher has the right to decide when is the most appropriate time for consuming the snack.

#### Permitted:

##### FRUITS

- Bananas
- Apples
- Applesauce
- Pears
- Strawberries
- Blueberries
- Blackberries
- Raspberries
- Peaches
- Grapes
- Grape tomatoes
- Orange slices
- Clementines
- Watermelon
- Cantaloupe
- Bell pepper slices
- 100% fruit strips or bars
- Dried fruit
- Fruit cups (in 100% juice, not syrup)
- Raisins
- Craisins
- Avocado
- Papaya
- Mango
- Jicama

##### VEGETABLES

- Carrots
- Celery
- Cauliflower
- Broccoli
- Pea pods
- Cucumber slices

##### GRAINS

- Whole grain granola bars
- Whole grain crackers

- Hard pretzels
- Vanilla wafers
- Graham crackers
- Whole-grain bread or mini-bagels
- Microwave popcorn (lite or no butter)
- Whole Grain Cereal

#### DAIRY

- Cheese (string cheese, cheese cubes, etc)
- Yogurt
- Cottage cheese

#### PROTEINS

- Hard boiled eggs
- Hummus
- Nuts\*
- Trail mix\*
- Peanut Butter\*
- Pepitas/Pumpkin seeds
- Sunflower Seeds

\*When food allergies are not a concern in the classroom.

#### Not Permitted:

- Chips
- Cookies
- Desserts (eg. donuts, cake, cupcakes)
- Sugary cereals
- Any snack deemed too messy by the teacher
- Soda
- Sweetened Drinks

Inappropriate snacks will be confiscated by the teacher and, when available, a healthy alternative may be offered.

## **Classroom Reward Resource**

Food and treat rewards can undermine healthy eating messages and interfere with natural hunger cues. By preventing the use of food as a reward, we can reinforce healthy eating messaging and use other methods to reward children for good behavior.

### Elementary School Rewards

- Take care of class pet
- Prizes from a treasure box
- Time for music and dancing
- Stickers, pencils, pencil toppers, bookmarks
- Stars or smiley faces
- Paperback books
- Leading the class to lunch or recess
- Certificates
- Trophies
- Ribbons
- Games or puzzles
- Fun physical activity break
- Show and tell
- Sitting by a friend
- Read outside
- Additional computer time
- Dance to a favorite song
- No homework pass
- Free choice time at the end of the day
- Eat lunch with a teacher or administrator
- Read to a younger class

### Intermediate/Middle School Rewards

- Eat lunch outside or conduct class outside
- Eat lunch with a teacher or administrator
- Sit with friends
- Extra music or reading time
- Small sports equipment
- Paperback books
- Art time
- Pedometer
- Time for watching a movie or YouTube clip
- Designing a bulletin board or locker decoration
- Coupons for prizes or privileges
- Brainteaser activities
- Chat break at the end of class

- Music playing while doing school work
- Extra computer time
- Free pass to a school sporting event or play
- No homework pass
- Read outside

## Appendix C.

### **Foods of Minimal Nutritional Value**

From <https://www.fns.usda.gov/school-meals/foods-minimal-nutritional-value>

The following is taken from Appendix B of 7 CFR Part 210.

Appendix B to Part 210--Categories of Foods of Minimal Nutritional Value

(a) Foods of minimal nutritional value--Foods of minimal nutritional value are:

(1) Soda Water--A class of beverages made by absorbing carbon dioxide in potable water. The amount of carbon dioxide used is not less than that which will be absorbed by the beverage at a pressure of one atmosphere and at a temperature of 60 deg. F. It either contains no alcohol or only such alcohol, not in excess of 0.5 percent by weight of the finished beverage, as is contributed by the flavoring ingredient used. No product shall be excluded from this definition because it contains artificial sweeteners or discrete nutrients added to the food such as vitamins, minerals and protein.

(2) Water Ices--As defined by 21 CFR 135.160 Food and Drug Administration Regulations except that water ices which contain fruit or fruit juices are not included in this definition.

(3) Chewing Gum--Flavored products from natural or synthetic gums and other ingredients which form an insoluble mass for chewing.

(4) Certain Candies--Processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients which characterize the following types:

(i) Hard Candy--A product made predominantly from sugar (sucrose) and corn syrup which may be flavored and colored, is characterized by a hard, brittle texture, and includes such items as sour balls, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers and cough drops.

(ii) Jellies and Gums--A mixture of carbohydrates which are combined to form a stable gelatinous system of jelly-like character, and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit-flavored slices.

(iii) Marshmallow Candies--An aerated confection composed as sugar, corn syrup, invert sugar, 20 percent water and gelatin or egg white to which flavors and colors may be added.

(iv) Fondant--A product consisting of microscopic-sized sugar crystals which are separated by thin film of sugar and/or invert sugar in solution such as candy corn, soft mints.

(v) Licorice--A product made predominantly from sugar and corn syrup which is flavored with an extract made from the licorice root.

(vi) Spun Candy--A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.

(vii) Candy Coated Popcorn--Popcorn which is coated with a mixture made predominantly from sugar and corn syrup.