

# ASSUMPTION CATHOLIC SCHOOL WELLNESS POLICY

## STUDENT NUTRITION AND PHYSICAL ACTIVITY

Assumption Catholic School is committed to promoting healthy schools by supporting wellness, healthy eating and regular physical activity as part of the learning environment. Assumption Catholic School supports and contributes to a healthy environment where children and families learn and participate in positive dietary and physical activity practices. The school recognizes that improved student health optimizes student academic performance potential. In addition, healthy eating and regular physical activity is linked to a reduced risk for many chronic diseases as adults. To ensure the health and well being of all students, it is the policy of Assumption Catholic School to:

**Establish and maintain a Wellness Advisory Council.** Assumption Catholic School will engage students, parents, staff, health professionals, and other interested community members, under the direction of the school principal, in developing, implementing, and reviewing school nutrition and physical activity policies and procedures.

**Provide more opportunities for students to engage in physical activity.** All students in grades PreK-8 will have opportunities, support and encouragement to be physically active on a regular basis. A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades Pre-K through 8. Physical activity should include regular instructional physical education, co-curricular activities and recess.

**Support and promote proper dietary habits contributing to students' health status and academic performance.** Students will have access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students. The school will provide clean, safe, and pleasant settings and adequate time for students to eat. Foods and beverages sold or served at school will meet the school nutrition guidelines.

**Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.** The entire school environment will promote and assist in the nutrition education and physical education for students to positively influence their understanding, beliefs and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be forfeited because of a dependence on revenue from high sugar, high fat, and low-nutrient foods to support school programs.

**Assumption Catholic School is committed to improving the academic performance of all children.** Based on research, administrators, parents, health practitioners and communities acknowledge the critical role student health plays in academic stamina and performance and will adapt the school environment to ensure students' basic nutrition and activity needs are met. The diversity of the student population (e.g. economic, religious, minority, cultural, and medical) should be considered at all times to ensure that all student needs are being met.

Reference: Child Nutrition and WIC Reauthorization Act of 2004

## Student Nutrition Procedures

### Lunchroom Climate:

A lunchroom environment that provides students with a relaxed, enjoyable climate is an on-going goal of the school. The lunchroom environment will be a place where students have:

- Adequate space to eat and pleasant surroundings
- Adequate time for meals (the American Food Service Association recommends at least 20 minutes for lunch from the time they are seated.
- Convenient access to hand-washing facilities before meals.

### Hot Lunch/Breakfast Program:

Assumption Catholic School Food Service Program, within the parameters of commodity availability and budget restrictions:

- Ensure that all meals will meet and follow the Dietary Guidelines for Americans.

Total fat	< 30% of total calories
Saturated fat	< 10% of total calories
- Encourage and promote healthy living by implementing nutrition education materials into the meal program.
- Food items sold during meal service hours will be Smart Snack Compliant. It may be recognized that there may be a rare exception on special occasions.
- Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the school standards for individual foods and beverages. The school will provide parents with the school policy for [Nutrition Guidelines](#) through the school newsletter and an individual school newsletter.

### Fundraising:

To support children's health and school nutrition-education efforts, school fundraising activities are:

- Encouraged to follow the [School Nutrition Guidelines](#) if the sale of food items is involved.
- Encouraged to implement fundraising activities that promote physical activity.
- All fundraising projects for sale and consumption within and prior to the school day will follow the [School's Nutrition Guidelines](#) when determining the items being sold.

### Teacher to Student Incentives:

The use of food items as part of a student incentive program is discouraged unless the food item meets the School Nutritional Standards set forth by the school.

### Student Nutrition Education:

Assumption Catholic School has a comprehensive curriculum approach to nutrition in preK-8 grade. Since the beginning of the 2006-07 school year, all instructional staff are encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized.

Nutritional themes include but are not limited to:

My Plate	Healthy heart choices
Healthy Snacks	Major nutrients
Serving sizes	Low nutrient dense foods
Understanding calories	Healthy Breakfast
Food labels	Diet and Disease
Food variety	Proper Food Safety

Assumption Catholic School reinforces nutrition education to help students practice these themes in a supportive school environment.

## Assumption Catholic School Nutrition Guidelines

Assumption Catholic School recognizes that decisions made school wide in regard to food and beverages need to reflect and encourage positive nutrition messages and healthy food choices. In an effort to support the consumption of nutrient-dense foods (Foods that provide a great deal of nutrients relative to the number of calories are called nutrient-dense.) in the school setting, the district has adopted the following nutrition guidelines for the sale of food and beverages on school grounds. School and school groups are encouraged to follow the nutrition guidelines set by the district when selling food and beverages on school grounds.

### **(MANDATED)**

#### **Food items:**

Provide food options that are **low in fat, (less than 30% of the total fat) calories, and added sugars.**

All food items for sale throughout the school day will have no more than 30% of its total calories derived from **fat.**

All food items for sale throughout the school day will have no more than 10% of its total calories derived from **saturated fat.** Nuts and seeds are exempt from these guidelines due to their **nutrient density** and levels of monounsaturated fat.

No more than two fundraisers, per school year, can be exempt from these guidelines. **(MANDATED)**

#### **Beverage Items:**

The non-vending sale of soda or artificially sweetened drinks to students will not be permitted during regular school hours. The non-vending sale of soda or artificially sweetened drinks will be permitted at those special events **thirty (30) minutes after the conclusion of the instructional day.**

The sale of **compliant beverages (other than soda or beverages with less than 10% fruit juice) in the correct portion size** may begin at the conclusion of the instructional day. Milk, water, 100% fruit juices, and electrolyte replacement beverages with 14 grams or fewer of additional sweeteners per 8 ounces may be sold on school grounds both prior to and throughout the instructional day.

#### **Parent Nutrition Education:**

Nutrition education will be provided to parents in the form of handouts, postings or presentations that focus on nutritional value and healthy lifestyles.

#### **Wellness Advisory Committee:**

Assumption Catholic School will maintain a wellness advisory committee with the purpose of monitoring the implementation of the policy, evaluate the progress of related health goals, and recommend policy revisions as necessary. It will include: education committee member, food service personnel, interested students and parents, principal, physical education teacher, and community health and nutrition professionals. This committee will meet twice yearly and report progress of the school wellness plan to the Education Committee annually.

#### **Definitions:**

##### **Foods that are not Smart Snack Compliant:**

Soda Water - any carbonated beverage (even carbonated water). No exclusions because it contains discrete nutrients

Water ices - any frozen sweetened ice with the exception of products containing fruit or juice.

Chewing gum - any flavored products from natural or synthetic gums that form an insoluble mass for chewing.

Certain candies - any processed food made mostly from sweeteners or artificial sweeteners with a variety of minor ingredients.

Hard Candy - a product made mostly from sugar and corn syrup that is flavored or colored. This includes such items as sour balls, starlight mints, lollipops, fruit balls, candy sticks, cinnamon candies, breath mints, and cough drops.

Document updated: April 6, 2016