



# Local Wellness Policy 2024-2025

St. Patrick Catholic School  
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<b>PREFACE.....</b>	<b>3</b>
<b>WELLNESS POLICY COMMITTEE.....</b>	<b>4</b>
Wellness Policy Leadership.....	4
Wellness Policy Committee Members.....	4
<b>WELLNESS POLICY COMMITTEE RESPONSIBILITIES.....</b>	<b>5</b>
Public Involvement.....	5
Assessments.....	5
Updates.....	6
Records.....	6
<b>NUTRITION.....</b>	<b>7</b>
Nutrition Standards.....	7
Meals.....	7
Competitive Foods.....	7
Other Foods and Beverages.....	8
Fundraisers.....	8
Nutrition Education.....	9
Nutrition Promotion.....	10
<b>PHYSICAL ACTIVITY.....</b>	<b>11</b>
Physical Education.....	11
Other Opportunities for Physical Activity.....	11
Physical Activity Promotion.....	12
<b>OTHER SCHOOL BASED ACTIVITIES.....</b>	<b>13</b>

## **PREFACE**

In accordance with 7 CFR 210.31(c), a Local Education Agency that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. As of June 30, 2017, Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010.

Local Wellness Policies are a valuable tool in the promotion of student health and wellness through the NSLP and SBP. Schools play an essential role in preparing students for successful futures, and proper nutrition and physical activity are key to creating constructive learning environments. Local Wellness Policies provide guidance to further support schools' efforts to provide students with a successful and healthy future.

The principal administers the school according to the general policies of the Archdiocese. The principal is responsible for providing for the spiritual, moral, intellectual, aesthetical, emotional, social, and physical needs of the children in the school. It is the principal's duty to work closely with the pastor, the Board of Education, and the faculty to achieve a climate and program that fosters Christian growth and formation within the total school community.

## WELLNESS POLICY COMMITTEE

### Wellness Policy Leadership

Name, Title of School Official #1

Contact:

Jill Gould, Principal

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### Wellness Policy Committee Members

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Jill Gould, Principal  
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- **Name, Title of Member #2**  
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- **Name, Title of Member #3**  
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- **Name, Title of Member #4**  
Michelle Kiefer, Physical Education Director  
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## **WELLNESS POLICY COMMITTEE RESPONSIBILITIES**

### **Public Involvement**

The Local Education Agency permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, the LEA shall invite a variety of stakeholders within the general public to participate in Local Wellness Policy processes. The following methods of communication will be utilized to notify the general public of the opportunity to participate in these processes:

- Welcome Back To School Letter
- St. Patrick School Website
- St. Patrick Monthly Newsletters

### **Assessments**

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. St. Patrick School shall conduct assessments of the Local Wellness Policy every 3 years, beginning in 2018 and occurring every 3 years thereafter. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare the LEA's wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in the LEA's wellness policy

## **Updates**

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of the Local Education Agency. The LEA shall make the following available to the public:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy

Through the following channels:

- St. Patrick School Website
- St. Patrick Monthly Newsletters

## **Records**

The Local Education Agency shall maintain record of the Local Wellness Policy. This includes keeping a copy of the current wellness policy on file and maintaining documentation of the following actions:

- The most recent assessment of the policy
- Availability of the wellness policy and assessments to the public
- Reviews and revisions of the policy, including the individuals involved and the efforts made to notify stakeholders of their ability to participate in the process

## **NUTRITION**

The Local Education Agency recognizes the important role nutrition plays in academic performance as well as overall quality of life. The National Education Association references numerous articles supporting the effects of nutrition on the classroom, for example, hunger often has a negative impact on students' success, attendance, and behavior.

According to the Centers for Disease Control and Prevention, approximately 18.5 percent of the nation's youth was considered obese in 2015–16. This percentage increased 1.3 percent when compared to the previous year. Conversely, 15.7 percent of American families experienced food hardship in 2017. Through participation in the U.S. Department of Agriculture's School Nutrition Programs, the LEA commits to serving nutritious meals to students in order to prevent both overconsumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

### **Nutrition Standards**

#### **Meals**

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e., Grains, Meat/Meat Alternates, Fruits, Vegetables, and Milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans fat.

On a daily basis we provide a full salad bar which includes a variety of fresh vegetables and fruits.

#### **Competitive Foods**

All competitive foods and beverages sold must comply with the USDA Smart Snacks in Schools nutrition standards (7 CFR 210.31(c)(3)(iii)). Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus during the school day (i.e., the midnight before to 30 minutes after the end of the school day). This includes, but is not limited to, vending machine and à la carte items.

We do not have any vending machines; however, during lunch times the students have an opportunity to purchase a milk, juice, or smart snack from an à la carte.

**Other Foods and Beverages**

The Local Education Agency will prohibit food and beverage items that do not meet Smart Snacks nutrition standards for reward and celebration purposes. More than 25 percent of children's daily calories may come from snacks; therefore, providing Smart Snacks allows for a more nutrient-dense calorie intake.

For a reward we offer various things such as extra recess, dress-out-of-uniform days, homework passes, and a cafeteria coupon to receive a smart snack.

**Fundraisers**

We do not participate in any school fundraisers during school hours.



## Nutrition Education

In accordance with the Missouri Learning Standards, the Local Education Agency shall meet all Missouri requirements and standards for Health Education. The Local Education Agency shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate.

Various grade levels and curriculums shall use nutrition education information, research, and materials from the following resources:

- Spark PE
- BJC School Outreach & Youth Development “Fun’tastic Nutrition”
- Various USDA informative guides

The Local Education Agency shall incorporate nutrition education into the following curriculums for the following grade levels:

- **90 minutes a week for K–8**, achieved by Health Class, Physical Education Class, and Science Class throughout the school year.

## **Nutrition Promotion**

The District shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home.

The District shall make cafeteria menus and nutrition information available through the following platforms:

- St. Patrick School Website
- St. Patrick Newsletters
- St. Patrick Emails

## PHYSICAL ACTIVITY

Physical activity is a key component of the health and well-being of all students. Physical activity lowers the risk for certain diseases, including obesity, heart disease, and diabetes. Physical activity also helps improve brain function, allowing students to perform better in school.

The Centers for Disease Control and Prevention recommends adolescents get at least **60 minutes of physical activity five days per week**. Nearly 79 percent of school-age children fall short of meeting this requirement. The Local Education Agency recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

### Physical Education

In accordance with the Illinois Learning Standards, the Local Education Agency shall meet all Illinois requirements and standards for Physical Education. The LEA shall offer Physical Education class as follows:

- **Physical Education Classes for K–8 – 90 Minutes a Week**

### Other Opportunities for Physical Activity

The District shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following:

- Recess is offered K–4: **40 minutes a day**
- Recess is offered 5–8: **20 minutes a day**
- Brain Breaks are offered for all kids as needed

The following opportunities for participation in school-based sports shall be offered to students each year:

- We have a St. Patrick Athletic Association which offers the following sports:  
**Volleyball, Basketball, Soccer, Golf**

## **Physical Activity Promotion**

The District shall promote physical activity through participation in the following initiative(s):

- Jump Rope for Health
- Fitness Gram
- Read, Write, and Run
- Annual Field Day

## OTHER SCHOOL BASED ACTIVITIES

Just as it takes a comprehensive curriculum to provide education to support students' futures, the Local Education Agency's wellness approach must also be comprehensive in its intent to provide students with the tools they need to live a healthy lifestyle.

In order to further establish positive behaviors related to nutrition, physical activity, and health, the LEA commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

The Local Education Agency shall offer other school-based activities to support student health and wellness, including coordinated events and clubs.

**The following events shall be organized and promoted each year:**

- Jump Rope For Health
- Field Day

**The following health, wellness, and/or nutrition clubs shall be offered to students each year:**

- Read, Write and Run