

ST. KATHARINE DREXEL SCHOOL ~ WELLNESS POLICY

Policy Preamble

According to the Local School Wellness Policy Implementation rule under the Healthy, Hunger-Free Kids Act of 2010, St. Katharine Drexel School (here to referred to as SKDS), establishes the following policy for implementation no later than 08/28/2019.

Policy Leadership

To assist in the creation of a healthy school environment, St. Katharine Drexel School shall establish a Wellness Committee that will provide an ongoing review and evaluation of the Wellness Policy. The Committee shall meet no less than one time during the school year to implement, assess and review, and make recommendations for changes to the Wellness Policy.

SKDS shall invite a diverse group of stakeholders to participate in the development, implementation, and periodic review and update of the wellness policy. Stakeholders may include:

- Administrator
- Classroom Teacher
- Physical Education Teacher
- School Food Service Representative
- School Counselor
- School Committee Member
- Student Reps (Builders Club)

Nutrition Standards for All Foods

SKDS is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

Standards and Guidelines for School Meals

SKDS is committed to ensuring that:

- All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010 (www.fns.usda.gov/school-meals/nutrition-standards-school-meals).
- All meals are accessible to all students.
- Withholding food as a punishment shall be strictly prohibited.
- All meals are appealing and attractive and served in clean and pleasant settings.
- Drinking water is available for students during mealtimes.
- When drinking fountains are not present in the cafeteria, water cups/jugs are available.
- Students are provided at least 20 minutes to eat lunch.
- All school campuses are "closed" meaning that students are not permitted to leave the school grounds during the school day.
- Lunch shall be served between 11AM-12PM.
- Menus shall be posted on the SKDS website. Menus shall be created/reviewed by a Registered Dietitian or other certified nutrition professional.
- All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

In addition, SKDS's nutrition services shall notify parents of the availability of the breakfast, lunch, and summer food programs and shall be encouraged to determine eligibility for reduced or free meals.

Foods and Beverages Sold Outside of the School Meals Program

- All food and beverages sold and served outside of the school meal programs ("competitive" foods and beverages) shall, at a minimum, meet the standards established in USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. The standards are available at <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>.
- No beverages with non-nutritive sweeteners (artificial or natural), such as diet iced tea, diet soda, etc. shall be sold to students during the school day regardless of their compliance with the USDA Smart Snacks standards.

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- The sale of foods and/or beverages containing caffeine (with the exception of trace amounts of naturally occurring caffeine) at all grade levels during the school day are prohibited.
- Foods and beverages that meet or exceed the USDA Smart Snacks standards may be sold through fundraisers during the school day. No restrictions are placed on the sale of food/beverage items sold outside of the school day.

Marketing

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.

Foods Provided but Not Sold

SKDS encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members.

Nutrition Education

Schools shall provide nutrition education that helps students develop lifelong healthy eating behaviors. Nutrition education shall be offered in the cafeteria as well as the classroom, with coordination between the foodservice staff and teachers.

Nutrition Promotion

School nutrition services shall use the Smarter Lunchroom Self-Assessment Scorecard to determine ways to improve the school meals environment.

Physical Activity

- Elementary schools shall offer at least recess on all or most days during the school year (early dismissal/late arrival days are exempt).
 - Primary Recess: Two 15 minute recesses and 25 minutes at lunch.
 - Elementary Recess: 20 minutes at lunch.
- Outdoor recess shall be offered weather permitting. Indoor recess will occur if below zero wind chill or rain/snow or high winds.
- Recess monitors/teachers shall encourage students to be active during recess.
 - Crossing guards are used.

Physical Education

- All SKDS elementary students in each grade shall receive at least 90-100 minutes of physical education per week throughout the school year.
- All SKDS middle school students are required to take the equivalent of one academic year of physical education.
- All physical education classes are taught by licensed teachers who are certified to teach physical education.
- In health education classes, SKDS shall include topics of physical activity, including: the physical, psychological, or social benefits of physical activity; how physical activity can contribute to a healthy weight; how physical activity can contribute to the academic learning process; how an inactive lifestyle contributes to chronic disease; and decreasing sedentary activities.

Other School Based Activities that Promote Wellness

Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water.

Staff Wellness

SKDS will implement the following activities below to promote healthy eating and physical activity among school staff.

- Educational activities for school staff members on healthy lifestyle behaviors.
- Distribution of an employee health newsletter to promote healthy behaviors.

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Community Engagement

SKDS shall inform and invite parents to participate in school-sponsored activities throughout the year. SKDS shall actively inform families and the public about the content of and any updates to the policy through newsletters, Family Folder and website (www.skds.org).

Monitoring and Evaluation

SKDS shall notify school staff, students, and households/families of the availability of the wellness report via newsletters and website postings. The report will be made available at www.skds.org.